

# Understanding pH

pH = pronounced “p” “h” – like the two letters

In the language of chemistry we say that pH is short for “potential of hydrogen” or “power of hydrogen”. Simply, “pH” is another way of indicating the concentration of hydrogen ions (positively charged molecules) in any given solution. An ion is an atom, which has lost or gained electrons. A hydrogen ion then is a hydrogen atom that has lost its electron, and has a [positive charge](#).

A reference to “pH” applies to a widely used system for determining the characteristics of aqueous solutions - characteristics that express the strength of an acid or base. It is not a quantitative measure, it is a measure of resistance. It is not a measure of the amount of acids or alkalines, it is a measure of resistance between acids and alkalines. Resistance is actually an electrical measurement.

In chemistry we measure the “pH” of a substance using a scale ranging from 0 – 14. Sulfuric Acid measures “0” on our scale and pure Calcium measures “14”.

Sulfuric Acid	Calcium
ACID (cationic) 0 1 2 3 4 5 6 (6.4) 7 8 9 10 11 12 13 14	(anionic) ALKALINE

When pH moves towards “0” there is an increase in the potential current flow due to a decreasing resistance to electrical flow. As electric flow increases, magnetism also increases. Likewise, when pH moves towards “14” on the scale there is a decrease in electrical flow potential due to the increased resistance; as such, magnetism will decrease due to a decrease in electrical flow.

A higher pH means there is more resistance where fewer free hydrogen ions are present. A lower pH means there is less resistance where a larger concentration of free hydrogen ions are present. A change of one pH unit reflects a tenfold change in the concentrations of the hydrogen ion. For example, there are 10 times as many hydrogen ions available at a pH of 7 than at a pH of 8.

Hydrogen is the most abundant element in the universe and interacts easily with most other elements. A hydrogen atom is composed of a single negatively charged electron, moving around a positively charged proton, which is the nucleus of the hydrogen atom. As it relates to nutrition, each solution in our bodies has its proper “pH”, if the pH is out of balance the secretion or solution loses its effectiveness to assimilate or absorb minerals and vitamins. Enzymes are also affected by the pH of a solution.

One of the most important and complex processes in our bodies is the process by which pH balance is maintained. The pH of the urine is an indication of what is occurring in the blood over an average of a 24-hour time frame. The significance of what creates a change in the urine pH is indicative of how energy in its various forms (i.e. heat, electrical current and ionic energy) is affecting the liver and its ability to create new cells that will eventually form the organs and tissues of the body.

As the pH provides information on the speed of digestion, as well as the quantity or flow of electricity in the body, it also provides valuable information in understanding the regions of the body where a potential problem exists. It is particularly significant in determining the strength of the bile and current physiological state of the liver. When the liver is unable to pick up mineral energy this means an overall loss of energy for the entire body.

The pH of the Saliva tells us the strength of the liver and the digestive enzyme it is producing. The pH of the Urine tells us the outcome of what happened in the digestion a result of the liver's

function. Since the blood and the liver, as well as the blood and general body tissue, have to be totally coordinated to allow proper exchange between them selves, the pH of the urine and saliva tells whether this is so.

The greater the difference in electrical potential (pH values), the poorer the energy exchange and the greater the loss of energy resulting in poorer health. The healthier a person the less variation between the urine and saliva pH.

The more the urine and saliva pH move away from 6.40, the more they are indicating that the digestive enzymes are becoming too dilute and weak. This weakness is due primarily to the lack of one very important mineral: [Calcium](#). Calcium is the foundation mineral of bulk substance for every cell in biological systems. Calcium content determines cell density as well as volume. Calcium levels within the cell, affect cell membrane permeability by being involved in controlling excessive metabolic acids. Calcium also has stabilizing effects on protein, to name just a few of the innumerable value of calciums.

When calciums are reduced in the diet, and/or is more of one type than another, the pH eventually will be affected by drifting away from the 6.40 range. Where there is a large spread between the Urine and Saliva, the stomach is very eruptive in its initial digestive reaction. Due to the large difference, in potential, between food coming into the digestion and the digestive enzymes themselves, a tendency to form gas and bloating is present. The stomach will empty quite rapidly so that incomplete processing of food by the stomach is a problem. The further the pH's are apart, the more potential drop and energy discharge there is. Since this excessive energy discharge is not proper, cell damage will result. Confirmation of this is seen in the high Albumin reading.

When the liver is not being fed the proper types and amounts of mineral energy, the various digestive enzymes are weakened. They then do not interact with the right amounts of resistance against the incoming food. This usually can be seen as too fast or too slow of digestion. This means that the energy released during the enzyme reactions will not be on the right frequency (ratio), thus the liver is not supplied with needed energy.

As calcium is lost to the liver, oxygen pressure and hydrogen pressures become unequal within the tissue, preventing assimilation during digestion, so the link-up to build DNA is impaired or prevented altogether in the liver. So long as the proper strength of digestive enzymes is maintained by sufficient Calcium, Oxygen and Hydrogen intake, the speed of the food moving through the digestive system will be adequately regulated and the energy being released for the liver will be at the right frequency ratio.

Being that the loss of calcium to the liver alters the resistance and thus the speed of digestion, we can manipulate the resistance of the digestion, by supplementing with calciums, altering the diet, implementing proper hydration and making changes to lifestyle. In effect we can reverse the degenerative process while correcting the imbalance.

A balanced pH level of 6.40 provides the ideal resistance point in which the best electrical flow is produced, which in turn produces the best magnetism. When the pH moves above or below the 6.40 zone, this means that the magnetism is not correct for picking up the molecular mineral structure and linking into the liver and constructing enzymes with it. Below 6.40, in the acid direction, there is not enough resistance so there is then too much electrical flow resulting in too much magnetism. Likewise, above 6.40, in the alkaline direction, there is too much resistance, so there is not enough electrical flow and magnetism decreases. Either way, the line of least resistance is missed and mineral energy is not utilized by the system in proper ratio. Thus the cell health cannot be maintained and degeneration progresses.

It is significant to note that biologic life maintains optimum performance when pH is balanced at 6.40. This provides the ideal level of resistance, electrical flow and magnetism known as the "line of least resistance". When the pH varies in either direction from 6.40 the magnetism is less than ideal for the liver in picking up molecular mineral structures necessary to construct enzymes

needed for the various bodily functions. It is absolutely imperative to follow the “line of least resistance” for cellular health to be maintained and prevent the degenerative disease process.

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