

How to Test Your pH Level

Test your pH level: If you are sick or have cancer simply wet a piece of Litmus Paper with your saliva 2 hours after a meal. This will give a reflection of your state of health.

Salivary pH Test: While generally more acidic than blood, salivary pH mirrors the blood (if not around meals) and is also a fairly good indicator of health. It tells us what the body retains. Salivary pH is a fair indicator of the health of the extra cellular fluids and their alkaline mineral reserves.

Optimal pH for saliva is 6.4 to 6.8. Spit upon arising before anything is put into the mouth. A reading lower than 6.4 is indicative of insufficient alkaline reserves. After eating, the saliva pH should rise to 7.8 or higher. Unless this occurs, the body has **alkaline mineral deficiencies** (mainly Calcium and Magnesium) and will not assimilate food very well. To deviate from ideal salivary pH for an extended time invites illness.

Acidosis, an extended time in the acid pH state, can result in rheumatoid arthritis, diabetes, lupus, tuberculosis, osteoporosis, high blood pressure, most cancers and many more. If salivary pH stays too low, the diet should focus on fruit, vegetables and mineral water as well as remove strong acidifiers such as sodas, whole wheat and red meat.

Urinary pH Test: The pH of the urine indicates how the body is working to maintain the proper pH of the blood. The urine reveals the alkaline building (anabolic) and acid tearing down (catabolic) cycles. The pH of urine indicates the efforts of the body via the kidneys, adrenals, lungs and gonads to regulate pH through the buffer salts and hormones. Urine can provide a fairly accurate picture of body chemistry, because the kidneys filter out the buffer salts of pH regulation and provide values based on what the body is eliminating. Urine pH can vary from around 4.5 to 9.0 for its extremes, but the ideal range is 5.8 to 6.8.

Foods considered to be **alkaline-forming** and thus helpful to people with consistently acid pH include: almonds, aloe vera, apples, apricots, bee pollen, buckwheat, cabbage, cantaloupe, celery, carrots, cucumbers, dairy products except hard cheese, dates, dulse, poached eggs, figs, grapefruit, honey, lettuce, millet, parsley, raisins, peaches, fresh red potatoes, pineapple, soy products, sprouted seeds, cooked spinach, turnip tops, wakame miso soup, azuki beans, rice, mineral water.

People who remain too acid often display symptoms such as: anxiety, diarrhea, dilated pupils, extroverted behavior, fatigue in early morning, headaches, hyperactivity, hypersexuality, insomnia, nervousness, rapid heartbeat, restless legs, shortness of breath, strong appetite, high blood pressure, warm dry hands and feet.

Balancing the pH is a major step toward well-being and greater health. Acidosis (overly acidic body) is the primary indicator of Calcium Deficiency Disease. Scientists have discovered that the body fluids of healthy people are alkaline (high pH) whereas the body fluids of sick people are acidic (low pH). An acidic body is a sickness magnet. What you eat and drink will impact where your body's pH level falls. As nutritional support: coral calcium, fresh vegetable juices, alkaline forming foods and drinking high pH alkaline water can help balance your body pH.