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### The pH Test – advanced indicator of your health

1. Test your saliva when you wake up in the morning, before anything goes into your mouth. Stimulate your saliva production (glands below the tongue) by 'sucking and swallowing' several times first. Touch the pH test strip in the saliva being careful not to touch the teeth/tongue. Compare color and write down the pH. Do this before drinking, eating or brushing teeth (smoking too).
2. Test your second urine of the morning. The urine stored overnight will be acid, so don't test that. Drain your bladder in the morning (or the last time during the night if you do that). Then test the second urine and record the pH. This will be the pH of your urine after you eliminated the 'acid load' from the day prior. Since the acids should be gone, the urine pH ideally will be 6.4.
3. Eat breakfast (an apple, or anything). After 5 minutes check your saliva again and record the reading. This should go up from what it was before eating; the greater the rise, the better.
4. Check your urine pH between meals, i.e., between breakfast and lunch, and between lunch and dinner. Two hours after meals, the pH should always be slightly alkaline.

This is what the results indicate:

1. The morning saliva pH indicates our overall condition, i.e., the liver condition. This is the overall state of our health, the alkaline reserves of our body. This reflects the diet over recent months and years. This number stays constant, changing only when we re-mineralize our body.

Saliva pH indicates the intracellular pH, so they should never be below the pH of our phosphate buffer system, that is 6.4.

The most accurate readings are immediately upon awakening, after at least 5 hours of sleep. During sleep the body removes waste, and is in an anabolic state of restoration (replenishing) the body. If your saliva pH is 5.5 at this time of day, and only 5.6 after eating, you know you have no alkaline reserve, and your body is missing the minerals necessary to process food properly as well as other essential chemical processes essential to good health.

2. The morning urine pH indicates how well your digestive system processed what you ate the previous night. The numbers vary from day-to-day depending upon the evening diet.

3. After eating breakfast, the saliva pH gives an indication of your body mineral reserves. The pH number should increase after eating. The ideal pattern for saliva pH is:

6.4 pH upon awakening

7-7.2 pH after breakfast.

A simple test you can do anytime during the day also checks your body's alkaline reserve. Eat a lemon. A healthy person with good alkaline reserves will find when he takes a bite of highly acidic lemon, the saliva pH drops sharply for an instant. However, it returns almost immediately to 8.5pH. The more acidic the food you consume, the more rapid the response from pH.