

## PH BALANCING

The most effective way to take charge of your health is by monitoring your pH numbers. pH is also known as terrain management, the buffering system, the milieu, or the matrix and is the most important biochemical balance in the body. It is a fundamental indicator of your overall health. As we observe blood, the pH balance shows us strong, independent and well-oxygenated red blood cells, vibrant functioning white blood cells and an unencumbered terrain. Balanced blood hosts a healthy working microbiome without up-regulation of pleomorphic forms, bacteria, fungus or viruses. The good news is that the body ambitiously strives for balance at all times and responds well to strong direction.

All body fluids contain hydrogen ions and have either lost or gained ions or molecules along the way. If atoms lose one or more electrons, they become positively charged or **cations (acidic)**. If they gain one or more electrons, they become negatively charged ions or **anions (alkaline)**. The quantity and type of hydrogen ions in a solution determines whether the solution is acid or alkaline.

### Definition of pH

pH stands for the "Potential Hydrogen". By definition, it is the degree of concentration of hydrogen ions in a solution or substance and this is measured on a scale from 0 – 14. Higher numbers indicate more alkalinity, which means that more hydrogen is absorbed, whereas lower numbers indicate acidity. The pH controls the speed of our body's biochemical reactions. It does this by controlling the speed of enzyme activity and electrical flow throughout the body.

Acid pH is hot and fast, with more chance of burning out, exhaustion, anger, emotional upset, etc. An alkaline pH is slow and cool yet there is also a tipping point with the upward mobility of alkalinity, where too much begins to compromise functions. The pH level adjusts accordingly to the food, beverages and stress load in our lives and is the report card for how our body is navigating what we are up to.

### What Is Perfect Health?

The Ideal Range is when both urine and saliva are at 6.4 first thing in the morning. For the purposes of these sessions, this is the only reading that is necessary. Both urine and saliva are considered together, as it is the distance between the two that indicates how much disruption or imbalance exists within. We can continue to monitor these numbers over a period of time to appreciate improvements.

A urine and saliva pH of 6.4 ensures that the blood pH is 7.365.

**Urine pH** – measures overall body fluid pH levels and more directly measures the lower body including stomach enzymatic ability, kidneys and adrenal gland function. It is most affected by what goes in our mouth. Ideal – 6.4, with a swing range of 6.2-6.8.

**Saliva pH** – changes more slowly. Saliva measures enzyme functioning levels of both the pancreas and liver. This also measures the alkalizing or acidifying effect of foods you have eaten and your stress. Major saliva imbalance produces problems with the lungs. Ideal – 6.4, with a swing range of 6.2-6.6.

### Why pH Balancing Is So Important

Cancer cells thrive in an acidic environment therefore die in an alkaline environment. When the pH of a swimming pool is off, it becomes murky and green and is riddled with creepy crawlers. We restore balance of the pool by adjusting the pH with an alkalizing substance to. The same is true for the body. The first morning samples indicate the strength of your buffering minerals overnight: calcium, magnesium, sodium and potassium. pH monitoring is your leverage when re-establishing a healthy terrain and takes the guess work out of your program, as improvements are measurable.

## Why does the pH of the urine move so much more than the saliva?

The saliva tends to have very little swing during the course of a day whereas the urine pH will naturally fluctuate after eating. This is due to the drawing of the acidic element chloride out of the blood to make hydrochloric acid.

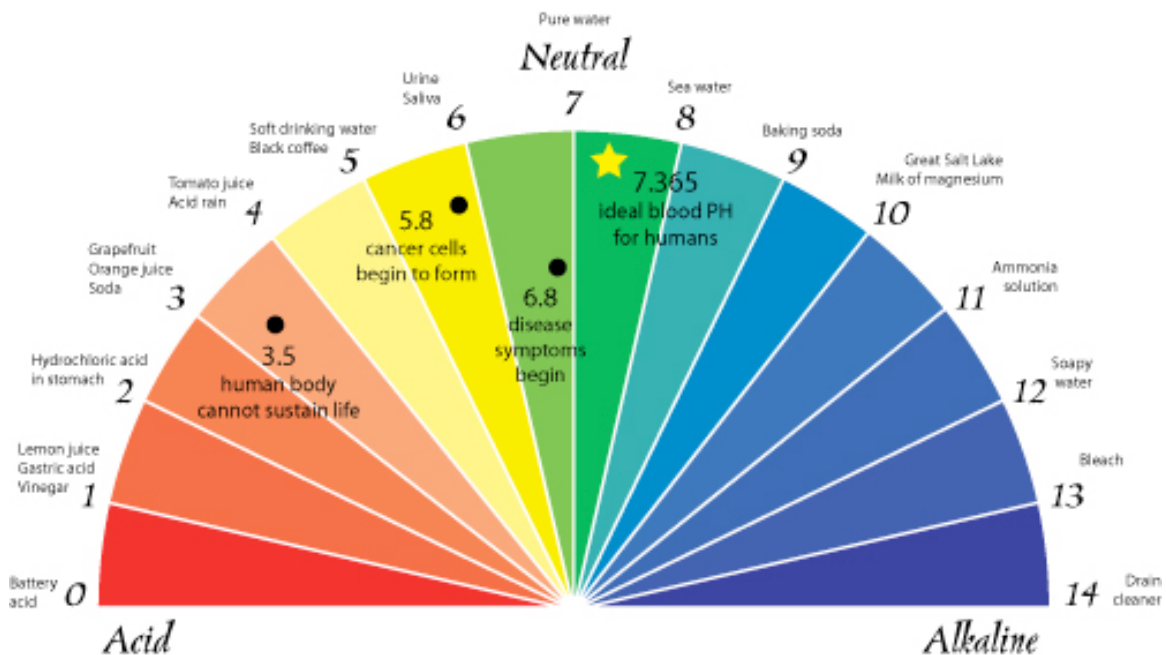
## Working with a Base Powder

Take the powder or tabs for up to 3 months to help the body built up acids.

