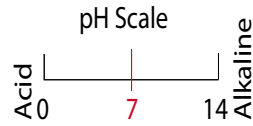


# pH

## Do You Understand Its Importance?



### What Is pH?

Simply stated, pH is scale between 1-14 that is used to measure acidity and alkalinity. A pH of 7.0 is defined as neutral. A pH above 7 is alkaline, and a pH below 7 is acid.

The body is alkaline by design, but acid by function. Healthy blood runs a little alkaline so it has the reserves to buffer the acidity that is created by physical/mental activity, stress, the polluted environment, our vitamin/mineral depleted food supply and more. The blood pH cannot vary too much or it causes degeneration.

### Just Like A Pool?

If you have a pool or hot tub you may recognize roughly 7.0 as being the optimal pH to discourage the growth of bacteria and algae. Just like a pool, your body needs to maintain an optimal pH so that it may ward off terrible disease and dysfunction. More and more research is telling us that an improper pH balance can lead to a number of degenerative diseases and premature aging.

In most of the body and in the blood, the optimal pH is roughly chemically neutral. A Urine pH of about 6.4 and a saliva pH of about 6.8 is considered ideal. Think of it like this: the Urine pH is indicative of how well the body is doing at removing acid waste, whereas the Saliva pH is indicative of how much acid waste is remaining in the system. If someone were to have a Saliva pH of 6.8 and a Urine pH of 6.4, it may be concluded that the body is doing a relatively good job of removing waste while also remaining close to chemically neutral, i.e., 7.

### Hard to Ward Off Acidity

Why is it so difficult to ward off acidity? While alkalinity is essential for healthy body function, virtually every normal and necessary metabolic process in the body produces acidic by-products that can lower (acidify) the body's pH.

Acids are produced by a number of everyday things. Processed foods, consistent exposure to pollution, toxins and stress are only a few examples of things that contribute to the body's acid and/or toxic load. Your body continually strives to correct this acid/alkaline imbalance, in the same way it strives to maintain body temperature. A normal, healthy body balances pH levels by buffering and eliminating harmful acids through the lungs, kidneys, colon and skin. However these acid buffering organs may find it difficult to deal with the high level of everyday poisoning that results from today's environment.

In some instances, the body does not have enough acid neutralizers to balance the acids produced. If the body finds itself in an overly acid situation it may be forced to borrow alkalizing minerals, such as calcium, from your bones, as it attempts to restore pH balance. Over time, this pH imbalance can lead to a build up of metabolic wastes, as well as serious depletion of essential bone-building and health maintaining minerals. There is a definite need in today's world to alkalinize the body.

The pH of your body is a delicate thing and it needs to remain in balance. Someone who is overly alkaline or overly acid may also be setting the stage for terrible health problems. There is a way to maintain proper pH balance. Use pH test paper to test your urine and saliva about 10:00 am prior to eating.

## SELF-TEST FOR pH

Upon waking, before brushing your teeth, drinking, smoking, or eating any food, test your urine and saliva with a pH meter. When you get out of bed, place a generous amount of urine and saliva into separate containers and immerse tip of the pH meter into each sample. Note the digital reading of each sample and write it down in your pH Journal recording the date and time. The optimum waking urine pH should be 5.4 – 6.0 and optimum waking saliva pH should be 6.8 to 7.4.

If the waking urine pH is higher than 6.0 this may be an indication of a deficiency in alkaline buffers and a more alkaline diet is recommended. Increase the amount of rich green vegetables, low sugar fruits and healthy polyunsaturated fats. Eliminate or reduce acidic foods and beverages. If your waking urine pH is 5.4 – 6.0 your alkaline buffers are sufficient to neutralize the acidic foods and fluids ingested the day before.

The most accurate readings of urine pH and saliva pH are recorded immediately upon awakening. It is during sleep that the body removes waste and is in an anabolic state restoring and replenishing the body. For example, if you have a waking saliva pH of 5.5 and it rises to 5.6 after eating, you know that you are deficient in alkaline reserve and your body is devoid of the minerals necessary to process food properly -- your body cannot adequately respond to the physiological crisis of handling food or drink that is acidic.

Next, before eating any food, test your second morning urine and saliva. The acids should be gone the second time you urinate. Ideally your second morning urine pH should be 6.0 – 6.4 and the saliva ideally should be 6.4 – 6.8. If the second morning urine pH is lower than 6.0 you may be in a state of latent tissue acidosis and deficient of alkaline buffers such as bicarbonate, sodium, potassium and magnesium. A low urine pH is also indicative of a diet high in protein. To normalize the urine and saliva pH at 6.4 eliminate animal proteins from the diet such as beef, chicken, turkey, pork and fish while eating liberal amounts of green foods and green drinks and healthy polyunsaturated fats.

