

# Dr. Paul's Detox Health Challenge Log

*Dr. Paul's Holistic Health Network*

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Name: \_\_\_\_\_

Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Chronic Condition(s): \_\_\_\_\_

Date	Time	Systolic	Diastolic	*Pulse Pressure	Pulse	**PH Balance	Weight	***Glucose (if applicable)	Comments

\*Pulse Pressure is the difference between Systolic and Diastolic. 30-40 Normal. \*\*\*Glucose Normal level Below 100mg/dL

\*\*PH balance formula calculation =  $\frac{2(\text{saliva pH}) + \text{urine pH}}{3}$  = Average pH between 6.5-7.5