

Self-testing tools and tips

Tools you'll need

pH Testing Strips

https://www.amazon.com/gp/product/B01AL4VDRS/ref=ox_sc_act_title_1?smid=A1MET5THXFBRM4&psc=1

Blood Pressure Cuff *If you don't want to buy this, many drugstores have blood pressure testing stations for public use*

https://www.amazon.com/gp/product/B00KPQB2NS/ref=ox_sc_act_title_4?smid=ATVPDKIKX0DER&psc=1

Glucometer

https://www.amazon.com/gp/product/B076VSN7TR/ref=ox_sc_act_title_3?smid=A1UJDQHYNCE0BK&psc=1

Tips

Metabolic Flexibility = Fasting blood glucose

- Best done first thing in the morning before you've had anything to drink, except water
- Leave glucometer somewhere you'll see it as a reminder
- Wash your hands before testing. Swabbing your finger with alcohol is even better
- Follow the instructions that came with your glucometer kit

Carb Burner Imbalance Glucose < 75

Metabolic Balance Glucose = 75-99

Fat Burner Imbalance Glucose > 95

Electrolyte Levels = Blood pressure

- Can be taken at any time of day
- Sit down someplace where your bent arm can be supported, both feet flat on floor, and relax for 2 minutes or so first
- Follow the instructions that came with the cuff or are at the drugstore testing station

Electrolyte Deficiency < 112/74

Electrolyte Balance 112/74 - 130/87

Electrolyte Excess > 130/87

Anabolic / Catabolic State = pH readings

- Best done at least 2 hours after eating. Right before dinner is an ideal time
- Do these both at the same time for convenience--doesn't matter which you do first
- Don't have anything in your mouth for 20 minutes before testing
- For the urine test, pee into a cup and then dip the strip into it
- For the saliva test, bring some spit between your lips and run strip through it. READ THE SALIVA TEST IMMEDIATELY because numbers will change.

Anabolic Imbalance Urine pH > 6.3 Saliva pH < 6.6

Anabolic / Catabolic Balance 6.5 (both)

Catabolic Imbalance Urine pH < 6.1 Saliva pH > 6.9