The efficiency of the digestive system to deal with what you ate the night before is reflected by the morning's first and second urine and saliva pH. These numbers will change from day to day according to your diet, attitude, lifestyle and how well you treat yourself in general, i.e., how 'strong' the salivary glands, pancreas, gallbladder and liver are in dealing with excess acidity.

### Alkaline Reserve Test

For breakfast eat an avocado soup, vegetable soup, or drink some fresh almond milk or a fresh green drink. Wait five minutes and then check your urine pH and saliva pH again. The pH numbers will go up from the first and second morning urine and saliva if you have sufficient alkaline reserves to buffer acids. If not then the pH numbers will show very little change or even go down from the early morning pH numbers.

A simple test can be done at most any time of the day by eating a few almonds. This will check the adequacy of the alkaline reserve of the body. When a healthy person with adequate alkaline reserves eats a few almonds, the saliva pH rises quickly. The more acidic the food that is eaten, the more rapid should be the response of the alkaline reserve, and the higher the saliva pH should be.

This simple test indicates you have sufficient alkaline reserve minerals to pull into your digestive system to begin the digestive and buffering process. The ideal saliva pH pattern is 6.8 to 7.4 on awakening, 6.8 to 7.0 before eating and 7.2 – 7.8 following any alkaline meal or drink.

The pH of your urine/saliva after you eat or drink gives you an indication of your alkaline mineral reserves and your body's ability to deal with the acid residues created from the digestion process. It is normal for your saliva pH to increase after you eat or drink, it should never remain static or decrease. Even if you think of a food like an avocado or a lemon the pH of your saliva should increase.

The pH of the saliva between meals should be kept in the basic range of 6.8 to 7.2. After one eats, the stomach releases its necessary HCL to help digest the food. While doing this, it also performs the opposite action, i.e., it makes an equivalent amount of base or baking soda, sodium bicarbonate, that is picked up by the blood stream and delivered to the alkaline glands of the body, the saliva, the pancreas, the gallbladder, the pylorus glands in the duodenum and the liver. The maximum amount of base in the blood and therefore in the saliva occurs one to two hours after you eat.

The pH shows the overall state of your health, the condition of the alkaline reserve in your body and reflects the diet you have been eating over the last months and years. The saliva pH stays rather constant and will only change after some work has been done in alkalizing and energizing the body. Since the saliva pH is an indicator of intracellular pH, saliva pH readings should never be below the pH of the phosphate buffer system, which is 6.4. The urine pH should never be above 6.4.

The rhythm of the acid and base flow of the body is called by Frederick F. Sander, the Base-floods and the Base-tides of the Acid-Base household. This information was first published in 1930, by Frederick F. Sander, a German scientist. The body fluids and therefore the urine is most acid at 2:00 A.M. (pH 5.0 - 6.8) in the morning (the base tide) and most alkaline at 2:00 P.M. (pH 6.8 – 7.2) in the afternoon (base flood).

The ideal pH numbers depend on the time of day. Plotted on a curve it looks like the double hump of the back of a camel. Two times a day the urine should be alkaline and that is the top of the humps and corresponds to 10 A.M. and 2 P.M., the alkaline tide after meals. During the rest of the day the optimal urine pH should be between 6.0 and 6.4. The first urine in the morning should be more acidic because of the decalcification that takes place during the night in neutralizing excess acids.

If all the acids generated in a day of digestion, respiration, metabolism and degeneration are not all flushed out during the night they accumulate, day after day. The results are the expression of states of imbalance as the body desperately tries to maintain the alkaline levels of the blood at pH of 7.365. The day to day buildup of acids affects each of us differently depending on our genetics, lifestyle and diet.

Acids settle in the weakest parts of the body if not eliminated through the bowels, urinary system, lungs or skin. These acids are bound to fat and stored in our hips, thighs, stomach, breasts and brain. Acids are the expression of all symptomologies and the direct cause of ALL sickness and disease.

Monitoring your urine and saliva pH puts the responsibility of caring for your health back into your hands. Measuring the urine and saliva pH guides your therapy and shows you how living, eating and drinking determines the quality and quantity of your life. You should monitor your urine and saliva each day for at least 12 weeks or until you established a urine pH of 6.0 – 6.4 and a saliva pH of 6.4 – 6.8. Once you have established a balanced saliva and urine pH you can reduce the number of tests to once a day or 2 to 3 times a week.

As a general rule, the combined total of the urine pH and saliva pH should always total 12.8. The closer together they are, while totaling 12.8, the less stress you are under. The more your pH total travels away from 12.8 and the greater the spread between the two pH's, the more stress you are under and the less healthy you are.

Availability of test kits and pH meters contact Perfect Health Solutions via email [biotest@test4ph.com](mailto:biotest@test4ph.com) or call 954.292.7737.