

Saliva pH Acid Challenge Test

This is the only valid test for chronic metabolic acidosis. Salivary and urinary pH tests are not reliable because they fluctuate with what, when, or how much food we have eaten; what, when, and how much we drink, and/or how much we exercise, what kind of exercise, and when we exercised, and if we are fasting we become acidic. This tends to give varied pH readings.

This test uses diluted lemon juice to monitor bicarbonate mineral reserves in the pancreas and see if it has the ability to keep the pH of the body balanced.

Required Materials:

- pHresh Strips Paper
- 1 tbsp. of lemon juice mixed with 1 tbsp. water.
- Timer

Test Procedure:

The best time to take the test is after a very small meal (do not drink anything with or after the meal). Check your salivary pH periodically; when it settles down to 7.2 or there about, take the test.

Make a pool of saliva in your mouth. Dip 1 end of pH paper into the pool and wet it. Do not suck on strip - just wet it. Remove and compare color immediately. (Strip will darken with time so compare immediately.) Compare color of the pH paper against the pH scale provided and record the result as a Before in the left chart.

Quickly sip down the lemon juice mix in 4 sips. Do a quick swish with each sip. As soon as the whole 2 tbsp. of mix is swallowed, test pH again and record in the AFTER column in the chart on the left.

For the next 5 minutes, one minute apart, test the saliva with the last 5 pH strips. Record each test result immediately in the left chart.

After you have finished the test, put a dot matching your results on each corresponding line on the chart on the right (Before, After, 1, 2, 3, 4, 5), then connect the dots with a line, and compare your pH graph to the "HEALTHY PANCREAS GRAPH" in the chart.

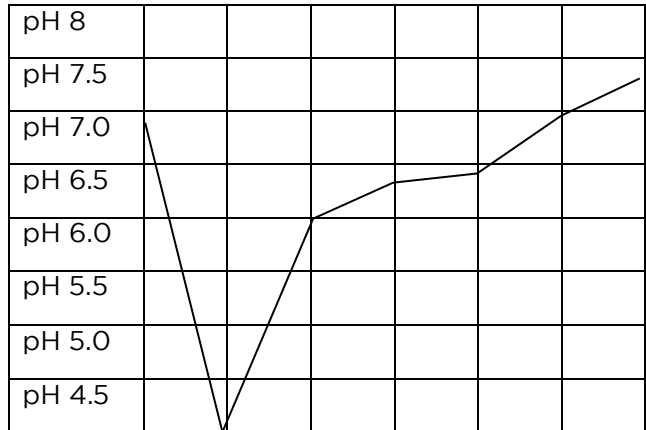
Interpreting Results:

Everyone's metabolism is different; most people will not respond to the acid exactly the same. However, if your pancreas can effectively secrete enough bicarbonate to handle the acid, your pH should correspond proportionately with the "HEALTHY PANCREAS GRAPH." However, if your pH does not drop down to 4.5, you may have acute metabolic acidosis (the liver is in ammonia cycle) or you have chronic metabolic alkalosis*, either way, it needs to be rectified.

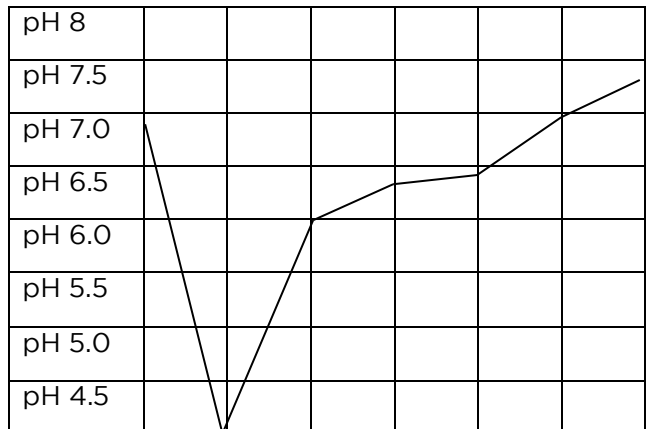
*Chronic metabolic alkalosis is very uncommon and seen only in individuals that consume a strict raw vegan diet.

“HEALTHY PANCREAS GRAPH”

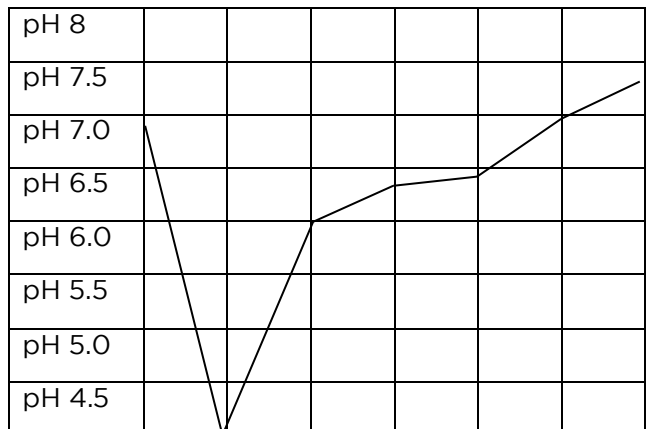
| | | | | | |
|--------|--|--|--|--|--|
| Date | | | | | |
| Before | | | | | |
| After | | | | | |
| 1 min | | | | | |
| 2 min | | | | | |
| 3 min | | | | | |
| 4 min | | | | | |
| 5 min | | | | | |



| | | | | | |
|--------|--|--|--|--|--|
| Date | | | | | |
| Before | | | | | |
| After | | | | | |
| 1 min | | | | | |
| 2 min | | | | | |
| 3 min | | | | | |
| 4 min | | | | | |
| 5 min | | | | | |



| | | | | | |
|--------|--|--|--|--|--|
| Date | | | | | |
| Before | | | | | |
| After | | | | | |
| 1 min | | | | | |
| 2 min | | | | | |
| 3 min | | | | | |
| 4 min | | | | | |
| 5 min | | | | | |



Before After 1 2 3 4 5