Balancing Urine & Saliva pH

- The saliva pH is linked with digestive function and shows the pH of interstitial fluids (lymphatics).

- Click here to read about how “emotions” and “stress” can affect the pH of your saliva.

- The urine pH is linked with kidney function. It shows what is being removed from the blood. The function of the kidneys include:
  - Removing wastes from the body
  - Balancing water and mineral levels
  - Helping to control blood pressure
  - Helping to regulate pH
  - Producing Vitamin D
  - Helping to produce red blood cells
  - Produce hormones

- In order for the body to be able to absorb the nutrients from our food, the average pH of our saliva and urine must be within a certain range. Click here to read a more detailed explanation and sample chart.

Testing Your pH:

- Be sure to monitor your progress with easy-to-use pH Test Strips
- Test both your saliva & urine pH.
- Put your saliva on a pH strip to test the saliva pH. Compare the color of the pH strip to the color chart included with the pH strips.
- Urinate in a paper or plastic cup then dip another pH strip into the urine. Compare the color of the pH strip to the color chart included with the pH strips.
- Test first thing in the morning and again at bedtime
- Take an average over several days
- The saliva pH should average between 6.0 & 7.0 - The optimal range is 6.5-6.8
- The urine pH should average between 5.5 & 7.0 – The optimal range is 6.0-6.5

Meaning of pH ranges:

Click here to view a pH range chart.
When the urine is “acid” (consistently below 5.5) and the saliva is “normal”:

- This means that excess acids are being produced
- Kidneys are working properly
- There is a need to reduce acid production in the body.
- Improve digestion with enzymes. Use digestive enzymes such as Garden Essence Plant Enzymes and Protease Plus with or between meals.
- Eat more alkaline-forming foods, less acid-forming foods – Click here to view food charts
- Get more oxygen into the bloodstream
- Include Potassium and Magnesium supplements in your diet. Potas & Magnesium Complex are good supplements to take
- Synerpro Calcium Magnesium helps to bring urine pH up. It has Vitamin D to enhance absorption of Calcium.

When the urine is “acid” (consistently below 5.5) and the saliva is “alkaline” (consistently over 7.0):

- This means that the body is overproducing acid.
- There is bicarbonate in the interstitial fluid (lymphatics)
- Possible heavy metal toxicity – use Heavy Metal Detox to detoxify
- Reduce consumption of high glycemic carbohydrates and meat
- Increase enzymes intake
- Support the liver, pancreas and lymphatics with herbal remedies
- Vitamin C Time Release (with Rosehips and Bioflavonoids) helps with this situation

REVERSE SPLIT - When the urine is “alkaline” (consistently above 6.5) and the saliva is “acid” (consistently below 6.5):

- This means that the kidneys are not filtering acids properly. Support the kidney function with herbal remedies like KB-C.
- For Urinary System support, use Cranberry/Buchu Concentrate as needed.
- Acid is accumulating in the tissues.
- Lympahtic drainage is poor. Support the lymphatics with herbal remedies to enhance lymphatic drainage.
- Use enzymes on an empty stomach. Garden Essence Plant Enzymes and Protease Plus are good to take between meals.
- Include supplements and foods high in: Potassium, Zinc and Chlorophyll - Click here to view food charts
• **Liquid Calcium** helps to bring urine pH down. It has Vitamin D and other minerals to enhance absorption of Calcium.
• **Vitamin B6** helps with this situation.

DOUBLE ACID - When the urine is “acid” (consistently below 5.5) and the saliva is “acid” (consistently below 6.0):

- This means that excess acids are being produced and the kidneys are overloaded
- The buffering systems are stressed
- Alkaline minerals are depleted so they need to be replenished (Magnesium, Calcium, Potassium). **Essential Liquid Minerals** or **Chinese Mineral-Chi Tonic** are great sources.
- **Synerpro Calcium Magnesium** helps to bring urine pH up. It has Vitamin D to enhance absorption of Calcium.
- Reduce acid-forming foods
- Eat more alkalizing foods and supplements. Click [here](#) to view food charts
- Support the kidney function with herbal remedies like KB-C

DOUBLE ALKALINE - When the urine and saliva are both “alkaline” (consistently over 7.0):

This is a severe condition with 2 different causes:

1. **Severe Acidosis masked by ammonia production.**
   - Treat as “Double Acid” – see instructions mentioned previously
   - Flush the body with water and raw vegetable and fruit juices
   - Supplement with Liquid Chlorophyll and alkalizing minerals (Calcium, Magnesium, Potassium) – Click [here](#) to view foods high in each mineral.

