



SNAPSHOT DIAGNOSTICS

The goal of this analysis is to give us a snapshot of what is going on inside so that we can have a more complete picture of you. This allows us to connect the dots between inside and outside to discover potential contributors to your concerns so we can help you activate your health from the roots up.

HOME INSTRUCTIONS

ITEMS NEEDED:

- A timer
- Pen
- Paper towel (given to you)
- Record sheet (given to you)
- 7 pH strips (given to you) (2 extras included for a total of 9) *
- pH reader (given to you)
- Mixture of lemon juice and distilled water (given to you)

PREPARE:

- The night before, you do not want to consume food or drinks after 10:00 PM. **Do not consume alcohol 24 hours prior to testing.**
- The morning of your test you want to be sure that you **do not brush your teeth or consume any food or drinks including water.** Also, be sure not to apply any lotion or product on your hands or lips prior to testing.

URINE PORTION:

1. Do not consume any food or drink after 10:00 PM. **Do not consume alcohol the day prior to your test.**
2. Immediately upon awakening, collect a urine sample in the provided container. **Urine samples must be collected after 4:00 AM and be the first urination of the day.**
3. Label the collection container with last name, first name and date of collection. Place container in bag and return to the office. **Keep refrigerated prior to bringing into office.**



SALIVA PORTION:

1. **DO NOT** brush teeth or consume any food or drink.
2. Place 7 strips of pH paper on a paper towel. **You will only test with 7 strips**, but we have included 2 additional strips in case you need them.
3. Place one (1) pH strip on your tongue and be sure it is saturated. Avoid touching your lips.
4. Once saturated, place the pH strip on the paper towel and immediately mark down the number that it corresponds to on the pH reader. This will be marked on the first starred line labeled “salvia pH start.”
5. Take the mixture of lemon juice and distilled water and swish it around your mouth for 10-15 seconds and then swallow the mixture in its entirety.
6. Take another pH strip and test as you did before.
7. Record your findings under the second line labeled “lemon.”
8. Set the timer to 1 minute and then re-test 5 additional times until the remaining pH strips are used- **waiting one minute in between each strip test**. Record the corresponding numbers on the record sheet immediately after testing each strip.
9. **Bring your record sheet back to the office at your next appointment. You do not need to return these instructions or your pH strips.**
10. Smile and have a healthy day! 😊

If you have questions, please call (614) 407-5335. Follow us on socials to stay connected and learn more about our office and tips to activate your health!