

FOUR WINDS NUTRITION CLUB

MEASURING YOUR BODY pH

You are aware of the fact that your body pH has a direct relationship to one's health. We will show you how measuring the pH of body fluids like urine and saliva can help you assess the body's balance.

pH is the acronym for potential hydrogen.

It is a measure of the degree of saturation of the hydrogen ion in a substance or solution.

7 is neutral on a pH scale which goes from 0 to 14.

This scale corresponds to the hydrogen ion concentration from 10^0 to 10^{-14} moles per liter. This is a huge range which sensitive instruments can measure. It is a **logarithmic** scale, based on powers of 10, so that 1 pH unit change equals a 10 fold change in H^+ ion concentration! A pH of 6 is **ten times more acidic** than a pH of 7.

pH value	times acidity or alkalinity exceeds that of pure water (7.0)
Acidic 0	10,000,000
1	1,000,000
2	100,000
3	10,000
4	1,000
5	100
6	10
Neutral 7	1
8	10
9	100
10	1,000
11	10,000
12	100,000
13	1,000,000
Alkaline 14	10,000,000

pH RANGE

For our purposes we will be measuring urine and saliva. In a perfect world with other health parameters in place, the pH of both urine and saliva will be right around the 6.4 level - and this would be at just about any time of day when tested - though **the best times to track and test for a baseline reading would be two hours after a meal.**

Understand that pH can move all over the place. This is so because most individuals "total alkalinity" is not very strong. So two hours after a meal for instance, you may find the urine going acid as it is a reflection of the meals acid components pushing the pH. But as "total alkalinity" increases in an individual, this swaying urine pH starts to lock in at the 6.4 level. **This takes time to accomplish.**

The question may arise as to why urine and saliva should be steady in the 6.4 area, and the answer lies with the work of many researchers.

The reason 6.4 seems to be ideal is for specific ionization principles to be carried out in the body. Anytime we talk about the human body and biological terrain, we can relate it to stories of farming and soil terrain for there is common ground in both areas. After all, we do come from the dust of the earth and it is the dust of the earth to which we will return (our bodies at least).



pH is but one parameter that quantifies the nature of the terrain.

When a plant grows, it draws up from the cationic earth and reaches towards the anionic sky. As one force of the plant spirals up, another energetic force spirals down. The plant uptakes the water and minerals from the soil and ionizes, changes and incorporates those substances into the fibers and matrix of the plant. In order for the plant to reach its optimum and most healthy state (and nutritious when talking about edible plants) the soil terrain must be within an ideal range of parameters.

When we eat the plant, the process is reversed and the plant substance is broken down through the pressure and resistance of digestion and the soil of the liver transforms, stores and dispenses components of the life processes which are further acted on by the soil of the cells and glands throughout the body. It is the circle of life; highly charged, electric, and magnetic, some might say electromagnetic or electrostatic.

The more perfect your body's biological terrain, the more capacity you will have to extract every ounce of vibrant health and dynamic energy. The food you consume is met with the resistance of digestion, and it is this resistance which causes a friction and a release of energy in the form of amino acids and mineral ions, colloids, heat and electricity.

The testing that follows are a series of tests to illustrate where your pH lies and will give you insights to the degree of balance (or not) within your body.

pH Test Paper	Safe Ranges
	

DAILY TESTS

This is an on-going test over several days to even a couple of weeks to determine how your pH swings during the day under different circumstances and food consumption habits.

Take a sheet of paper and make 5 columns headed "time", "consumption", "saliva pH", "urine pH", "feel".

You will record your urine and saliva pH every time you go to the bathroom. When you wake up in the morning record the time and your pH values and how you feel. When you eat breakfast, record the time.

Next time you go to the bathroom record the time, your pH values and how you feel.

Next time you eat, record the time and what you ate.

Next time you go to the bathroom record the time, pH values and how you feel.

Do this throughout the whole day and over many days.

