

## ***Salivary pH Testing: (How to Test Yourself in Seconds)***

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). The purpose of this test is to test the saliva produced by your body. This can best be done upon rising. Before eating or drinking anything, spit out or swallow the saliva in your mouth. Next, suck saliva from the submandibular salivary gland under your tongue and spit it out. Do it a second time. Repeat, and apply saliva to a inch long piece of the pH paper provided. Wait 20-30 seconds, and compare the color of the strip with the color chart. Testing frequency is an individual thing, but you should test at least once per month. Salivary pH is a fair indicator of the health of the extracellular fluids and their alkaline mineral reserves.

Determine Your Current State of Health:

Are You Healthy?

Are You Developing a Degenerative Disease?

Do You Already Have a Degenerative Disease?

If your pH is 7 to 7.5 Your body fluids are in a healthy range, and you are unlikely to be mineral deficient.

If your pH is between 6.0 and 6.5, you are becoming acidic, mineral deficient (mainly Calcium and Magnesium), and you will not assimilate food very well. You are likely to be developing one or more of the 150 degenerative diseases. Diet should be immediately addressed, with a focus on fruit and vegetables, while at the same time discontinuing strong acidifiers such as sodas, hard cheeses, whole wheat and red meat from the diet, for starters. Supplement with stabilized oxygen and alkaline drops, and green superfoods.

If your pH is below 6.0, you are highly acidic, very mineral deficient, and have probably contracted at least one degenerative disease.

To deviate from ideal salivary pH for an extended period of time invites serious illness. Acidosis (an extended time in the acid pH state), is the primary indicator of Calcium Deficiency Disease, and it can result in rheumatoid arthritis, diabetes, lupus, tuberculosis, osteoporosis, high blood pressure, most cancers and many more. Balancing the pH is a major step toward well-being.

Urinary pH Test:

The pH of the urine indicates how the body is working to maintain the proper pH of the blood. 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. Testing the urine after the first voiding of the day is recommended.