

# Purification Test Strips

Your goals regarding the Purification Strips are:

1. Always test same time of day.

2. Keep the Protein negative. Alert me if it is not.

3. Keep the Specific Gravity to 1.010. If it is higher, you are not consuming enough pure water for your body weight. DRINK! The formula is 1 oz purified water daily for each 2 lbs body weight. Drink no more than 4 oz per 30 minutes. There is no "catching up" for missed intakes. Easier said than done. Get a portable timer or use your phone to remind you. 30 minutes flies by before you know it.

4. If the Urine pH pad is 6.5 or higher and the Saliva pH pad is 6.5 or higher, take:

- \* Enzymes-Upper = 2-3 before meals (HH)
- \* Enzymes-Lower = 2-3 after meals (HH)
- \* Probiotic Super Strains = 3 per meal (HH)
- \* Acerola-C = 3x3 daily (LF)
- \* Make half of your daily water, lemon water (10% mix)

5. If the Urine pH is less than 6.5 and the Saliva pH is 6.5 or higher, take:

- \* Enzymes-Upper = 1-2 before meals (HH)
- \* Enzymes-Lower = 1-2 after meals (HH)
- \* Probiotic Super Strains = 2 per meal (HH)
- \* Acerola-C = 2x3 daily (LF)
- \* Make 1/4 your daily water, lemon water (10% mix)

6. If the Urine pH is less than 6.5 and the Saliva pH is less than 6.5, take:

- \* Enzymes-Lower = 2-3 after meals (HH)
- \* Zypan = 2 per meal (LF)
- \* Calcium Lactate = 2x2 daily (LF)
- \* Magnesium Lactate = 2 x2 (LF)

HH = [www.HealthyHabitsWeb.com](http://www.HealthyHabitsWeb.com)

LF = [www.Longevity-Formulas.com](http://www.Longevity-Formulas.com)

If your results don't normalize using the above steps, you need personalized assistance. Contact my office.

Blessings...

*Dr. Martin*

Gary A. Martin, DN, DSc, PhD

[www.biri.org](http://www.biri.org)