

Welcome!!!
Just hang On :o)
Our meeting will start soon.



Today's Class - Understanding pH



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Disclaimer

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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.

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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 transport 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>

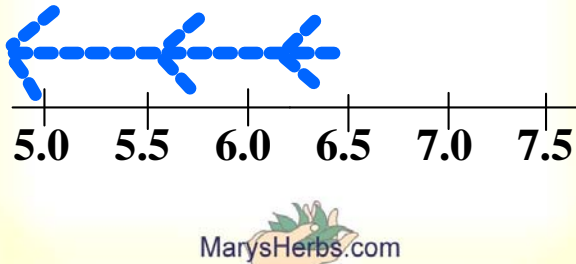


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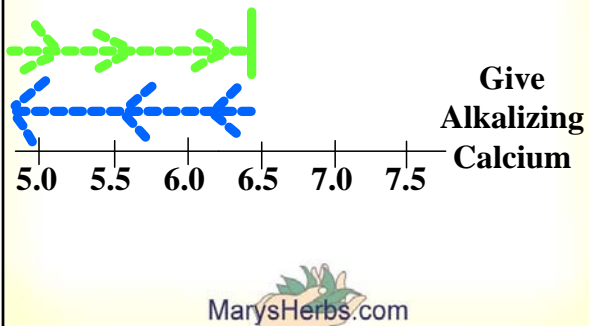
Because the pH scale is logarithmic, a difference of one pH unit represents a tenfold, or ten times change. So the difference between 5.5 and 6.5 is 100 units.



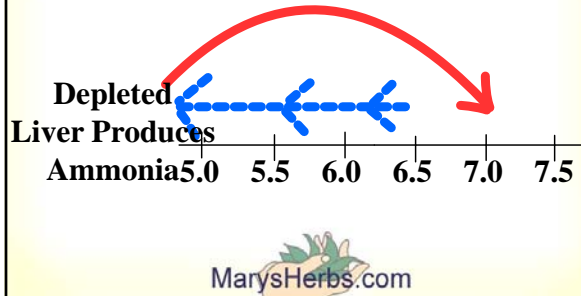
If You Eat More Acidic Foods Than Alkalizing Foods Or More Acidic Emotions Than Alkalizing Emotions



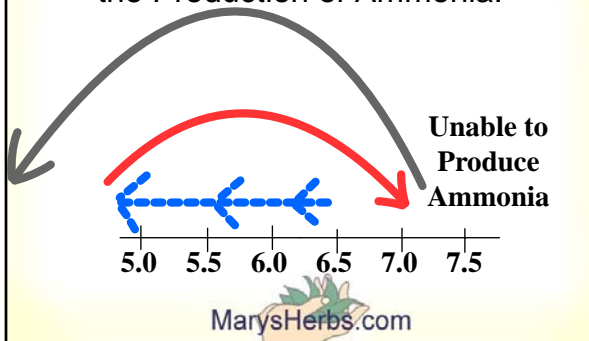
Acidic Body Given Minerals Will Use it to Normalize Cell Fluid

