

Here is how to test your own pH...

The pH Miracle Living Acid/Alkaline Saliva and Urine Test:

1. First, upon waking test your saliva with the pHHydrion paper. When you get out of bed, lick and wet the end of a pHHydrion 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 6.8 to 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 pHHydrion 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 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 sufficient to neutralize the

acidic food and drink 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.

3. Next, test your second morning urine before eating any food. This number should be the pH of your second urine after you have eliminated the acid load from the day before. The acids should be gone the second time you go to the bathroom so your urine pH should be ideally around 6.8 to 7.2. If the pH is lower than 6.8 then you are in a state of latent tissue acidosis and you are deficient of alkaline buffers such as bicarbonate, sodium, potassium and magnesium. The lower pH is also indicative of a diet high in protein and an increase in acids from proteins including nitric, sulfuric, phosphoric and uric acids. Eliminate from the diet proteins from beef, chicken, turkey, pork and fish to normalize pH at 6.8 to 7.2 while eating liberal amounts of green foods and green drinks and healthy polyunsaturated fats.

4. For breakfast eat an avocado soup, vegetable soup, or drink some fresh almond milk or a fresh green drink. Wait five minutes and then check your urine and saliva again. Write these pH numbers down also. The pH numbers will go up from the first and second morning urine and saliva if you have sufficient alkaline reserves to buffer acids. If you do not then the pH numbers will show very little change or even go down from the early morning pH numbers.

5. Make sure you check your urine and saliva pH between meals, i.e., between breakfast and lunch and between lunch and dinner. The pH should always be between 6.8 to 8.4, right after meals and between 6.8 to 7.2 a couple of hours after meals.

To purchase the pH Hydrion paper click the link below

http://www.phmiracleliving.com/ph_strips.htm

The five tests above show the following:

1. The efficiency of the digestive system to deal with what you ate the night

before, i.e., the first and second AM urine and saliva pH. These numbers will change from day to day if you are living an eating acidic. When you begin The pH Miracle Living Plan you will see the pH of the urine and saliva become more constant and balanced at a pH of 6.8 to 7.2.

2. How well you treat yourself in general, i.e., how 'strong' the salivary glands, pancreas, gallbladder and liver are in dealing with excess acidity. This is once again the AM urine and saliva pH. This number shows the overall state of your health, the condition of the alkaline reserve of your body which reflects the diet you have been eating over the last months and years. This pH number stays rather constant and will only change after some work has been done in alkalizing and energizing the body as outlined in the pH Miracle books. Since the saliva and urine pH is an indicator of intracellular pH, saliva and urine pH readings should never be below the pH of the phosphate buffer system, 6.8. (See below).

The most accurate readings of saliva and urine pH is recorded immediately upon awakening-- after sleeping at least five hours and before brushing your teeth. It is during sleep that the body removes waste and is in an anabolic state restoring and replenishing the body. For example, if you have a saliva or urine pH of 5.5 and only 5.6 after eating, you know that you are deficient in alkaline reserve and your body is devoid of the minerals necessary to process food properly -- your body cannot adequately respond to the physiological crisis of handling food or drink that is acidic.

3. The pH of your saliva and urine after you eat or drink gives you an indication of your alkaline mineral reserves and your body's ability to deal with the acid residues created from the digestion of that food or drink. It is normal for your pH number to increase after you eat or drink not stay static or decrease. This once again indicates your inability to deal with acid, the deficiency of alkaline reserves and the buildup of latent tissue acidosis. Even if you think of a food like an avocado or a lemon the pH of your saliva should increase by a whole point. This simple test indicates you have sufficient alkaline reserve minerals to pull into your digestive system to begin the digestive and buffering process. The ideal urine and saliva pH pattern is 6.8 to 7.2 on awakening, 6.8 to 7.2

before eating and 7.2 to 8.5 following any alkaline meal or drink.

A simple test can be done at most any time of the day by eating a few almonds. This will check the adequacy of the alkaline reserve of the body. When a healthy person with adequate alkaline reserves eats a few almonds, the saliva pH almost immediately goes up to a pH of 8.4. The more acidic the food that is eaten, the more rapid the response of the alkaline reserve, and the higher the saliva pH should be following a meal.

4. The pH of the saliva and urine between meals should be kept in the basic range, pH 7.0 to 7.2. After one eats, the stomach releases its necessary HCL

to help digest the food. While doing this, it also performs the opposite action, i.e., it makes an equivalent amount of base or baking soda, sodium bicarbonate, that is picked up by the blood stream and delivered to the alkaline glands of the body, the saliva, the pancreas, the gallbladder, the pylorus glands in the duodenum and the liver. The maximum amount of base in the blood and therefore in the urine and saliva occurs one to two hours after you eat.

This rhythm of the acid and base flow of the body is called by Frederick F. Sander, the Base-floods and the Base-tides of the Acid-Base household. This information was first published in 1930, by Frederick F. Sander, a German scientist, in a book called, The Acid-Base Household of the Human Organism

and its cooperation with the nail circulation and the rhythm of the Liver. In his book he states that the body fluids and therefore the urine is most acid at 2:00 A.M. (pH 5.0 to 6.8) in the morning (the base tide) and most alkaline at 2:00 P.M. (pH 7.0 to 8.5) in the afternoon (base flood).

'The ideal pH numbers depend on the time of day. Plotted on a curve it looks like the double hump of the back of a camel. Two times a day the urine should be alkaline and that is the top of the humps and corresponds to 10 A.M. and 2 P.M., the alkaline tide after meals. During the rest of the day the pH should be between 6.8 and 7.2. This is optimal urine. The first urine in the morning should be more acidic because of the decalcification that takes place during the night in neutralizing excess acids.'

If all the acids generated in a day of digestion are, respiration, metabolism and degeneration are not all flushed out during the night they accumulate, day after day. The results are the expression of states of imbalance as the body desperately tries to maintain the alkaline fluid pH at 7.365. The day to day buildup of acids affects each of us differently depending on our genetics, lifestyle and diet. I have found that acids settle in the weakest parts of the body and if not eliminated through the bowels, urinary system, lungs or skin, acids are then bound to fat and stored on our hips, thighs, stomach, breasts and brain. Bottom-line acids are the expression of all symptomologies and the direct cause of ALL sickness and disease.

Monitoring your saliva and urine pH puts the responsibility of caring for your health back into your hands. Measuring the saliva and urine pH guides your therapy and shows you how living, eating and drinking determines the quality and quantity of your life.

You should monitor your saliva and urine each day for at least 12 weeks or until you establish your balanced pH at 6.8 to 7.2. Once you have established a balanced saliva and urine pH at 6.8 to 7.2 you can reduce the number of tests to once a day or 2 to 3 times a week.

You can get the pH Hydrion paper at health food stores or from the [PH Miracle Living](#) site.