



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare*

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## ph Values Test Results

*(Valid only with pHydrion Vivid 5.5 to 8.0)*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

DATE	TIME	5.5	5.8	6.0	6.2	6.4	6.6	6.8	7.0	7.2	7.4	7.6	8.0	Alkalizing Aid		Comments
														AM	PM	

**Suggestions for adjusting the alkaline levels of your urine:**

- B ¼ - Baking Soda ¼ tsp in water
- B ½ - Baking soda ½ tsp in water
- B1 - Baking soda 1 tsp in water

- K 2 - Kombucha tea 2 oz.
- K 4 - Kombucha tea 4 oz.
- X 1 - Xango 1 oz.
- X 2 - Xango 2 oz.

- AT - Alkalizing tea 1 cup (Body Rescue)
- AD - Alkalizing drops (Body Rescue)
- G ½ - Grapefruit ½
- G 1 - Grapefruit 1