During this time, do not be concerned that your numbers reach 7.4, as this means the body is gaining strength in order to flush the congested cells. Working with an alkalizing product is simple:

**Record your pH and body temperature for 10 days when beginning this protocol and then repeat the recording process 10 days before your next appointment.**

1. **Day 1-3:** Record your urine and saliva pH while continuing with what you are already doing.
2. **Day 4:** Begin taking the powder or tabs first thing in the morning on an empty stomach and record your numbers. If the pH does not show a shift after 2-3 days, add another dose at bedtime on an empty stomach.
3. If your body is still not responding (1-2 days), dose at 10 am and 4 pm on an empty stomach.
4. Once you have completed an entire bottle, take a 5-day rest and then resume with the same dosage you left of at.
5. Remember to record 10 days of numbers prior to your next appointment.



## PH SYMPTOMATIC PATTERNS

As per Dr. Carey Reams Biological Theory of Ionization & Dr. Rau MD

Urine and saliva pH are reporters for the blood and therefore must be considered both separately and together. Check BOTH urine and saliva first thing in the morning over 5-10 days. Once you have worked your protocol over a period of time, retest both urine and saliva for 10 days prior to retesting the blood.

<b>THE FOLLOWING APPLIES TO FIRST MORNING NUMBERS ONLY.</b> These numbers at this time of day reflect your buffering minerals overnight.	
<b>Buffering minerals: Calcium, Magnesium, Sodium and Potassium</b>	
<b>URINE PH – stomach, overall tissue acidosis</b>  <span style="font-size: 1.5em; color: blue;">6.4</span>  Optimal swing range is 6.2 - 6.8.	<b>SALIVA PH – mineral reserves, adrenals, bowel, lymph</b>  <span style="font-size: 1.5em; color: blue;">6.4</span>  Optimal swing range is 6.2 - 6.6 *If out of balance, lung issues are more likely.
<b>When urine and saliva are both at 6.4, this indicates that blood is balanced at 7.365.</b>	
<i>Urine pH + (Saliva pH x2) divided by 3 indicates ACTUAL pH (where the body is heading).</i>	

PATTERN 1	PATTERN 2	PATTERN 3	PATTERN 4
Urine – Alkaline Saliva – alkaline Actual - Alkaline	Urine – Acid Saliva – Alkaline Actual - Alkaline	Urine – Acid Saliva – Acid Actual – Acid	Urine – alkaline Saliva – Acid Actual - Acid
Constipation Body/foot odors, bad breath Boils, cysts Blood pressure problems Deterioration of disks/cartilage Gas and bloating Lymph congestion Parasites Sinus, lung congestion Skin pigment issues Splitting, ridged fingernails Tooth decay Toxic overload Tumors, lesions Upper respiratory problems Weight gain with age Vitamin D excess Vitamin C deficiency	Beer belly tendency Constipation Gas and Bloating Stomach eruptive Stomach empties quickly, hungry soon after eating  *There is often a large spread between the numbers. This indicates 'room for disruption'.	Bone mineral loss Bloating Burping, heartburn Colitis, Crohn's Diarrhea, fast digestion Fungal/yeast infection Hiatus hernia Joint/bone aches Leg cramping Menstruation - light Mineral loss Muscles hurt below waist Nervous Normal to underweight Osteoporosis Vitamin C low – do not add Vitamin D – add Weak	*Patterns similar to #3  Stroke pattern in older individuals  **High salt intake → High blood pressure → Vessel deterioration → = High potential for rupturing vessels of head

\*This chart is a generalized representation of potentials and is not intended as treatment or diagnosis.

## PH & THYROID READINGS

**THYROID RDG:** Take temperature under left arm against skin before getting out of bed in morning.

**PH RDGS:** URINE: Collect a midstream sample of first morning urine, test with pH strip & record.  
SALIVA: Dip the pH strip in a pool of saliva, record.

DAY	DATE	TIME	THYROID Temperature	URINE	SALIVA	NOTABLE SYMPTOMS Energy, bowels, mood, etc.
<b>Gather pH numbers for 3 days without the pH balancing remedy so that a before and after result is more clear.</b>						
1						
2						
3						
<b>Begin taking the pH balancing remedy starting on DAY 4 and continue until your next LBA appointment. (i.e. Pleo Alkala, Basic Powder or Basic Tabs)</b>						
4						
5						
6						
7						
8						
9						
10						
<b>Take the next series of readings prior to your next LBA Appointment. This evidences the biological changes accomplished.</b>						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						