



Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



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The Human Body | What Is The Normal Ph Of Blood, Urine, And Saliva?

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What is the normal pH of blood, urine, and saliva?

The measure of acidity of a substance is known as pH. Pure water, which has pH of 7, is neutral. Substances with a pH less than 7 are considered acidic and substances with a pH of greater than 7 are considered basic.

The normal pH of blood running through arteries (large elastic-walled blood vessels that carry blood from the heart to other parts of the body) is 7.4, the pH of blood in the veins (vessels that transports blood to the heart) is about 7.35. Normal urine pH averages about 6.0. Saliva has a pH between 6.0 and 7.4.

Source: Guyton, Arthur C. *Textbook of Medical Physiology*, 8th ed., pp. 331, 340, 711.

<http://www.enotes.com/science-fact-finder/human-body/what-normal-ph-blood-urine-saliva>



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What is the pH in saliva
wiki.answers.com > Wiki Answers > Categories > Health
dog saliva has more bacteria in their... What is **pH value** of human **saliva**? The **normal range** is between 5 and 8. What does the **PH level** in **saliva** do? Keeps the ...

What Is Ph Of Saliva? | LIVESTRONG.COM
www.livestrong.com/article/192281-what-is-ph-of-saliva/
 Aug 3, 2010 – The **normal pH range for saliva** is considered to be 5.6 to 7.9, according to the International Journal of Drug Testing. This keeps the **pH balance** ...

Your Body's Saliva pH
www.how-to-boost-your-immune-system.com/saliva-ph.html
 Your **saliva pH** readings. **Healthy saliva** should be between 7.0 and 7.5 on the **pH scale**. If you get a reading in this range, it means that you have a **good pH** ...

Monitoring your Body's PH levels
altered-states.net/barry/update178/index.htm
 The **ideal pH** for blood is 7.4 ... This **ideal blood 7.4 pH** measurement means it is just slightly more alkaline than ... The **pH of saliva** is usually between 6.5 - 7.5 ...

ph normal saliva values - Google Search - Windows Internet Explorer

<http://www.ncbi.nlm.nih.gov/pubmed/16181000>

Bite Sized tutorials, saliva buffering
 In fact, the **normal, resting, pH** of the mouth does not fall much below about **pH ...** This value of **pH 6.2** is close to the measured **pH of saliva** taken at the ...
www.ncbi.nlm.nih.gov/pubmed/16181000 - 28k - Cached - Similar pages

pH Values, Blood, Stomach, Intestines and Saliva at Candida...
 Dec 17, 2004 ... **pH Values, Blood, Stomach, Intestines and Saliva** at Candida Support ... In a **normal stomach**, these bacteria are dosed with acid and die ...
www.curezone.com/forums/tm.asp?i=284007 - 65k - Cached - Similar pages

Richard Renneboog, What is pH?
 By comparison, human **saliva has a normal pH value of about 6**, and is basic rather than acidic. But stomach acid - the acid of 'acid indigestion' and ...
www.scienceaster.com/columns/renneboog/renneboog_pH.php - 15k - Cached - Similar pages

Did you mean to search for: **ph normal saline values**

Goooooooooooooogle

ph normal saliva values - Google Search - Windows Internet Explorer

<http://www.ncbi.nlm.nih.gov/pubmed/16181000>

Importance of Balancing pH What is pH? On the pH scale, which ...
 In this light, you can see how a slight change in your **pH value** can have a great impact on ...
 After eating, the **saliva pH** should rise to 7.8 or higher ...
www.fatcolorblanco.com/health/ventilation/pH.htm - 9k - Cached - Similar pages

swollen lymph nodes, neuropathy, wasting, weight loss, Recipe for ...
 Low **saliva pH** also indicates low calcium levels. The most absorbable form of calcium is Limestone (calcium hydroxide). The **normal value** is 6.4 when the ...
www.keelpepalsive.org/lemondik.html - 13k - Cached - Similar pages

