Body pH and Blood pH are Indicators of Health

An alkaline body is more conducive to health and well-being than an acidic one. Too low of a blood or interstitial fluid pH can lead to a variety of negative health effects. An acidic body has a greater risk for infections from bacteria, yeast, parasites, and viruses. Micro-organisms seek out and thrive in an acid environment.

Testing your body's pH is one way you can assess how good [or not] your body's chances are that it will remain healthy and disease-free. It's kind of like testing the water in a fish tank. If the pH is off, you know you need to correct it, and there are steps, as a fish-owner, you can then take to restore the necessary pH balance that the fish need the water to be. Anyone who's ever had an aquarium can also tell you that if you ignore pH, never test the water, and never adjust the pH to be the right range for the fish, they will most assuredly become diseased and die.

Health experts and researchers are becoming more and more knowledgeable and vocal about the fact that disease will surely come about if we allow our bodies to become too acidic.

"The saliva pH of the non-deficient and healthy person is in the 7.5 to 7.1 slightly alkaline range. The range from 6.5 which is weakly acidic to 4.5 which is strongly acidic represents states from mildly deficient to strongly deficient, respectively. Most children are dark blue, a pH of 7.5. Over half of adults are green-yellow, a pH of 6.5 or lower, reflecting the calcium deficiency of aging and lifestyle defects. Cancer patients are usually a bright yellow, a pH of 4.5, especially when terminal."…The Calcium Factor: The Scientific Secret of Health and Youth, Carl J. Reich, M.D., Gilliland Printing Inc., Arkansas City, Kansas, 1996.

Cancer, for instance, thrives in an acidic environment.

Our bodies simply cannot fight disease if our body pH balance is compromised. Not only are you more susceptible to infections such as colds and the flu but also degenerative diseases are promoted if your body pH is acidic.

Much of the disease we see associated with aging is simply an inability to properly oxygenate the cells, hydrogenate the cells, or get rid of the acid wastes produced by the cells. Then the cells start dying and our body's environment becomes a hay-day for the microorganisms associated with decay.

How would testing your body pH help you?

It always helps to know things, like what's going on in your body. When you are trying to lose weight, it helps to get on a scale once in a while. It's easy and gives you data about your progress toward your goal. Testing your saliva or body pH is as easy as getting on a scale. Therefore, pH paper should be kept handy and used regularly to ensure your body pH is what it should be.

Staying healthy requires a tight regulation of your body pH. Testing your saliva or urine pH, is alligned to the blood pH, and is an indication of either health or disease. To prevent disease you will need to get & maintain your body pH in the alkaline range. PH testing of your saliva and/or urine will help you obtain a good insight into the overall pH balance of your body. If the saliva or urine pH test comes up low, then you know you need to get serious about doing more to alkalize your body quickly.

The pH of saliva offers a window through which you can see the overall pH balance in your body.

Saliva pH is slightly more acidic than the blood pH [usually], but it is closely aligned with the pH of blood and interstitial fluids [fluids around the cells].
Optimal pH for saliva is above 7 pH. A reading consistently lower than 6.8 is indicative of possible insufficient alkaline reserves. After eating, the saliva pH should rise to 7.8 or higher. Unless this occurs, the body has alkaline mineral deficiencies (mainly Calcium and Magnesium) and will not assimilate food very well. To deviate from ideal salivary pH for an extended time invites illness. If your saliva stays between 6.8 and 7.2 pH all day, your body is functioning within a healthy range. If the early morning salivary pH remains above 6.8, people usually see many of their problems disappearing.
There is a great preventative value to doing some serious testing of your saliva pH. I recommend testing your saliva pH at three intervals during the day [first thing when you wake up, in the afternoon, and in the evening] for a few days in a row. If your body is stably where it needs to be pH-wise, then I would recommend doing a routine pH check-up at least every 6 months [just to be safe]. If your body is too acidic, then establish a plan to balance your pH-levels [see advice below] and re-test your saliva pH weekly to check your progress toward your goals.

How to Test your Saliva pH

Make sure to test your saliva at a time when you haven't eaten or drunk anything for a while. Also, anticipation of food [smells] can cause enzymes to be released into your saliva which may change the pH of it. So, try to get a saliva sample that is as uninfluenced by food or drink as you can. First thing when you wake up in the morning is usually a good time. Also before meals is better than after them.
To perform this test, you will need a roll of testing pH paper (preferably pHydrion test paper), a plastic spoon and some fresh saliva. The test uses a pH-sensitive, color-coded test strip to reveal your body pH balance status. For the saliva test: – Be sure not to eat, drink, or brush your teeth for 30 minutes prior to the test – Swallow a couple of times to clear the mouth and stimulate new saliva – Then discharge some saliva into a PLASTIC spoon (it is recommended NOT to touch the pH paper to your tongue due to the chemicals in the paper.
Tear off a 1/4 inch strip of pH paper, place into saliva and compare the color of your immersed pH paper with the color chart provided on the pH testing roll. The lower your pH value below 7.0, the greater your degree of acid stress. Continue testing and recording your pH for a few weeks – first thing in the morning, afternoon and at bedtime (This will show your body pH trend).