

*Body pH is measured by testing urine and saliva.*

The pH balance of soft tissue is reflected in urine, ideally 7.4 to 7.8 (for optimal oxygen levels). Status of the digestive tract is reflected in saliva, also ideally alkaline 7.4 + for optimal secretion of salivary amylase and ptyalin, the initial phase of normal healthy digestion.



Accurate testing of urine's pH, is best before breakfast and before dinner in the evening to demonstrate that enough minerals are available during the course of the day and thru the night while we rest and detoxify. Saliva can be checked any time. Simply tear off about half an inch of pH paper and apply a couple of drops of urine or saliva. The color of the pH paper will match up to the numeric values on the chart.

Acid urine and saliva may not change the yellow color of the pH test paper until the mineral reserve begins to replenish. Green and ultimately Blue on the test paper, reflects an alkaline pH.

Vegetables and super foods such as Spirulina and Wheatgrass Juice are ideal for improving our alkaline reserve. However eating an alkaline forming diet can be challenging for many reasons. pH Salts added to water and beverages is an efficient way to shift and maintain normal healthy pH.