Dental Materials - Effect of artificial saliva contamination on pH ...
 The conditioning and **saliva** contamination changed the **pH value** of dentin two adhesive to enamel and dentin under **artificial** and contaminated conditions ...
linkinghub.elsevier.com/retrieve/pii/S0109564102000878 - Similar pages
 by N Hiraiishi - 2003 - Cited by 7 - Related articles - All 4 versions

IngentaConnect The distribution of oral mucosal pH values in ...
 The distribution of oral mucosal **pH values** in healthy **saliva** secretors ... To establish the **normal range** of oral mucosal **pH** and to correlate these ...
www.ingentaconnect.com/content/mksglob/2006/00000001/200000004/sal00012_jsessionid1prjtr5c5indalice?format=true - Similar pages



Dr. Otto Warburg was awarded the Nobel Peace Prize in 1931 and 1946 for his studies on how cancer can not thrive in an alkaline medium



The pH Scale

Acid	
10000000	0.1 Hydrochloric Acid
1000000	1 Stomach Acid
100000	2 Lemon Juice
10000	3 Vinegar, Cola, Beer
1000	4 Tomatoes
100	5 Black Coffee
10	6 Saliva (6.5) Urine (6.5)
Blood (7.4)	7 Distilled Water
Sea Water	8 10
Baking Soda	9 100
Great Salt Lake	10 1000
Household Amonia	11 10000
Washing Soda	12 100000
Oven Cleaner	13 1000000
Soda Lye	14 10000000
Alkaline	

Understanding Acid and Alkaline



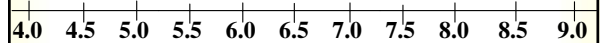
Acidity
Burns

Alkalinity
Poisons

pH of foods



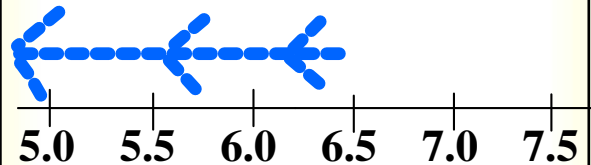
Saliva and Urine pH Usually Registers Between 5.0 and 7.5

