

*In last month's issue we began a series on the importance of having a balanced body pH in order to have longer lasting good health. Life is all about balance. This is especially profound when speaking of body pH levels, which is the human body's need to stay at a slightly alkaline pH. Levels of pH are measured on a scale from zero to 14, in which zero is very acidic, 7 is neutral, and 14 is very alkaline. Your body is over 70 percent water. For you to be healthy, your water content needs to have a healthy pH balance. Your body's fluids are maintained at different pH levels to keep you healthy. To sustain these pH levels throughout your body, your cells and organs are constantly filtering what you eat. Everything works together to maintain your delicate pH balance.*

*The World Health Organization reports "Basically, you die earlier and spend more time disabled if you're in America rather than a member of most other advanced countries"*

so the big question is...

## How Do I Test My pH?

Since the pH of saliva offers a general window through which you can see the overall pH balance in your body, I am going to recommend you use pH test strips (litmus paper). This is the easiest and quickest way you can test your pH. You can test either in the privacy of your own home or on the run. These test strips are inexpensive and are available at most reputable nutrition companies such as "Chiropractor's Blend". This paper can be used to test saliva or urine, and the color of the paper will change to reflect your pH level.



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