



MEASURING YOUR BODY pH

The term pH stands for “potential” of “Hydrogen”. It is the amount of hydrogen ions in a particular solution. The more ions, the more acidic the solution. pH is measured on a scale of 0-14 with seven being neutral. The lower the pH number the more acidic it is and the higher the number the more alkaline.

The acid/alkaline balance within the body is the most important aspect of health. Maintaining the body’s alkalinity is essential for life, health and vitality. Regulation and control of the pH range is given top priority in the body. The pH range of the blood for example is 7.35 to 7.45, the ideal level for carrying oxygen. If it moves substantially out of range the result can be fatal. The liver and pancreas can only function in an alkaline medium as well.

Litmus paper is used to test the body’s pH. Upon contact with saliva or urine, this paper will change color to give a numerical value. A healthy reading is 7.5 for saliva and 7.0 for urine. Below the healthy range creates a condition known as acidosis. A long-term, chronic state of acidosis will reflect a highly alkaline pH known as alkalosis(above 8.0) and is a result of ammonia being produced by the body in an attempt to neutralize the excess acid.

Disease favors certain pH levels. Symptoms associated with acidosis are: insomnia, colitis, irritability, racing heart-beat, hard stool, restlessness, anxiety and nervousness, dry skin and mouth, acid urine, ammonia in urine, urinary calculi, diarrhea and dehydration, breathlessness, excessive dietary intake of carbohydrates, protein, and an avoidance of green leafy vegetables. Symptoms associated with alkalosis are: joint stiffness, night cramps, slow pulse, allergies, bursitis, high cholesterol and osteo-type arthritis, alkaline urine, no ammonia in urine, water and fluid retention, decreased respiratory rate.



To test urine: Test a sample of the first morning urine. Fill a small cup with urine and dip a strip of litmus paper into it. Read it immediately by comparing it to the color indication chart. Indicate the reading valuation on the chart below. Continue for seven days.

To test saliva: Wait 2 hours after eating. Spit into a spoon. Dip a strip of litmus paper into the saliva. Read it immediately by comparing it to the color indication chart. Indicate the reading valuation on the chart below. Continue for seven days.

DAY	URINE PH	SALIVA PH
1		
2		
3		
4		
5		
6		
7		