Home Test pH kit

Introduction:

All organic matter on this planet has ph levels, including humans. Seven point zero being considered neutral; anything below is considered acid and anything above alkaline. The easiest and least expensive way to monitor a healthy ph balance in the body is by measuring the ph of the urine or salvia. A good marker for balance is for both our urine and saliva to be maintained within a 6.8 to 7.2 range.

There are many factors which play a role in an unhealthy ph level, including but not limited to stress, certain medications, metabolic and muscular functions in the body, and the foods we eat and the liquids we drink. Some of the factors might be an out of balance mineral ratio. These are some primary concerns to look for when a person's pH level is chronically low or high. If diet changes and a reduction in stressors do not normalize a pH level, then the advice of a good health care professional, who understands the importance of pH balance, should be consulted.

The pHydrion paper may be able to give you a quick and convenient way to test your body's acid / alkaline balance on a daily basis. Once you have an idea of where you lie in this range, steps may be taken to control your health naturally.

Maintain a regular exercise program that fits your lifestyle. A brisk morning walk is always nice. Reduce stress by meditation or find other ways to relax that feel comfortable to you. Drink at least eight glasses of water from a pure source every day. Finally and perhaps most importantly, start a diet routine that maintains or corrects your body pH.

Balance....

If the blood does not remain at least at its perfect 7.35 to 7.45 pH range, damage can occur to vital organs and life itself could be jeopardized. To maintain the ideal for the blood, our bodies will leach the calcium (that is alkaline) right out of our bones and teeth to correct a too acid condition. An unhealthy pH balance left unchecked may lead to osteoporosis, kidney stones, and tooth decay. Were you aware that the active ingredient in cola beverages is phosphoric acid, with a pH of 2.8? It takes 32 glasses of water at 7.0 to neutralize one glass of cola. All of the calcium and magnesium supplements in the world will not help if our body pH is running acid and not metabolizing the nutrients. Maintaining alkalinity is essential for life health and vitality. All leading biochemists and medical physiologists have recognized pH or acid/alkaline balance as the most important measure of a balanced and healthy body. Researchers have known since the 1930's that the maintenance of a pH is critical to cellular health.

Alkalinity is anabolic building up systems, and acidity is catabolic tearing down systems. As each cell performs its task of respiration, it secretes metabolic wastes that are acidic. These wastes are the end product of cellular metabolism and must not be allowed to build up. The body goes to great lengths to neutralize and detoxify these acids before they are in a position to act as poison in and around the cell, changing the environment of the cell.

Why do we pursue this confusing topic? An acid condition, left unchecked over a long period of time, will block the body's absorption of much needed vitamins and minerals. Balancing our body's pH is the cornerstone of excellent health. If you want to save money at the drug store and on supplements at the health food store....make sure your pH levels are in balance.

While none of the experts can seem to agree on the correct pH for excellent health. I know green is the color to aim for when comparing urine and saliva to the color chart. The range will vary throughout the day. I have found staying within 6.8 to 7.2 range 24 hours a day, seven days a week, offers personal wellness. Not yellow- green or blue - green, but green.

If you identify with the following short list of symptoms of alkalosis, a few simple, natural steps may help to relieve symptoms and balance pH levels. Symptoms of alkalosis may include, but are not limited to: muscle soreness and cramps, stiff or creaking joints ,bursitis ,bone spurs ,edema (especially swollen hands), allergies, menstrual problems, hyperventilation ,restlessness, excitability, numbness, pricking sensations, increased respiration, circulatory problems, discomfort after eating (due to lack of HCl in the stomach) and lowered resistance (bacteria, viruses, fungi, parasites and other microorganisms tend to thrive in an acidic environment).

Symptoms of acidosis are frequent sighing, changes in heart beat, restlessness, cold sweats, dry skin and mouth, hard stools, diminished urination, perspiration, sticky, sour taste in the mouth, halitosis (bad breath) and adrenal fatigue. If any of these symptoms sound all too familiar, don't despair. There is action you can take. Simple changes in lifestyle can make a meaningful difference. Take steps to reduce stress and reduce acid forming foods such as protein and starch. Cut back on sugary and processed foods as well. Avoid coffee, cola beverages, soft drinks, chocolate candy and non herb tea.

Alkalosis is rarer than acidosis. It usually occurs when the body becomes too acid, protecting itself by dumping large quantities of ammonia (alkaline 11.0) to overcompensate for the chronic acidosis. Increasing alkalizing foods may be indicated since both alkalosis and acidosis are an over acid condition. Follow the same protocol used with reversing acidosis.

Directions for use of pHydrion Paper

How to use this roll of pHydrion paper & interpret the results.

(External use only: do not use internally.)

This paper is not meant for use with unbuffered solutions such as water.

We recommend urine or saliva test within the 6.8 to 7.2 range. Tear into 1" to 2" pieces as needed per test. After testing urine or saliva, immediately compare to the color chart located in the dispenser to measure your current pH level. Levels may fluctuate wildly until you become balanced. Readings are **5.5** Acid – **7.0** Neutral _ **8.0** Alkaline.

