

THE DIGESTIVE RESERVE TEST (LEMON CHALLENGE)

How are your enzymes reserves? Low reserves can slow your metabolism!

This test is designed to determine how the body deals with acids. The test gives us the information regarding the availability of trace minerals, phosphoric and bicarbonate buffers (salts) and if they are readily available for the body to use to balance acids.

Take the test approximately 2 hours after eating. In this test, you will measure the Saliva pH six times at one minute intervals.

GETTING STARTED

To begin the test, first swallow ten times, and then take a saliva pH reading.

pH _____ prior to taking test.

ITEMS REQUIRED

- A watch with a second hand
- Juice from 1/2 fresh lemon
- 9 paper towels
- 9 pieces litmus paper about 1 inch long
- 1/2 cup water
- 1 plastic spoon
- 1/4 cup water

INSTRUCTIONS

1. Combine juice from the lemon and 1/2 cup water, and drink it down.
2. Then take the 1/4 cup of water and swish it around in the mouth, and swallow.
3. Then begin watching the clock. At the end of the first minute take a reading of the saliva pH, using a spoon and sliding the litmus paper into the slurry of saliva on the spoon. If the paper shows streaked, stir the saliva in the spoon with the paper to get an average reading, or to see if the paper goes any darker. record the reading. (Use the darkest tone or color that matches the guide.) Wipe out the spoon with the paper towel and repeat the procedure until all of the readings are done.

pH READING:

1 min. _____ 2 min. _____ 3 min. _____ 4 min. _____ 5 min. _____ 6 min. _____

Wait 5 more minutes and test the pH of the saliva again. pH reading _____

Wait 5 more minutes and test the pH of the saliva again. pH reading _____

RESULTS:

The ideal is that the body stabilized the pH within a 3 minute window showing that it had an optimal enzyme reserve. If not, consider Metabolism Enzyme Balance to rebuild and restore the body's reserves. Add herbs and spices to your meals to make sure you chew your food thoroughly.

REMEMBER: Enzymes activate your body's ability to extract micronutrients from whole foods. It is those micronutrients that repair and heal the metabolism.

7-DAY pH TESTING PROTOCOL

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	10:30 am	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.

7-DAY pH TESTING PROTOCOL

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 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 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 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)