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## Saliva and Urine pH Usually Registers Between 5.0 and 7.5



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

<https://mnoncology.com/practice-news/acid-alkaline-balance-and-cancer-the-truth-behind-the-myth/>

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## Understanding Acid and Alkaline



Acidity  
Burns

Alkalinity  
Poisons

pH of foods



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## ACID

	0.1	
Stomach Acid 1.7	1	1
Lemon juice	2	10
Vinegar, cola	3	100
Tomatoes	4	1000
Coffee	5	10000
Saliva, urine, tears 6.4	6	100000
Distilled H2O Blood 7.1	7	1000000
Sea water	8	10000000
Baking soda	9	100000000
Great salt lake	10	1000000000
Amonia	11	10000000000
Soda	12	100000000000
Oven cleaner	13	1000000000000
Lye	14	10000000000000

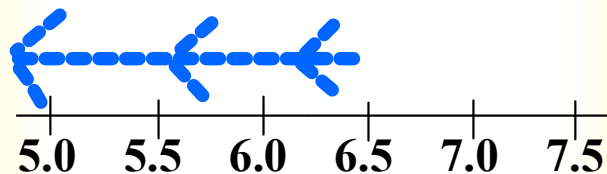
## ALKALINE

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.



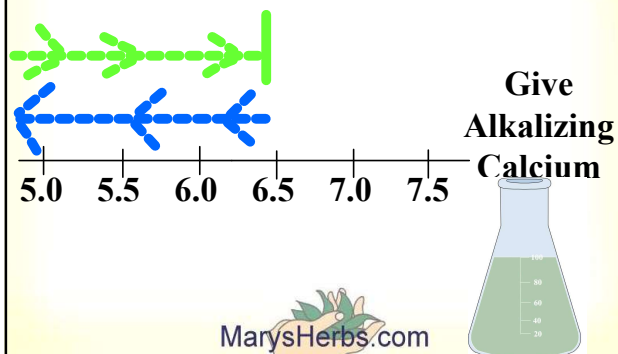
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If You Eat More Acidic Foods Than Alkalizing Foods  
Or More Acidic Emotions Than Alkalizing Emotions



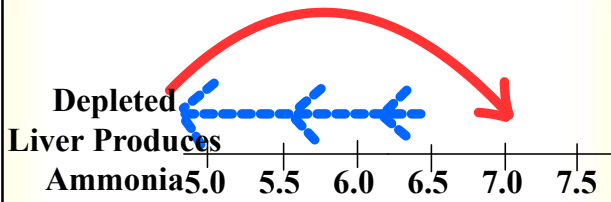
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Acidic Body Given Minerals Will Use it to Normalize Cell Fluid



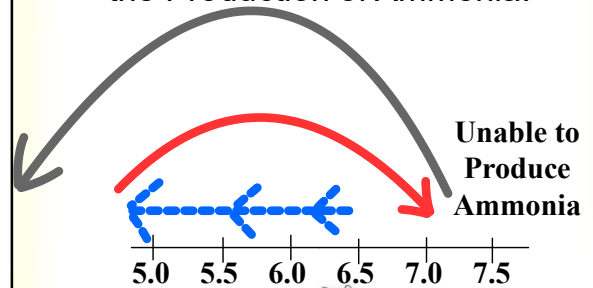
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When the Body Can NO Longer Rob Minerals to Protect the Tissues.



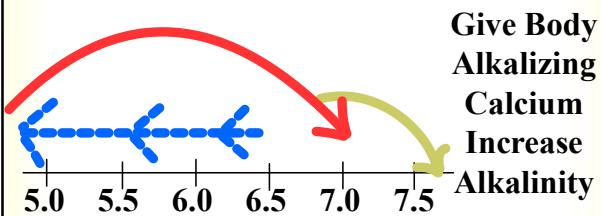
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Sometimes The Body Cannot Keep up the Production of Ammonia.



