

WHAT'S YOUR NUMBER?

You simply compare the color of the paper to the color scale on the side of the package to reveal your pH. You may test your pH everyday!

Your salivary pH should stay in a range of 7.0-7.5 for healthy body function. The best time to test your salivary pH is approximately 1 hour before a meal and 2 hours after a meal. If your urinary pH fluctuates between 6.0 to 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range.

When saliva pH falls below 7.0 or urine pH falls below 6.0, your nutrients are not being absorbed, your body becomes toxic and your body's cells are bathing in acid.

Generally going unnoticed for years, this acid waste begins to silently corrode and eat away at your blood vessels, destroying cells and ultimately, entire organ function in your body. Without correcting your body pH, the damage becomes progressively worse, and deadly over time. Fatigue is probably the major symptom or complaint of an overly acidic body.

the series