



## How to Test Your Own PH

You will need some PH testing, or litmus, paper in order to do this. Most chemists can supply this. Remember the pH scale runs from 0 (very acidic) to 14 (very alkaline). The mid-point of 7 is neutral. Healthy body tissues are around 7.365, very slightly alkaline.

### Upon waking:

1. Test your saliva with litmus paper by licking it. Note the colour change and write down the PH number. You must do this before brushing your teeth, having a drink etc.
2. Then test your first urine by peeing on a strip of litmus paper, noting the colour change and writing down the pH number.
3. Next test your second urine of the day by peeing of a strip of litmus paper, noting the colour change and writing down the pH number. This may well be different to your first urine test as you will have eliminated the acid loading from the previous day.
4. For breakfast eat an avocado or vegetable soup, or drink some fresh almond milk or a fresh green drink. Wait five minutes and test your saliva and urine again and write down the numbers.
5. You can go on to check you saliva and urine between meals if you wish.

### What Are You Looking For?

1. Optimum saliva pH should be 6.8 – 7.2. Anything less than that means your mouth is very acid.
2. The first urine test should optimally be 6.8 – 7.2. If it is lower than 6.8 your body is deficient in its store of alkaline buffers and you need to boost this by eating more alkaline foods and drink. If it is higher than 7.2 it means that you have sufficient alkaline buffers to neutralize the previous day's acidic foods and drinks.
3. The second urine test should optimally be 6.8 – 7.2. If it is lower then your body is in a state of latent tissue acidosis and deficient in alkaline buffers which you need to boost. It also indicates a diet high in acid forming foods which you need to cut back on in order to bring the body back into balance.
4. If your pH numbers do not change or go up after breakfast, then it indicates that you do not have sufficient alkaline reserves to buffer acids.
5. When you check your pH numbers between meals it should optimally be between 6.8 – 8.4 right after a meal and 6.8 – 7.2 a couple of hours after a meal.

### What does it all Mean?

1. Testing your first and second urine of the day shows how efficient your digestive system is at dealing with what you ate the previous day. There is likely to be some change from day to day in these numbers if you are eating an acidic diet and leading an acidic lifestyle (don't forget stress, negative emotions and pollution all contribute). Ideally you should be showing a constant and balanced 6.8 – 7.2 pH.

2. The AM urine and saliva tests also show how strong your body systems are at dealing with excess acidity. They will show if you have a good alkaline reserve in your body from which it can draw to buffer acidic foods etc. It is likely to be a rather constant pH number and if it needs to change this will happen slowly as you re-alkalinise your diet. Ideally the saliva and urine pH values should never be below 6.8 as this is the level of the phosphate buffer system in the body. What the test is demonstrating to you is the pH value of the intracellular pH of your body so if it comes in below 6.8 your tissues are holding acid. This first test of the day, taken immediately on waking is the most accurate. Your body has been cleansing and restoring itself during sleep, and if you have a pH of 5.5 on waking and it only goes to 5.6 after eating it clearly shows you are deficient in alkaline buffers.
3. The pH values after you eat or drink indicate the alkaline reserves within your body and how efficiently your body deals with the acid waste from digesting what you eat. It is normal for the pH to increase slightly after eating as your body pulls on its alkaline reserves to begin the digestive and buffering processes. The ideal pattern is 6.8 – 7.2 on waking and before eating, and 7.2 - 8.5 following any alkaline meal or drink.
4. Between meals the pH range of the urine and saliva should be between 7.0 – 7.2. As the stomach releases hydrochloric acid to help it with digestion, the body also releases a base of sodium bicarbonate to the alkaline glands, the saliva, the pancreas, the gall bladder, the duodenum and liver, and this should be at a maximum about two hours after you eat.

### **A Simple Test**

A simple test can be done any time of the day by eating a few almonds and checking the pH of your saliva. If you have adequate alkaline reserves the pH will almost immediately go up to 8.5. The more acidic the food you eat the more rapid the buffering response from the alkaline reserves should be and the higher the saliva pH should be following a meal.