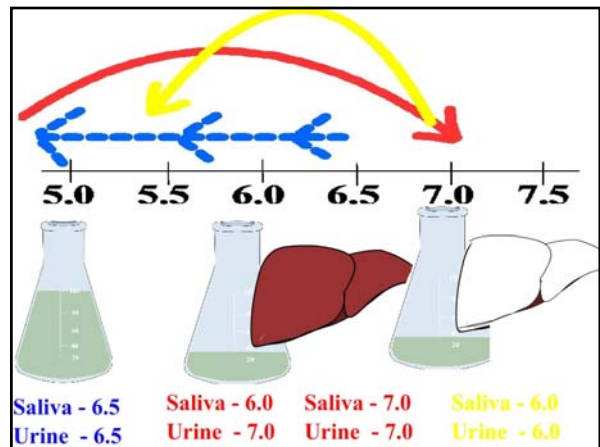
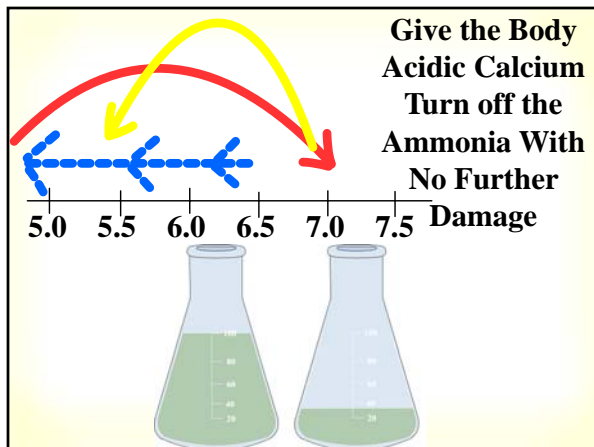
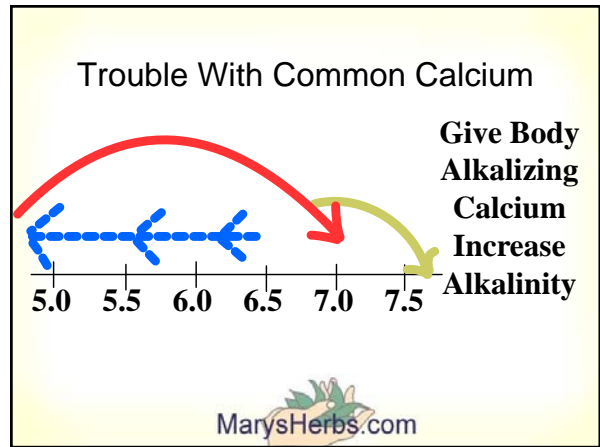
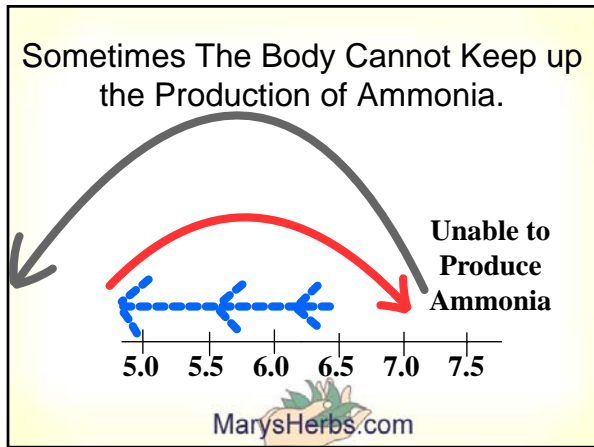
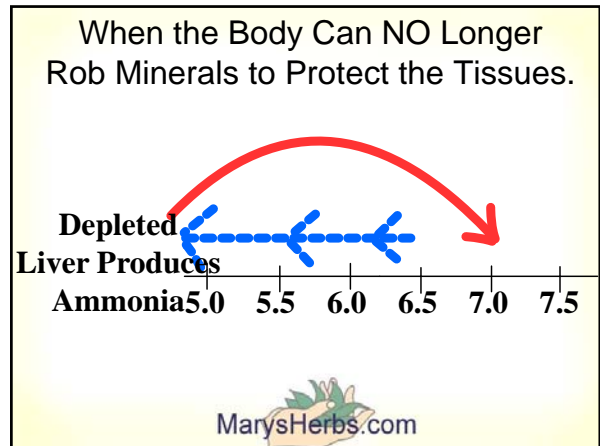
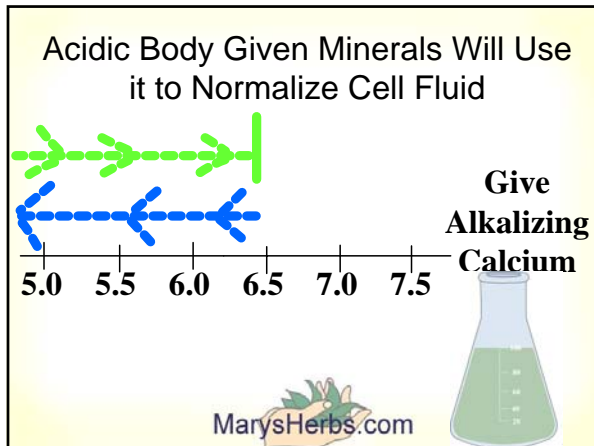


Because the pH scale is logarithmic, a difference of one pH unit represents a tenfold, or ten times change. So the difference between 5.5 and 6.5 is 100 units.



