

## 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
- 9 pieces litmus paper about 1 inch long
- Juice from ½ fresh lemon
- ½ cup water
- ¼ cup water
- 9 paper towels
- 1 plastic spoon

### INSTRUCTIONS

1. Combine juice from the lemon and ½ cup water, and drink it down.
2. Then take the ¼ 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.**