

Is Your pH Balanced? Find Out By Testing

To maintain good health the body is constantly seeking to get rid of the excess acids that irritate the tissues and deplete them of minerals. One of the principal systems it uses for this purpose is the renal system (kidneys). The normal rate of acid excretion through the kidneys gives urine a pH that falls between 6.75 and 7.25.

By testing the degree of acidity of the urine, you can determine whether your body is eliminating a normal quantity of acids. If the acid excretion rate is higher than normal, the urinary pH will be more acidic. This low urinary pH is also an indication that the body is saturated and therefore in an acid state.

Another indicator of the overall pH balance in your body is the pH of your saliva. When your body has the mineral reserves that it should, the abundance of minerals will show up in a saliva pH test as a pH reading of 7.0 to 7.50. A low saliva pH reading indicates that the mineral reserves in your body are low, and are being used to buffer acids elsewhere in the body.

There is a strong correlation between the pH of the body's internal environment and that of the urine and saliva: urine and saliva become acidic when the body's internal environment becomes acidic.

You can purchase pH strips at your local health food store, i.e., Nutters