Here you will start to track what you eat, how that makes your pH sway, and how you feel during the process. It can be an invaluable tool to begin to make associations like; every time I eat x food, my pH a few hours later goes to y value, and I feel like. You may start to notice patterns that are either for your benefit or perhaps not. Do it for a long enough period and you will start to see cause and effect. You are on the road to taking real charge of your health.

ACID MEAL TEST

Here you are going to eat an acid forming food evening meal.

Meat, pasta, beans, bread, nuts, fish, no vegetables. Next morning, check your first urine pH. The meal the previous evening was too acid, but the body needs to be getting rid of this acid, so the urine should reflect this.

Best situation would be wake up urine from 4.5 up to 5.8 or so. This would be a reflection of your body having enough alkaline reserves that it was buffering the acid and the adrenals and kidneys had appropriate energy to get rid of it. It is a healthy response.

Wake up urine **after the acid evening meal** between 5.8 and 6.8 is a reflection that the body is barely compensating, and the higher the pH the worse the situation.

Wake up urine after the acid evening meal of 6.8 or higher is not good. It is a possible indication that the body is dumping bicarbonate ions and may be in the **ammonia cycle of the liver** to help deal with the acid. This situation probably means depleted alkaline reserves and possible exhausted adrenal glands as well as probable digestive problems.

If the above situation or an alkaline morning urine is accompanied by an acid saliva less than 5.8, the situation is getting worse, and **the further apart the numbers, the worse it is**. Definite remedial action for alkaline reserve build up is critical.

As a point of reference, have you ever been to a nursing home and smelled an ammonia odor?

Did you think that was because the nursing home was doing a good job of house cleaning? Well that is not the case.

What is happening is you are smelling the urine of very sick people in their last days. Their bodies are in a give up state, they are likely dumping any alkaline buffers they have and the body is in last ditch mode trying to maintain sufficient blood pH for life to hang on by converting the acid in their systems to ammonia. The single biggest thing those individuals need is more water for hydration and a lot of alkalizing minerals. I would venture to guess that if this were to occur in nursing homes around the country a lot of their patients would be getting better and going home.

ALKALINE MEAL TEST

Here you are going to eat an alkalizing evening meal.

Basically all vegetables. Green leafy veggies, broccoli, lima beans, carrots, etc. Next morning check your first urine pH.

If the pH range is 4.5 to 5.5 you can consider it a too acid response. It means your body has a lot of excess acidity stored and you need to keep up those alkaline evening meals until the numbers come up.

If you have a pH range from 5.5 to 6.8 it could be considered that you have a better level of alkaline reserves, but key to that assumption would be how you feel. If you feel healthy this range is ok. If you have symptoms of problems, you may need to dig more into the situation.

If the pH range is 6.8 to 8.5 again it could mean all is very well IF you are perfectly healthy. However, if you were experiencing serious symptoms of ill health, this alkaline response could be an indication that your cells are too toxic to use the alkaline reserves and instead are being dumped.

It should be mentioned here that there can be times when someone consumes many vegetables and alkaline minerals and their **pH readings average far above 6.4**. They believe this to be healthy but it actually is reflecting an underlying imbalance. Instead of using the minerals they are being dumped. Further testing will many times show an anabolic/catabolic imbalance - some clinicians also refer to this as an anaerobic/dysaerobic imbalance. This is related to the mix of fatty acids and sterols on

The readings

My Urine & Saliva pH records				
Time of the day	Diet (What I ate)	Saliva pH	Urine pH	Energy Level (What I feel like)

Caution: DO NOT apply the test paper on your tongue. For saliva readings, simply add some saliva on your finger tip and then apply it to a piece of test paper, wait a few seconds and check the color.

Write down the number (color) on your daily monitoring table above.

WHEN YOU WAKE UP

First thing in the morning, your eyes open up, you roll over and test your saliva pH. In a best situation, your pH reads **6.4**. (**At night** it should be a bit more alkaline up to 7.2 is fine). Individuals with either chronic degenerative diseases or those setting themselves up for such will see their wake up saliva from 5.5 or lower with concurrent urine pH as low as 4.5.