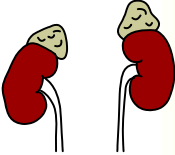
If You Eat More Acidic Foods Than Alkalizing Foods Or More Acidic Emotions Than Alkalizing Emotions





Normal Urine pH can be anywhere from 5.5 to 6.8

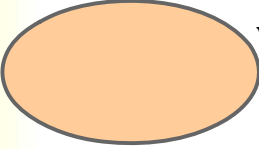
Urine pH indicates how the kidneys are using minerals or ammonia in balancing the pH



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Normal pH of the Saliva is 6.3 to 6.6

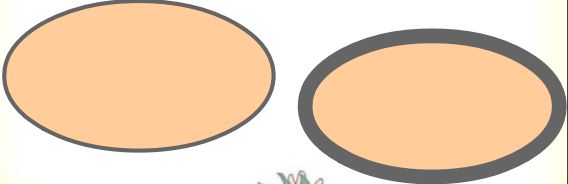
Saliva pH indicates what the pH is of the fluid which bathes EVERY cell of the body



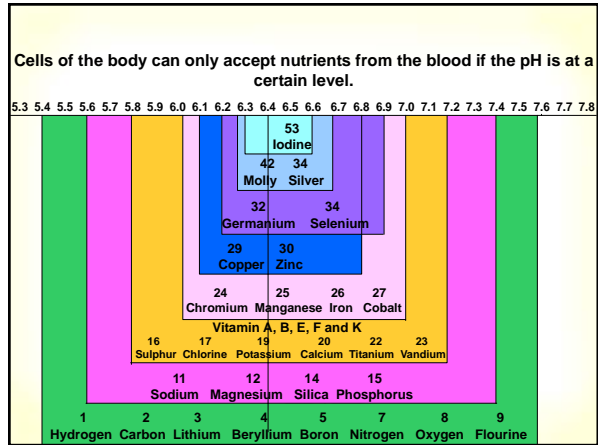
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Every Cell Contains an outer membrane.

- If the pH is normal the membrane is normal
- If the pH is too acidic or too alkaline the membrane thickens to protect the cell



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The More Acidic the Cell Fluid the Less Nutrients the Cells Can Accept

5.0	5.5	6.0	6.5
	Hydrogen Carbon Lithium Beryllium Boron Nitrogen Oxygen Flourine	Copper Zinc Chromium Manganese Iron Cobalt Vit A,B,E,F, K Sulphur Chlorine Potassium Calcium Titanium Vandium	Sodium Magnesium Silica Germanium Selenium Copper Zinc Chromium Manganese Iron Cobalt Vit A,B,E,F, K Sulphur Chlorine Potassium Calcium

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The More Alkaline the Cell Fluid the Less Nutrients the Cells Can Accept

6.5	7.0	7.5	8.0
Iodine Molybdeum Silver Germanium Selenium Copper Zinc Chromium Manganese Iron Cobalt Vit A,B,E,F, K Sulphur Chlorine Potassium Calcium	Titanium Vanadium Sodium Magnesium Silica Phosphorus Hydrogen Carbon Lithium Beryllium Boron Nitrogen Oxygen Flourine	Copper Zinc Chromium Manganese Iron Cobalt Vit A,B,E,F, K Sulphur Chlorine Potassium Calcium Titanium Vandium	Sodium Magnesium Silica Phosphorus Hydrogen Carbon Lithium Beryllium Boron Nitrogen Oxygen Flourine

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Acid Causes Weight Gain



To protect the tissues from a pH imbalance, the body puts the acid into fat cells.

It is hard for people who are acidic to lose weight because as a protection the body is reluctant to break down the fat.



