

**BALANCING THE BODY'S ECOSYSTEM**

A wonderful way to balance the body's ecosystem is testing Urine and Saliva pH.

- Ecosystem Dictates What will Flourish
- Parasites
- Bacteria
- Virus
- Healthy Bacteria
- Healthy Tissue
- What Stores in Fat Cells
- What Burns for Fuel

**IDEAL pH RANGE**

In order to maintain a healthy alkaline blood value, the urine and saliva pH is slightly acidic at 6.8

**URINE 6.8      |      SALIVA 6.8      |      BLOOD 7.35 - 7.45 (Critical)**

A neutral pH is 7. We call the **URINE sample ACID if less than 6.8** and we call the **SALIVA ALKALINE if greater than 6.8**.

Each body will require a different push to achieve optimal pH. It is essential to monitor the pH frequently and to make the appropriate adjustments daily. pH should be taken at approximately the same time every day. Take pH shortly after 10:30am or 2-3 hours after waking and away from food by 30min to 1 hour. Dip pH strips into urine or saliva sample. **DO NOT place pH strips directly into the mouth.**

	TIME TAKEN	SALIVA pH	URINE pH	SALIVA pH ACID OR ALKALINE	URINE pH ACID OR ALKALINE	RANKING
Example Test	10:30am	5.0	7.5	ACID	ALKALINE	4
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
DAY 6						
DAY 7						

**INTERPRETATIONS OF pH**

Ranking your body's ecosystem from a 5 being to a 1 needing support.

- 6.8 Saliva / 6.8 Urine = **5** (Balanced)
- Alkaline Saliva / Acid Urine = **4**
- Acid Saliva / Alkaline Urine = **3**
- Very Acid Saliva / Very Acid Urine = **2**
- Alkaline Saliva / Alkaline Urine = **1**

Approximately 90% of the time we make the most recommendations based on which pH is the most significantly off.  
 Approximately 90% of the time, we consider the other a compensation mechanism by the body.

**pH: WHAT CAN IT TELL YOU?**

- Acidity/Alkalinity of Sample
- How the Body is Striving for Homeostasis
- If the Body has the Capacity to Detoxify & Release Fat Based Toxins
- External Secretion Success = Internal Secretions Success or Note
- What Organs / Processes are Stressed
- How Effective Your Weight Loss and Metabolism Enhancement will Be
- What Can Flourish in the Body

**OPTIONS:**

**IF ALKALINE SALIVA / ACID URINE CONSIDER:**

- Digestive enzymes: *Metabolism Enzyme Balance*
- Try *Metabolism Free Radicals*
- Consume more alkaline forming foods
- Chew food more before swallowing
- Increase vegetable portions
- Mint or mint teas
- Coconut vinegar
- Herbal bitters
- Stretching
- Outdoor exercise

**IF ACID SALIVA / ALKALINE URINE CONSIDER:**

- Try *Metabolism Free Radicals*
- Heavy weights
- Increase protein portions
- Lime juice in water
- Papaya
- Figs
- Lima beans
- Potassium rich foods
- Dandelion root

**IF VERY ACID SALIVA / VERY ACID URINE CONSIDER:**

- Probiotics: *Metabolism Pro-Biotic*
- Try *Metabolism Free Radicals*
- Consume more alkaline forming foods
- Baking soda / sea salt baths
- Deep breathing exercises
- Stress reducing techniques
- Outdoor walking
- Lime juice in water
- Coconut vinegar
- Alfalfa tea
- Grapefruit (not if on statin drugs)

**IF ALKALINE SALIVA / ALKALINE URINE CONSIDER:**

- Digestive enzymes: *Metabolism Enzyme Balance*
- Reduce stress: *Metabolism Stress Blend*
- Try *Metabolism T4T3*
- Try *Metabolism Free Radicals*
- Increase protein portions
- Epsom salt baths
- Heavy weights
- Increase spring water intake
- Brisk walking
- Increase Vitamin C intake
- Ingest sea salt orally (Celtic is my favorite)

**NOTES**

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