Dr. Keri Brown, ND - Holistic Health Strategist
Center for Wide Awake Wellness www.DrKeriBrown.com 719-423-0306

PH TESTING FOR ACID-BASE BODY BALANCING OF SALIVA AND URINE

Body pH is very important because pH controls the speed of our body's biochemical reactions. It does this by controlling the speed of enzyme activity as well as the speed that electricity moves through our body. The higher (more alkaline) the pH of a substance or solution, the more electrical resistance that substance or solution holds. Therefore, electricity travels slower with higher pH. If we say something has an acid pH, we are saying it is hot and fast. Alkaline pH on the other hand, biochemically speaking, is slow and cool.

Homeostatic mechanism works by depositing and withdrawing acid and alkaline minerals from other locations including the bones, soft tissues, body fluids and saliva. pH of saliva parallels the extra cellular fluid represents ionic calcium deficiency.

With this home test, you will be monitoring your health progress toward a proper acid/alkaline balance by testing saliva ph. pH paper is read by the color that shows up after it has dipped in saliva or urine: 5.5- strongly acidic (yellow) to 8.0- strong alkaline (dark green)

- The ideal saliva pH is between 7.0 - 7.2
- The ideal urine pH is between 6.8-7.2

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pH of Saliva – Acidosis Excess acidity in the body is associated with degenerative diseases, including:

- Cancer
- Heart disease
- Osteoporosis Arthritis
- Kidney and Gall stones
- Tooth decay: dissolves both teeth and bone

pH of Saliva – Alkalosis Calcium precipitates out of solutions and forms deposits. Patient is also lacking chlorides and phosphates. Alkalosis is involved with:

- Asthma
- Allergies
- Arthritis
- Bursitis
- Infections
- Anxiety
- Hyperventilation
- High Fever
- Lack of Oxygen
- Salicylate Poisoning
- Being in High Altitudes
- Liver / Lung Disease

pH Miracle Living Acid/Alkaline Saliva and Urine Test

1. First, upon waking test your saliva with the pHydrion paper. When you get out of bed, lick and wet the end of a pHydrion test strip with your saliva. Note the color change and write down the pH number. Do this before brushing your teeth, drinking, smoking, or even thinking of eating any food. The optimum saliva pH should be 7.2.

2. Next, test your first urine of the morning. This is urine that has been stored in your bladder during the night that is ready to be eliminated when you get up. You need to pee on a strip of pHydrion paper, note the color change and write down the pH number. The first urine should run optimally between a pH 6.8 to 7.2.

** If your first saliva pH is lower than 7.2 and the urine pH is lower than 6.8 you are deficient in alkaline buffers and need to move to a more alkaline *diet rich in fresh green vegetables and fruits*. If your first urine pH is higher than 7.2 your alkaline buffers are enough to neutralize the acidic foods and drinks you ingested the day before. To balance the pH of the urine you need to move away from acidic foods and drinks and begin ingesting liberal amounts of electron rich green vegetables, low sugar fruits and healthy polyunsaturated fats.

Check your daily to three times a week. Once one has achieved a pH above 7.2, it is useful to monitor saliva pH regularly to ensure that the body remains sufficiently alkaline.

Date																			
pH Saliva																			
pH Urine																			