Cancer Connection

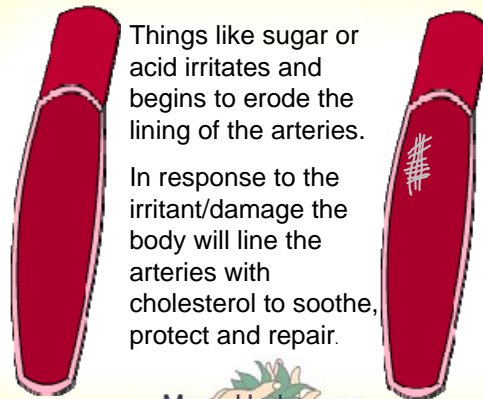
- When abnormal cell develops, the body's immune system sends an enzyme to open the pores of the cells which then causes fluid to fill up the abnormal cell causing it to burst.
- The immune system can then carry away the abnormal cell fragments.
- Enzymes can not work in an acidic medium.
- So if the fluid surrounding the body's cells are acidic, the acid will kill the enzyme and it can no longer work on the cancer.



Body Fluids pH Norms

- Saliva 6.3 – 6.6
- Cell Fluids 6.3 – 6.6
- Urine 5.5 - 6.8
- Skin 5.5
- Tears 6.5
- Breast milk – 8.0
- Blood 7.35 - 7.45 **7.41**

Water's pH should be 7.0
RO Water is slightly acidic



Things like sugar or acid irritates and begins to erode the lining of the arteries.

In response to the irritant/damage the body will line the arteries with cholesterol to soothe, protect and repair.



Acid Causers

- Emotions
- Some medications especially pain medications
- Diet especially Coffee, tea (regular and decaf), Soda
- Milk products, Milk, Yogurt, Ice-cream, Cheese
- Sugar
- Poor Digestion
- Processed Foods
- Cooked foods
- Juices after a few hours




Symptoms of pH Imbalance

- Weak lower back – Osteoporosis, Bone cancer
- Stiff, Painful, Clicking joints, Arthritis
- Sore muscles
- Mucus Drip – Sinus – Asthma – Respiratory allergies
- Heartburn – Acid reflex – GERD - Ulcers
- Colitis, Crohn's, IBS
- Psoriasis – Gawlding - Discoloring jewelry



Minerals Body Uses to Balance pH

- Sodium (not NaCl)
- Calcium
- Potassium
- Magnesium



Most Acidic	Acidic	Mildly Acidic	Food Category	Mildly Alkaline	Alkaline	Most Alkaline
• Blueberries • Cranberries • Prunes	Cherries (sour) Rhubarb	• Fruit juices (processed) • Plums	FRUITS	Avocados Bananas Cherries Oranges Peaches Pineapple	• Apples (sweet) • Dates • Figs • Grapes • Kiwi • Melons • Papaya • Peas • Raisins	Grapefruit Lemons Mangoes Papeyas Watermelon
• Carob • Soybean	• Beans • Pinto (beans) • Navy (beans) • Lima (beans) • Potatoes	Beans Beans (string) Kidney Spinach	BEANS VEGETABLE LEGUMES	• Brussels sprouts • Cabbage • Carrots • Corn • Eggplant • Mushrooms (fresh) • Olives • Peas • Potato (with skins) • Tomatoes	• Beans • Beets • Celery • Green • Lettuce • Okra • Radishes • Squash • Sweet Potatoes • Zucchini	• Artichokes • Asparagus • Broccoli • Cauliflower • Cucumbers • Garlic • Kale • Onions • Parsley • Spinach (raw) • Vegetable juices (fresh)
• Beef • Pork • Shellfish	• Chicken • Lamb • Turkey	Fish (cold water)	Miscellaneous	• Fish (cold water)	• Fish (cold water)	• Fish (cold water)

