

Synopsis of Saliva pH Test

1. Wait 2 hours after eating or drinking (except water) to begin the test.
2. Push some saliva forward in your mouth with your tongue and dip a 2-3 inch piece of pH test strip directly into the fluid. (Allergies? Put saliva in plastic spoon and wet pH paper.)
3. Compare the color of the wet pH paper with the color chart on pH paper dispenser.
4. Record the number designated above the matching color. (Discard the used pH paper.)
5. Next, put a Chewable Vitamin C tablet or a slice of lemon in your mouth for 1 minute, (without chewing it); then remove the tablet, or slice of lemon.
6. Swallow 4 times. Retest your saliva with a new 2-3 inch piece of pH test strip.
7. Record the number designated above the matching color. See results in the table below.

Saliva pH Results and Implications						
Yellow = pH 5.5 – 6.0		Green = pH 6.2 – 7.0		Blue = 7.2 – 8.0		
pH Numbers	Go Up		Go Down	Little or No Change		
Before and After Colors	Green to Blue	Yellow to Green or Blue	Blue to Green or Green to Yellow	Blue	Green	Yellow
Implication	Preferred. Normal Response	Good, but could be better	Needs improvement	Not Desirable	Not Desirable	Needs immediate improvement
Possible Symptoms	Occasional illness. Rapid recovery	*See Below	**See Below	**See Below	*See Below	*See Below
Emotional Override	Emotions not overwhelming physiology	Anxiety. Body Stressed	Chronic stress. Worry slows response	Acute anxiety. Worry, short-term stress	Fear, anger, rage, anxiety	Major stress, anxiety
Diet Requirements	70% fruit & Veggies. 30% meat & grains	Reduce acid ash foods. Increase fruit & veggies	Replace some meat with brown rice. Increase veggies & eat some fruit.	Vegetarian: Add rice cereals. Non-Vegetarian: 70% fruit & veggies, 30% meat & grains.	Less meat. Add cooked vegetables and some fruit.	Gradually add cooked veggies. No raw foods until pH change possible.
*Possible Symptoms – Some or a combination of: elevated blood pressure, heart palpitations, dilated pupils, tight muscles, increased strength, constipation, cold sweaty palms, increased mental activity, indigestion, strong reflexes, dry mouth.						
**Possible Symptoms – Some or a combination of: increased heart rate, diarrhea, increased stomach acid (ulcer), slow reflexes, weak muscles, constricted pupils, stiff joints, sore muscles, excessive tearing and saliva.						

To help overcome stress, attitude & worry struggles, read “Dynamic Health” by Dr. Morter

Synopsis of Urine pH Challenge

1. Eat only acid ash producing foods for two days (See acid ash foods chart on page 4).
2. On the third day, test the pH of your first urination. Tear off a 2-3 inch strip of pH paper and direct one end of it into your urine stream (for about a second).
3. Compare the color of the wet pH paper with the color chart on pH paper dispenser.
4. Record the number designated above the matching color. (Discard the used pH paper.)

Urine pH Number: _____ **Date:** _____

Urine pH Number: _____ **Date:** _____

5. Refer to the Urine pH Results chart below and adjust your diet accordingly (See page 3).

Urine pH Results			
(First urination the morning after a 2-day complete acid-ash diet)			
pH Reading	5.5 – 5.8	6.0	6.8 – 8.0
Availability of Alkaline Reserve	Adequate	Limited	Severely Limited
Ammonia	Minimal	Moderate	Maximum
Common Physical Conditions	Occasional aches and pains. Positive attitude. Hyperactive, *Type B personality.	“Sickly” Frequent joint and muscle pain. Tire easily. Short-tempered.	Frequently ill. Chronic illness. Stiff joints. Sore muscles. Headaches. General fatigue. Usually tired. Urine has ammonia odor. Possible burning on urination.
Recommended Diet Changes	Limit acid ash foods to 30% of diet. Increase amount of fruit and cooked vegetables. Some raw vegetable are easily tolerated.	Reduce amount of acid ash foods. Increase amount of cooked vegetables. Later add raw fruit and vegetables.	Immediately reduce amount of acid ash foods. Add cooked vegetables. Drink cranberry juice to relieve urinary tract burning.
*Type B Personality: One who exhibits a behavior pattern marked by a relaxed manner, patience, and friendliness that possibly decreases one’s risk of heart disease.			