2. **True Alkalosis usually caused by drugs or extreme diets.**
   - Increase the consumption of healthy acid-forming foods like animal protein.
   - Increase healthy foods high in acid-forming minerals (Phosphorus, Sulphur & Chlorine) – Click [here](#) to view charts of foods high in these minerals
   - Use digestive enzymes such as **Garden Essence Plant Enzymes**. **Protease Plus** is good to take between meals.
   - Cleanse environmental toxins with **Tiao He Pak** or **Bod-E-Klenz**. **Enviro D-T-X** is also a good herbal remedy to use
**What Causes Me to be Acidic?**

By far the most common imbalance seen in our society is over acidity. The reason for this is mostly due to the typical American diet, which is far too high in acid-producing animal products like meat, eggs and dairy, and far too low in alkaline-producing foods like fresh vegetables. Additionally, we eat acid-producing processed foods like white flour and sugar and drink acid-producing beverages like coffee and soft drinks. We use too many drugs, which are acid-forming; and we use artificial chemical sweeteners like NutraSweet, Equal, or Aspartame, which are extremely acid-forming.

**Other things that can cause us to be too acidic are:**

- Stress
- Hyperinsulinemia
- Shallow breathing (lack of oxygen)
- Toxic or negative emotions

**Mild acidosis can cause such problems as:**

- Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen.
- Weight gain, obesity and diabetes.
- Bladder and kidney conditions, including kidney stones.
- Immune deficiency.
- Acceleration of free radical damage, possibly contributing to cancerous mutations.
- Hormone concerns.
- Premature aging.
- Osteoporosis; weak, brittle bones, hip fractures and bone spurs.
- Joint pain, aching muscles and lactic acid buildup.
- Low energy and chronic fatigue.
- Slow digestion and elimination.
- Yeast/fungal overgrowth.

**Buffering systems – The Body’s Management System:**

The blood needs to be maintained at a pH of more or less 7.3. When we get enough alkaline foods in the diet, the body tries to excrete the excess acids by neutralizing them. Our organs of excretion include: colon, kidneys, lungs, skin, lymph

Alkaline minerals that help to buffer acids include: Calcium, Magnesium, Sodium, Potassium and other Trace Minerals. When our diet is deficient in alkaline foods and minerals, the body has a backup buffering system:
• It will store the acids in: tissues, joints, muscles, arteries (stored as plaque)
• The liver and bowel may produce ammonia, which may create body odor.
• The body will “borrow” alkaline minerals such as Calcium and Magnesium from our bones, joints and muscle tissues.

One of the best things we can do to correct an overly-acidic body is to clean up the diet and lifestyle. Refer to the recommended reading mentioned below for specific help with diet and lifestyle.

Steps to take if I’m too Acidic:

The following “program” may help to reduce your acidity. If your urine and/or saliva pH test is below 6.0, start with steps 1, 2 and 3 below and continue adding steps until desired results are achieved:

1. **Enhance digestive function with Enzymes**: Take 1-2 capsules of Digestive Enzymes or Garden Essence Plant Enzymes with every meal. Also take 1-2 capsules of Protease Plus or Protein Digestive Aid and/or Liquid Noni between meals on an empty stomach.
2. **Correct easily absorbable magnesium is needed**: Take 2 Magnesium Complex with each meal which provides highly absorbable magnesium to help build necessary buffers. Magnesium is often lost in urine as a consequence of too much acid in the body.
3. **Alkaline minerals are essential**: Take 1 ounce of either Essential Liquid Minerals or Chinese Mineral-Chi Tonic once daily.
4. **Alkalize with Green Food**: Take 1 teaspoon of “preservative-free” Liquid Chlorophyll in water up to eight times daily. Supplementing with Greenzone Capsules is highly recommended.
5. **Vitamin A & D hold calcium in the body**: Taking NSP’s Vitamin A & D will help the body buffer acid.
6. **What if my pH is still too acidic?** Calcium is abundant in the diet and present in most foods, but if you chose to supplement with it, the correct type of Calcium must be used for maximum absorption. Use Liquid Calcium according to label instructions if saliva pH is 5.8-6.5. It contains a very absorbable Calcium/Magnesium to buffer acid. Children should use it too but in a smaller dosage. If your urine and saliva are both over-acid, take Calcium Magnesium, Synerpro or Herbal CA. Monitor your pH daily.
7. **EFA’s**: Use 1 capsule of Flax Seed Oil, Super Omega 3 or Super Oil Capsules 3 times a day.
8. **Cleanse as needed**: Take a psyllium hulls supplement such as Psyllium Hulls Combination at bedtime to maintain regular bowel movements. Use Tiao He Pak
twice a year for liver, bowel and kidney detoxification. Bod-E-Klenz is also a great overall body cleanse which has all the essential nutrients your body needs to replenish your system.

OTHER HELPFUL HINTS:

- Get more oxygen into the body through “deep breathing exercises”.
- Eat more alkalizing foods, especially those that contain Calcium, Magnesium, Sodium, Potassium. Click here to view charts of mineral and alkalizing foods. Click here to view blood type compatibility charts.
- Take Vitamin C Time Release (with Rosehips and Bioflavonoids).
- Take Vitamin B12 daily with Probiotics (Probiotic 11).
- Drink 8-10 glasses of filtered pure water daily. Adding lemon or Liquid Chlorophyll are great “alkaline buffers”.
- Drink 2 oz alkaline juice made with carrots, celery and beets, at least once per day.
- Alkaline bath soak: 1 cup Epson salts, 1 box baking soda, 10 capsules Ginger. Soak for 20 minutes, then rinse. Add aromatherapy oil of choice.
- Exercise: any movement is better than no movement.
- Minimize stressful situations with stress management techniques.

