

## At-Home pH Testing

**You can monitor your daily pH** right after you get out of bed in the morning each day by purchasing our simple "At-Home pH Testing Kit". This kit includes pH paper, instructions and educational handouts explaining further details on pH and disease prevention.

**Checking your pH is a simple procedure.** As part of your overall program for health improvement, assessing your acid-alkaline status can be an important element. Information about your body's acid status can be obtained by testing the pH of your urine and saliva. This testing is useful not so much to obtain a one time value but rather to access the general trend over time with repeated measurements.

**Our At-Home pH Testing Kit for \$12.95 includes:**



pH paper  
Record sheet  
Instructions  
pH Balance Action Plan  
Your Acid-Alkaline Balance  
Acid-Alkaline Food Chart

Add your very own copy of our **HealthQuest Radio Show - pH Series** on CD:

*Inflammation I, II and III* for an additional \$6.00.

Call our **HealthQuest Radio Hotline at 1-800-794-1855** to order yours today.

***Don't leave home without it!***