

Disclaimer

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



Tonight's Class - Understanding pH

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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?

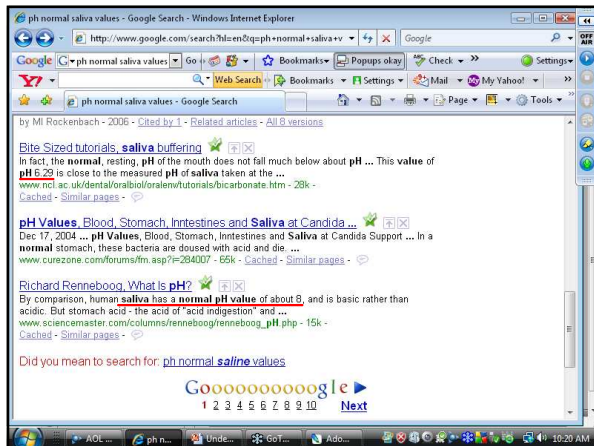
The measure of acidity of a substance is known as pH. Pure water, which has pH of 7, is neutral. Substances with a pH less than 7 are considered acidic and substances with a pH of greater than 7 are considered basic.

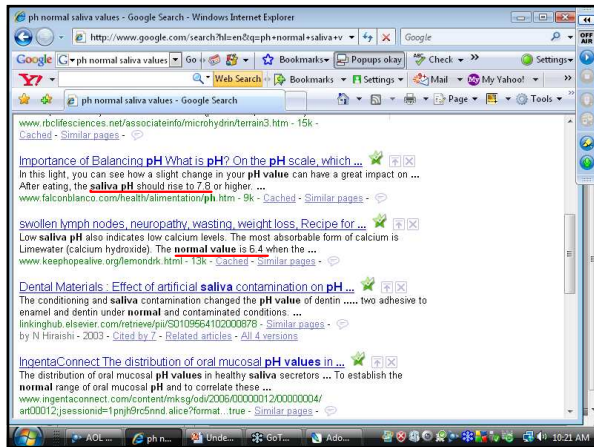
The normal pH of blood running through arteries (large elastic-walled blood vessels that carry blood from the heart to other parts of the body) is **7.4**; the pH of blood in the veins (vessels that transports blood to the heart) is about 7.35. Normal urine pH averages about 6.0. **Saliva has a pH between 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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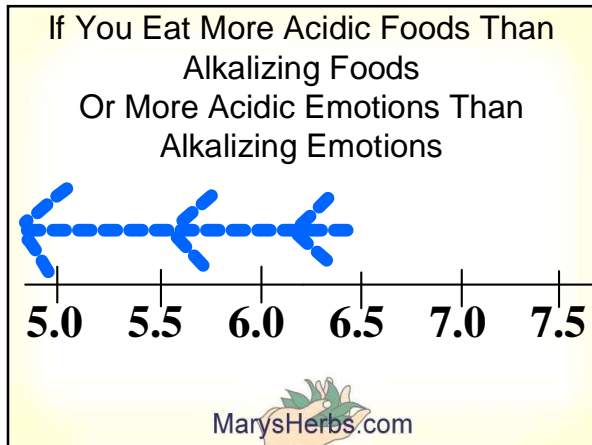
Dr. Otto Warburg was awarded the Nobel Peace Prize in 1931 and 1946 for his studies on how cancer can not thrive in an alkaline medium

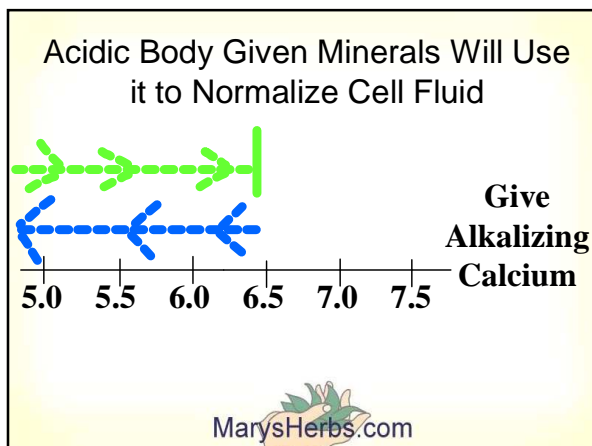


The pH Scale

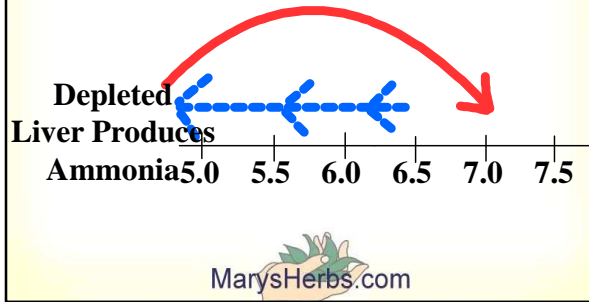
Acid		
10000000	0.1	Hydrochloric Acid
1000000	1	Stomach Acid
100000	2	Lemon Juice
10000	3	Vinegar, Cola, Beer
1000	4	Tomatoes
100	5	Black Coffee
10	6	Saliva (6.5) Urine (6.5)
Blood (7.4)	7	Distilled Water
Sea Water	8	10
Baking Soda	9	100
Great Salt Lake	10	1000
Household Amonia	11	10000
Washing Soda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