Testing Urine: the first voiding in the morning after 4:00 a.m. will set a baseline. Place the 1" of 2" piece of test paper into urine stream, shake off excess fluid, match to color chart immediately.

Testing Saliva: Anything you have to put in your mouth- food, water, beverages, and toothpaste – will affect the outcome. **Do not eat or drink before you test**. Bring up fresh saliva and drip fresh saliva from under the tongue onto the test strip. Compare to chart immediately. Do not allow test material to touch your mouth.

Reading taken first thing in the morning after 4 a.m. will give a better indication of the body's metabolic functions. Readings taken throughout the day will be more reactive. It is suggested by Robert O. Young Ph.D., D.Sc., that urine and saliva show a reading of **6.8** to **7.2** for optimum balance except immediately after meals when your pH should be 7.2 or higher.

pH Balance is the Key

It is very empowering for people to realize they can dramatically change the state of their own health. A simple and logical dietary correction, self monitored, using a small piece of pH paper as the guide, makes it easy for my clients to help themselves between visits.

Just telling people not to eat dairy or sugar isn't enough. It is more powerful to see for themselves how acid it makes their bodies and they begin to understand that they must stop. Everything your health professional does to help alleviate symptoms is nothing more than a band-aid if you are not willing to take responsibility for your own health. People need to be able to take the tools home with them in order to make a lifetime of healthy choices on their own.

The body's main purpose is to keep the blood and organs functioning to stay alive. When all of its energy is being spent correcting and acid pH there is no time to make corrections to other body systems. The result is a host of illnesses. I have witnesses in my clients when the body is within its correct pH range there is usually an amelioration of:

- Sleep Problems (surprise, the mineral that alkalize are also the ones that calm)
- Allergies (an alkalizing diet is free of most common allergens allowing the body to heal)
- High or low blood pressure
- Blood Sugar challenges
- Mood Shifts/Depression
- Hot flashes
- Digestive problems- Diarrhea/ constipation & bloating
- Stress and Tension
- Hypoglycemia
- Skin problems-too oily/dry
- Inflammation of Joints, Arthtitis,Aches and Pains, Stiffness
- Head Aches
- Sinus congestion, Breathing difficulties
- Heartburn and Acid Reflux
- Fungal problems (Candida and Yeast)
- Lack of Energy
- Flu/Colds less often
- Immune Challenges of all sorts
- Premature Aging
- Rash and Itching

Corrections made with vitamins and minerals happen faster.

Detoxification – I have to ask why our body isn't naturally accomplishing this on its own. Because the body can't detoxify if the pH isn't where it needs to be. **Overweight –** the latest information on weight challenges is that the body holds on to fat to protect itself from an acid condition. A balance body will naturally arrive at its proper healthy weight. A goal of any diet or health regime, should always be health first, the correct weight will follow close behind.

What do the different readings mean?

Metabolic is determined by both the first and second urine specimens being too acid. If the buffers are inefficient and metabolic systems are beginning to fall, this can be more serious than simple reactive acidosis. If your first reading of the morning is 6.0 and the

second reading is within the 6.8 to 7.2 range, a few diet and lifestyle changes should show changes more quickly and bring the first reading into the proper range. On the other hand, if all of your readings are below 6.0 or above 7.6 then more work may be required to turn things around. Problems such as acid reflux, fat, cholesterol, bone spurs, gallbladder and kidney stones and osteoporosis are only a few conditions that have been linked to overly acid fluids in our body. Until both readings are within the balance range, you still have some work to do.

If blood cannot balance its pH level from an acid overload, it will neutralize what it can and dump the rest. This is what makes our urine and saliva acid. If we are not drinking enough alkaline fluids and not exercising to remove acidic toxins from our body, the resulting acidity is recalculated back into the system. By doing so, we have created an even greater overload for the next day. After enough years of toxic build- up, the breakdown of tissues and the onset of disease appear. Everyone's genetic biological clock is different. We all have a predisposition for certain ailments. We also have the power to reason and the power of choice. I believe we create our own future history with every choice we make. Keep in mind, if we have stressed our body by having smoked cigarettes for 40+ years, or have a daily six cup of coffee or soft drink habit, eat junk food and sugars and carbs and never exercise…don't expect your pH reading to turn around with a salad. Food and drink are not the only factors. Equally important are stress levels, exercise, toxic thoughts and environments, both internal and external. Many factors influence our health and eventually, if ignored, take their toll.

Until you become balanced (it may take months), your readings may fluctuate wildly. It is not uncommon to go from 5.5 (acid) to 8.0 (alkaline) in a matter of minutes. Both are an acid problem. Yes you read that correctly. Only excess acids will cause your body to pull buffers from tissues, sometimes overcompensating and resulting in a reading of 8.0 (alkalosis) an equally dangerous situation. Eating acid foods to correct and alkalosis reading will only make the situation worse. The best way to correct a reading of both 5.5(acid) and 8.0 (alkaline) is to eat and drink as many healthy alkalizing foods as you can. It is impossible to eat too many vegetables. Just follow the 80:20 rule, 80 percent alkalizing vegetables and 20percent healthy acid forming foods.