

Each piece of information collected helps give a more complete picture of body system function, helping guide your health choices more accurately. The more information you can provide, the better! ****CONFIDENTIAL****

Blood Type _____

A, B, AB or O

****If you do not know your blood type, add to Lab order!!****

Blood Type reveals certain genetic characteristics.

Average Urine pH _____

AM Urine pH _____

PM Urine pH _____

URINE pH Notes (use pH strips from drug store or Sunshine):

AM Urine pH taken upon arising, PM approx 12 hrs later.

Empty a little urine before testing.

To properly average, you need 3 AM and 3 PM within one week.

Add all 6 urine pH tests and divide total by 6 for average urine pH.

Below 6.0 is too acidic.

Above 6.5 is too alkaline.

Urine pH reflects liver & blood activity and mineral reserves.

Average Saliva pH _____

AM Saliva pH _____

PM Saliva pH _____

SALIVA pH Notes (use pH strips from drug store or Sunshine):

AM Saliva pH 1-2 hours *after* breakfast / teeth brush / rinsed.

PM Saliva pH 1-2 hours *after* supper / teeth brush / rinsed.

NO food or drink 1-2 hours prior to saliva testing.

If you spit into spoon, be sure it is plastic.

To properly average, you need 3 AM and 3 PM tests within one week.

Add all 6 Saliva pH tests and divide by 6 for average saliva pH.

Below 6.5 is too acidic.

Above 7.0 is too alkaline.

Saliva pH reflects stomach, intestinal & lymphatic efficiency.

Average Blood Pres _____ / _____

AM Blood Pressure _____ / _____

PM Blood Pressure _____ / _____

Blood Pressure Notes:

AM Blood Pressure, wait at least 30 minutes after arising.

PM Blood Pressure, approximately 12 hours after morning test.

Sit and relax for 5-10 minutes before test. No talking during test.

To properly average, you need 3 AM and 3 PM tests within one week.

Add top#'s of all 6 BP tests and divide by 6 for average top#.

Add lower#'s of all 6 BP tests and divide by 6 for average lower#.

Blood Pressure is influenced by many body systems.

For In Office Use Only:

Iris Color & Type _____

Pulse Rate St _____ Si _____ Br _____ La _____

Pulse Quality _____

Skin Tone _____

Tongue _____

Nails _____