Here are four gradual steps you can follow to improve your health and increase your alkaline reserve status:

1. Eat more cooked vegetables every day. Just add it to whatever you're eating.
2. Eat fewer high protein foods. Eat smaller portions of beef, poultry, pork, and fish, while continuing to add more cooked vegetables to meals.
3. Don't cook the vegetables quite as much, leaving them a bit crunchy, and add one serving of raw fruit or vegetables each day.
4. Begin to lesson the amount of sugar, salt, coffee, tea, cola drinks, and processed foods.

Note: Make dietary changes slowly. Rapid changes will cause toxins to be dumped into your system which is already bogged down and make you feel worse! As you make these changes slowly, you'll begin to crave wholesome foods, you'll achieve a balanced diet, your health will improve, and you'll feel a lot better.

Timetable for the Transitional Diet	
Phase One: Immediately	Increase the amount of whole foods and cooked vegetables you consume each day.
Phase Two: After 3-4 days	Add one serving of fruit each day.
Phase Three: After 2 weeks	Make one meal each day fruit and cooked vegetables only. Start to cut back on the amount of health inhibitors you regularly consume (coffee, tea, cola's, etc.)
Phase Four: After 3 weeks	Start to reduce salt. Add more cooked vegetables and raw fruits.
Phase Five: After 4 weeks	Start to reduce the amount of high protein foods you eat daily. Decrease your diet by one health inhibitor per week (alcohol, chocolate, cigarettes, fast foods, processed foods). Start to add raw or lightly cooked vegetables.
Phase Six: After 5 weeks	Continue to decrease the amount of acid producing foods while increasing the amount of alkaline producing food that you consume on a daily basis.

Some Common Alkaline Ash Foods

(Help to control acid in your internal environment.)

Almonds	Cauliflower	Lima beans, green	Potatoes, white
Apples	Celery	Limes	Radishes
Apricots	Chard leaves	Milk, goat*	Raisins
Avocado	Cherries, sour	Millet	Raspberries
Bananas	Cucumbers	Molasses	Rutabagas
Barley plant juice	Dates, dried	Mushrooms	Sauerkraut
Beans, dried	Figs, dried	Muskmelons	Soy beans, green
Beet greens	Grapefruit	Onions	Spinach, raw
Beets	Grapes	Oranges	Strawberries
Blackberries	Green beans	Parsnips	Tangerines
Broccoli	Green peas	Peaches	Tomatoes
Brussels sprouts	Lemons	Pears	Watercress
Cabbage	Lettuce	Pineapple	Watermelon
Carrots	Lima beans, dried	Potatoes, sweet	

*Recommended for infants only when mothers' milk is not available.

Some Common Acid Ash Foods

(Leaves strong acid in your internal environment)

Bacon	Crackers, soda	Oysters	Shrimp
Barley Grain	Cranberries	Peanut butter	Spaghetti
Beef	Currants	Peanuts	Squash, winter
Blueberries	Eggs	Peas, dried	Sunflower seeds
Bran, wheat & oat	Flour, white	Pike	Turkey
Bread, white	Flour, whole wheat	*Plums	Veal
Bread, whole wheat	Haddock	Pork	Walnuts
Butter	Honey	*Prunes	Wheat germ
Carob	Lamb	Rice, brown	Yogurt
Cheese	Lentils, dried	Rice, white	
Chicken	Lobster	Salmon	
Cod	*Milk, cows	Sardines	
Corn	Macaroni	Sausage	
Corned beef	Oatmeal	Scallops	

*These foods leave an alkaline ash but have an acidifying effect on the body.

Neutral Ash Foods That Have an Acidifying Effect

Corn oil	Corn syrup	Olive oil	Refined sugar
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