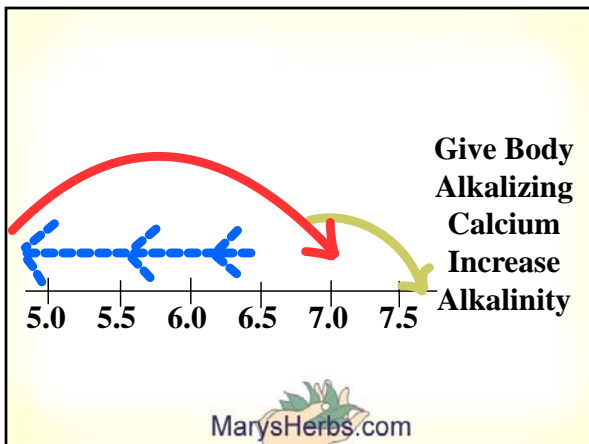


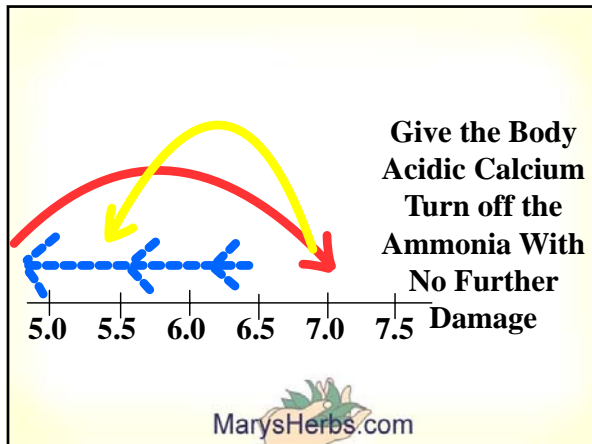
When the Body Can NO Longer Rob Minerals to Protect the Tissues.



Sometimes The Body Cannot Keep up the Production of Ammonia.







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

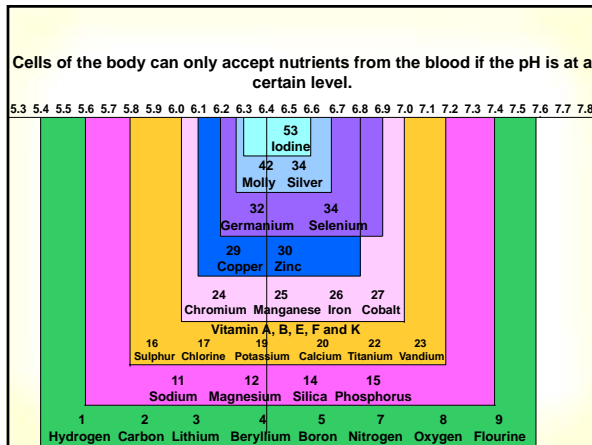
Saliva pH indicates what the pH is of the fluid which bathes EVERY cell of the body

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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 Vanadium	Sodium Magnesium Silica Phosphorus Hydrogen Carbon Lithium Beryllium Nitrogen Oxygen Flourine
			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

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

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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.

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Body Fluids pH Norms

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

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

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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.

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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

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Symptoms of pH Imbalance

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

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Minerals Body Uses to Balance pH

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



(50% alkaline...20% acidic)

For more information on the effects of a pH imbalance to go these two articles: [Acidosis, Nutrient Absorption and pH chart](#).

Most Alkaline	Alkaline	Slightly Alkaline	Food Category	Slightly Acid	Acid	Most Acidic
<ul style="list-style-type: none"> • Grapefruit • Lemons • Limes • Mangoes • Papayas • Watermelon 	<ul style="list-style-type: none"> • Apples • Berries (sweet) • Dates • Figs • Oranges • Peaches • Kiwi • Melons • Papaya • Pears • Pomegranates 	<ul style="list-style-type: none"> • Avocados • Bananas • Cherries • Oranges • Peaches • Pineapple 	FRUITS	<ul style="list-style-type: none"> • Fruit juices (processed) • Plums 	<ul style="list-style-type: none"> • Cherries (sour) • Elderberry 	<ul style="list-style-type: none"> • Blueberries • Cranberries • Prunes
<ul style="list-style-type: none"> • Asparagus • Broccoli • Garlic • Onions • Parsley • Spinach (raw) • Vegetable juices (fresh) 	<ul style="list-style-type: none"> • Beans • Beets • Celery • Green • Lettuce • Okra • Squash • Sweet Potato (with skin) • Zucchini 	<ul style="list-style-type: none"> • Cabbage • Carrots • Corn • Mushrooms (fresh) • Olives • Peas • Potato (with skin) • Tomatoes 	BEANS VEGETABLES LEGUMES	<ul style="list-style-type: none"> • Beans • Beans (string) • Kidney • Spinach 	<ul style="list-style-type: none"> • Beans (beans) • Pinto (beans) • Navy (beans) • Lima (beans) • Potatoes 	<ul style="list-style-type: none"> • Carob • Soybean

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

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)
- 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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