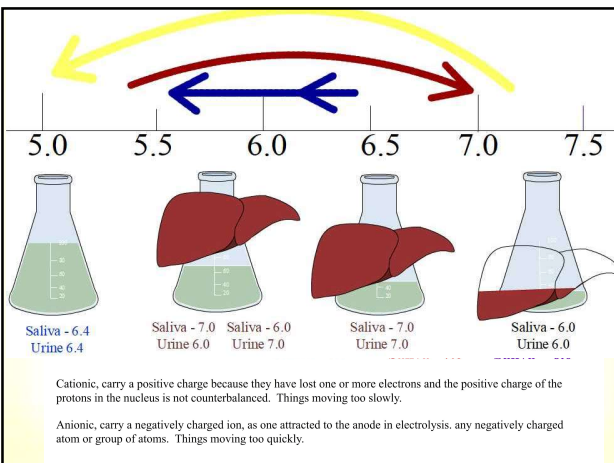
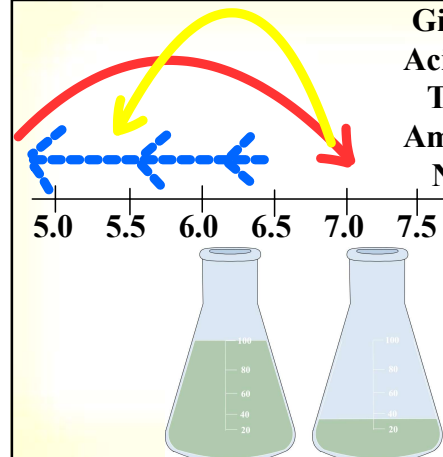
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Trouble With Common Calcium



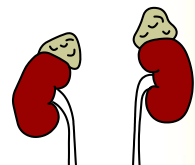
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Give the Body Acidic Calcium Turn off the Ammonia With No Further Damage



Normal Urine pH can be anywhere from 5.5 to 6.8

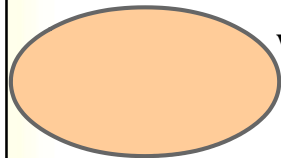
Urine pH indicates how the kidneys are using minerals or ammonia in balancing the pH



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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

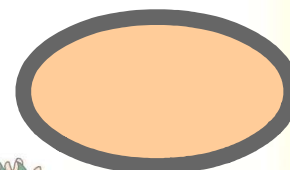
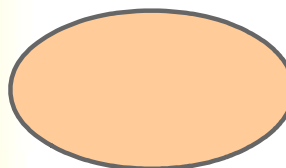


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Every Cell Contains an outer membrane.

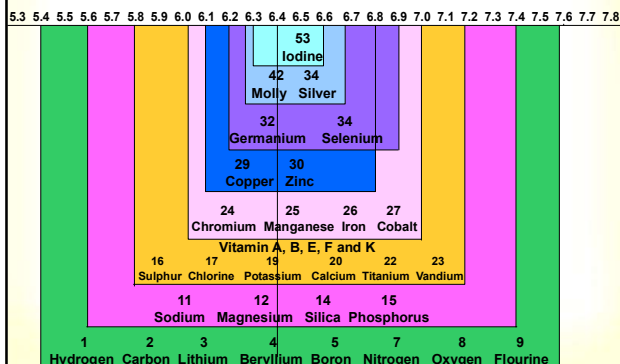
• If the pH is normal the membrane is normal

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



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Cells of the body can only accept nutrients from the blood if the pH is at a certain level.



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 Phosphorus Hydrogen Carbon Lithium Beryllium Boron Nitrogen Oxygen Flourine	Iodine Molybdeum Silver 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.

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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

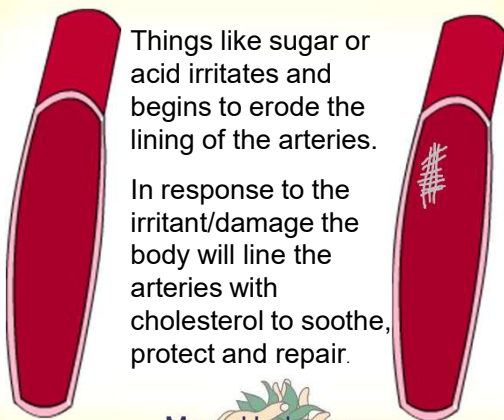
- Saliva 6.3 – 6.6
- Cell Fluids 6.3 – 6.6
- Urine 5.5 - 6.8
- Skin 5.5
- Tears 6.5
- Breast milk – 8.0
- Blood 7.35 - 7.45

7.41

Water's pH should be 7.0

RO Water is slightly acidic

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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 – 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

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## Minerals Body Uses to Balance pH

- Sodium (not NaCl)
- Calcium - <https://dailymfg.com/calcium-lactate-100/>
- Potassium
- Magnesium

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