Get the book! Get a copy of the book Alkalize or Die by Dr. Baroody and carefully follow his dietary recommendations choosing more foods that are alkaline-forming and less that are acid-forming. A healthy diet should consist of 80% alkaline-forming foods and 20% acid-forming foods.

The following Nature’s Sunshine remedies help to alkalize the body, raising pH levels in the urine and saliva:

- Alfalfa
- Chlorophyll
- Calcium Magnesium Plus Vitamin D
- Calcium Magnesium, Synerpro (also has Vitamin D)
- Calcium, Liquid (has Magnesium and Vitamin D)
- Digestive Enzymes
- Garden Essence Plant Enzymes
- Greenzone Capsules
- Greenzone Powder
- Art-A with Devil’s Claw
- KB-C
- Noni Capsules
- Noni Liquid
- Protease Plus
- Zambroza
Other natural remedies include:

- **Black Currant** Oil
- **Yucca**

**What if I'm Overly-Alkaline?**

Alkalinity is relatively rare, but if your urine and/or saliva pH consistently test above 7, then you may need to support your Urinary system and help with Lymphatic drainage. Start with steps 1, 2 and 3 below and continue adding steps until the desired results are achieved. Be sure to monitor your progress with easy-to-use **pH Test Strips**. You will notice that some of these steps are the same as those recommended above for an overly acidic condition. This is because these steps have a buffering effect, or in other words they are **balancing**, tending to bring the pH back toward normal no matter which direction it has gone:

1. **Enzymes are essential**: Take 1-2 capsules of **Digestive Enzymes** or **Garden Essence Plant Enzymes** with every meal. For stronger enzymatic action, take 1-2 capsules of **Protease Plus** or **Protein Digestive Aid** and **Liquid Noni** between meals on an empty stomach.

2. **Support urinary and lymphatic systems' ability to excrete toxins**: Take **K Combination** and **LYM-MX** in water according to directions. Then use **KB-C** and **Colostrum** or **Marshmallow** and to maintain.

3. **Correct calcium is needed**: Calcium is abundant in the diet and present in most foods, but if you choose to supplement with it, the correct type of Calcium must be used for maximum absorption. Use NSP’s **Liquid Calcium** or for extra support, take **Herbal CA** daily.

4. **Vitamin C**: Use **Vitamin C Time Release**. Use 3,000 mg or more, to maximum bowel tolerance. (If diarrhea occurs, reduce intake.)

5. **EFA’s**: Use 1 capsule of **Flax Seed Oil**, **Super Omega 3** or **Super Oil Capsules** 3 times a day.

6. **Cleanse as needed**: Take a psyllium hulls supplement such as **Psyllium Hulls Combination** at bedtime to maintain regular bowel movements. Use **Tiao He Pak** twice a year for liver, bowel and kidney detoxification. **Bod-E-Klenz** is also a great overall body cleanse which has all the essential nutrients your body needs to replenish your system.

**OTHER HELPFUL HINTS:**

- Eat more acid-forming foods like whole grains, meat, eggs, fish, seeds, beans and nuts.
*Click [here](#) to see blood type compatibility charts*
• Increase foods high in acid forming minerals such as Phosphorus, Sulfur and Chlorine. *Click here to view charts of foods high in these minerals
• Eat lots of high-fiber, low glycemic foods, like fruits and vegetables. Fiber is food for the “good bacterial flora” in your gut.
• Take Vitamin B12 daily with Probiotics (Probiotic 11).
• Drink 8-10 glasses of filtered pure water daily.
• Soak in the bath and try dry skin brushing: 1 cup Epsom salts and 10 capsules Ginger. Soak for 20 minutes. Then rinse.
• Practice deep breathing.
• Exercise: any movement is better than no movement.
• Minimize stressful situations with stress management techniques.
• Try dry skin brushing and bath soaking: 1 cup Epsom salts and 10 capsules of Ginger. Soak for 20 Minutes. Add aromatherapy oil of choice.

The following Nature’s Sunshine remedies may help to balance an overalkaline pH in the urine and saliva:

- Acidophilus/Bifidobacterium
- Bifidophilus Flora Force
- Digestive Enzymes
- Garden Essence Plant Enzymes
- Protease Plus
- Synerprotein, GMO Free
- Vitamin C (500mg)
- Vitamin C Chewable (250mg)
- Vitamin C Time Release (1000mg)

References:

- Joan Vandergriff, N.D. – Balancing the Body’s pH – see Preview
- Natural Health School
- Steven Horne – The ABC+D Approach