<http://www.marysherbs.com/Miscellaneous/pHfoodsP.htm>

Beef Pork Shellfish*	• Chicken • Lamb • Turkey	Fish (cold water) Venison	GRAINS CEREALS	• Amaranth • Millet • Quinoa • Wild Rice		
• Flour* (white) • Pasta • Pastries* • Wheat	Buckwheat Corn Oats Rice (white) Rye	Bread (sprouted wheat) Rice (brown) Spelt	NUTS/ SEEDS	• Chestnuts	• Almonds	
• Peanuts* • Walnuts	Cashews Pecans Pistachio	• Brazil nuts • Macadamia • Pumpkin seeds • Sunflower seeds	EGGS/ DAIRY	• Goats milk (raw) • Goat cheese • Whey	• Breast Milk	
• Cheese* • Ice cream* • Milk* (homogenized)*	Milk* (raw) Soy Cheese* Soy milk*	Buttermilk* Cottage cheese* Eggs Yogurt*	BEVERAGES	• Ginger Tea • Spring Water	• Herb teas • Lemon Water • Liquid Chlorophyll*	
• Beer* • Soft Drinks*	• Coffee* • Tea*	• R.O. Water	OILS	• Canola oil*	• Flax Oil	• Olive Oil • Avocados
		• Com Oil*				

pH Food Chart

1 LITER per 20 lbs

High Alkaline pH 10.0 Lose more Acid	Red Cabbage Raw Celery Cauliflower Collard Greens Cucumber Raw Kale	Dandelion Sawtooth Raw Onions Lemon & Lime Rhubarb Soy Lecithin	Alfalfa Grass Barley Grass Wheat Grass Black Radish Soy Sprouts Chia Sprouts
Alkaline pH 9.0 Lose more Acid	Avocados Garage Oil Green Tea Most Lettuce Raw Zucchini	Red Radish Red Beets Raw Tomato French Beans Parsley-Cilantro	Raw Peas Raw Eggplant Alfalfa Sprouts Green Beans Beet Greens
Neutral pH 8.0 Lose more Acid	Brussel Sprouts Garage Oil Green Tea Cooked Spinach Cooked Broccoli Cook Asparagus	Lima Beans Soy Beans Green Cabbage Cooked Peas Cook Eggplant Cook Grapefruit	Raw Almonds Wild Rice Quinoa Millet Flax Seed Oil Coconut Water
Most Tap Water pH 7.0 Lose more Acid	French H ₂ O Fish Lentils Rye Flour Brazil Nuts Wheat Pappaya Cocconut	Macadamias Grapes Hazelnuts Brown Rice Wheat Pappaya Almonds & Apples	Walnut Oil Cauliflower Peanuts Cherries Strawberries Plums Blueberries Raspberries
Acidic pH 6.0 Lose more Alkali	White Rice Cooked Beans Eggplant Liver Organ Meats Cocoa Soy Milk	White Rice Butter-Corn Oil Soft Cheeses Milk & Cream Cook Tomatoes Sweet Potatoes	Whole Grain Rye Bread White Bread White Bread White Bread Cakes Oysters
Most Bottled Water pH 5.0 Lose more Alkali	White Rice Butter-Corn Oil Soft Cheeses Milk & Cream Cook Tomatoes Sweet Potatoes	White Grain Rye Bread White Bread White Bread White Bread Cakes Oysters	Rice Cakes Forkhale Sugar Ketchup Margarine Figs & Prunes Rice Vigs Cooked Corn


* Human Blood pH is 7.365

20:1 It takes 20 parts of ALKALINITY to Neutralize 1 part ACIDITY in the body

Reverse Osmosis Water • Distilled & Purified Water • Enhanced • Flavored • Vitamin Waters & Sports

Products for Balancing pH

- Liquid Calcium (for those alkaline)
- Skeletal Strength, Cal/Mag, Herbal CA etc (for those acidic)
- Marshmallow and Slippery Elm (for pH in organs, glands, muscles and tubes)
- Cranberry Buchu (Alkalized Bladder) (D-mannose is the glyconutrient in cranberry that makes the bladder slippery so the bacteria cannot adhere to the lining.)
- Skin (Sunshine Concentrate)
- Una De Gato (Respiratory System and Joints)
- Joint support or Yucca (joints and bursa)
- Safflowers (uric acid)
- LEMONS and Water anytime



Questions

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