

# Oxidation | Reduction Potential Meter

## **CALIBRATION:**

Be sure your ORP Meter is properly calibrated.

Use the calibrating solution that came with your meter. Make sure you have enough calibrating solution in reserve to be used when you need it.

NEVER reuse the calibrating solution.

Notice that the probe is in a storage solution. This is because you can ruin the probe if you store it dry.

You will eventually need to replace the storage solution so be sure to have this in reserve for when you need it.

Remove the probe from the storage solution. Place in clean water and swirl it around. Remove the probe, dry with a tissue. Pour enough calibrating solution to a depth that covers the probe and place the probe into the solution.

Turn on the meter. Wait for the reading to stabilize. If the reading does not match the calibration solution, use the adjustment on the meter to sync the meter reading with the calibrating solution.

Remove the probe, rinse in the clean water, dry with a tissue.

Unless you move the meter between widely varying temperatures you should not have to calibrate the meter very often. Perhaps check it weekly or monthly to be sure it is still reading correctly.

## **TESTING:**

Pour a urine sample with enough depth to insert the ORP meter probe. Turn on the meter and wait for the reading to stabilize. Note the time of day and the ORP reading on the PTS Client Record. Remove probe, rinse in clean water, dry with tissue, replace in storage solution.

## **OBJECTIVE:**

The goal is to consistently have an ORP reading in the (-) not the (+) range. The more (-) you are the better your chances for no premature aging, better healing, less pain and inflammation, better health, better mental clarity, more energy.

A (+) ORP reading means you are doing, drinking, eating or taking something that is draining the life out of you. Correct that and your life will be bright!