These values represent a long term acid stress on the body.

Generally this means that an individuals alkaline reserves are very low to depleted.

In general you do not want to see a wake up saliva pH below 6.1.

Urine test numbers should be the same as saliva numbers (**6.4 in the morning and up to 7.2 at night**)

SALIVA TEST

You sit down to eat, you get the aroma of your favorite mealtime dish, you are ready to show down and something begins to happen in your mouth. You begin to salivate.

This is a reflection of the enzyme amylase kicking in for the starch digestion process.

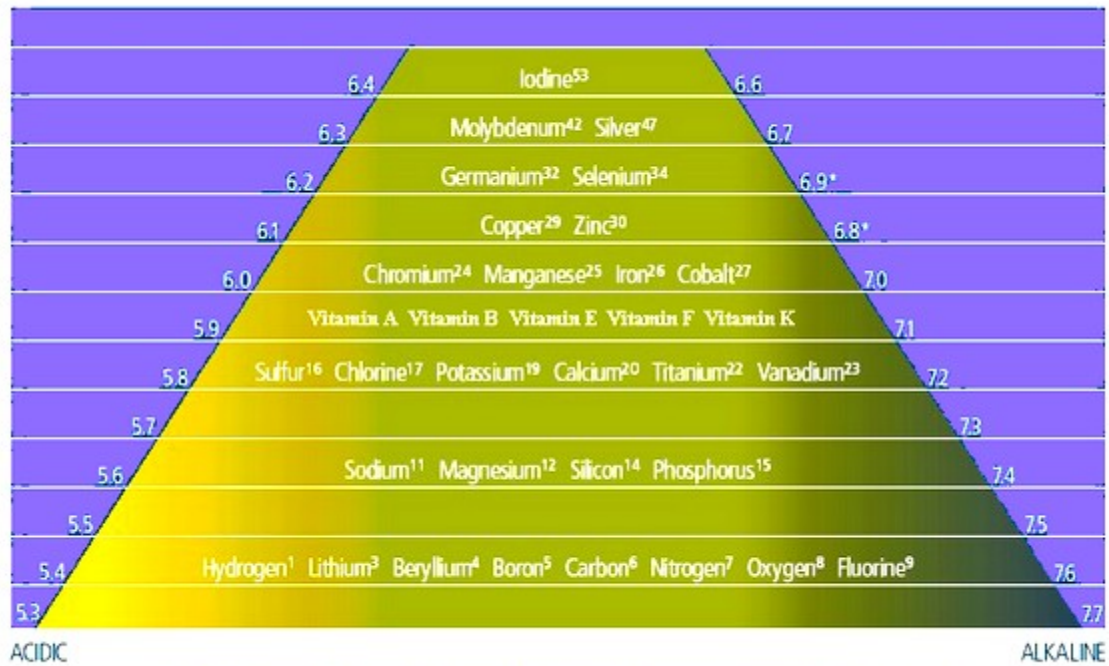
This enzyme needs a range of pH ideally around 7.2 pH. So if you have adequate alkaline reserves in your body, testing your saliva pH as you salivate before a meal should give you a pH reading of around 7.2.

If your pH is not getting up to at least 7.0, you can assume there is stress in your alkaline reserves and the further below 7 it goes, the more depleted are those reserves. You could also suspect digestion all around is not doing so well.

This typically indicates a longer term problem and more serious effort needs to be applied to help restore overall health.

To purchase this pH paper simply call 407-740-8012 (\$9.25 per roll + Shipping) - or go to [this page](#) (\$8.75 + Shipping) and order online.

**The cells of the body cannot extract nutrients from the blood
UNLESS the pH is correct.**



*These 2 numbers are intentionally reversed to reflect the appropriate mineral range of acceptance