Alkaline

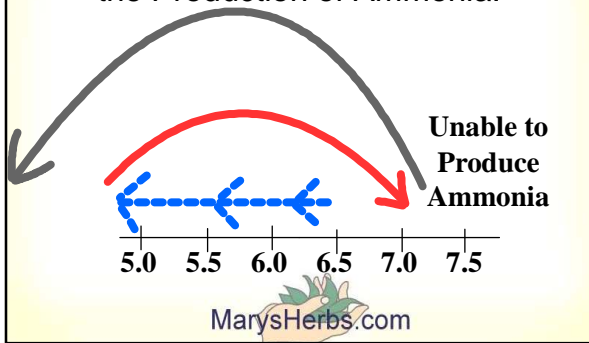


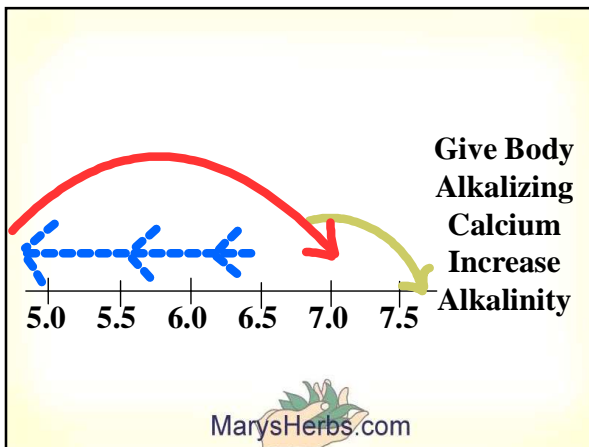


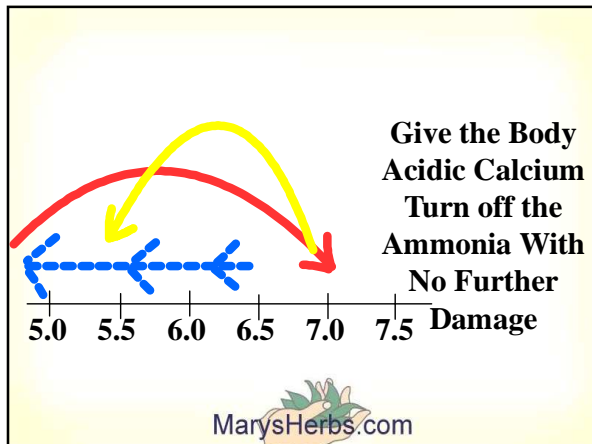
When the Body Can NO Longer Rob Minerals to Protect the Tissues.



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

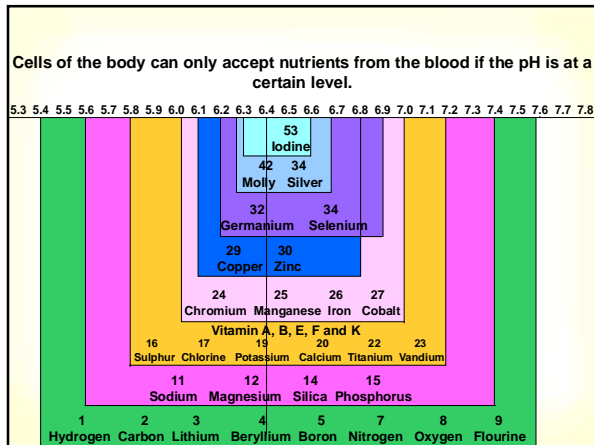
Saliva pH indicates what the pH is of the fluid which bathes EVERY cell of the body

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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 Magnesium Silica Chromium Manganese Iron Hydrogen Cobalt Carbon Lithium Sulphur Beryllium Chlorine Boron Potassium Nitrogen Calcium Oxygen Titanium Flourine Vandium	Sodium Molybdeum Silver Selenium Germanium Selenium Copper Zinc Chromium Manganese Iron Cobalt VH 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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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			
Molybdeum	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

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

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Acid Causers

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



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



Minerals Body Uses to Balance pH

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



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

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Questions?



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