

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.

THE FOLLOWING APPLIES TO FIRST MORNING NUMBERS ONLY. These numbers at this time of day reflect your buffering minerals overnight.	
Buffering minerals: Calcium, Magnesium, Sodium and Potassium	
<p style="text-align: center;">URINE PH – stomach, overall tissue acidosis</p> <p style="text-align: center; font-size: 1.2em; color: blue;">6.4</p> <p style="text-align: center;">Optimal swing range is 6.2 - 6.8.</p>	<p style="text-align: center;">SALIVA PH – mineral reserves, adrenals, bowel, lymph</p> <p style="text-align: center; font-size: 1.2em; color: blue;">6.4</p> <p style="text-align: center;">Optimal swing range is 6.2 - 6.6 *If out of balance, lung issues are more likely.</p>
When urine and saliva are both at 6.4, this indicates that blood is balanced at 7.365.	
<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.