The Power of pH: Understanding Urine and Saliva pH Transcript

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Introduction to pH and body balance

And progress. There it is. Perfect. All right. So we'll get started. So tonight we're talking about pH. Um, so when we talk about ph, a lot of people confuse that with, uh, blood pH, So they'll have their pH checked from their doctor and the blood ph will always come back normal because if it's not normal, then you're dead.

so your blood PH is always going to be normal. um, but what isn't always gonna be quote unquote normal or I should say what can vary quite a bit and impacts the symptoms that you experience in your day-to-day health is your urine and your saliva pH.

What exactly is pH? Our pH is basically short for potential hydrogen. That is the measure of the friction between anions, which is those smallest particle of energy, and cations, the second smallest particles of an energy.

If you remember anything from science class, I did not remember that until I took courses in pH. But I'm sure my science teacher would swear that she taught it to me.

So they rub together and they create energy. So it's that friction, which is the electricity that it translates into what we're experiencing in our body.

The more acidic our bodies is, the higher bioelectrical current that's present, and the more alkaline, then the lower the bioelectric current. When you look at the pH scale, a lot of times you think the highest number is the acidic, but it's actually the opposite.

So the lowest number, is most acidic and then the the, highest is actually, the most alkaline. I'm asked all the time if someone should be drinking alkalin water or lemon water, or I heard that I am supposed to be more alkalined to prevent cancer and all of these things.

Well, you're gonna learn tonight that whether or not you should be doing those things is actually gonna depend on your pH and what your ph registers. And the more alkaline you are, it is not the better.

So, when we do things like breath work and we push that oxygen out to our tissues, that's alkalizing in that sense, but it's not alkalising our systems.

There's a big difference there. When our system is too alkaline, it creates just as much havoc as if it's too acidic, and you're going to see that in some of the charts and things I'm going share with you in a minute.

Hopefully it'll help clear up some that confusion. So when people ask me, should I be doing this? Should I being more plant-based? I should be eating more animal protein?

Well, that's going depend on your pH. That's gonna determine my answer. A lot of times people will convert to like a very plant-based diet, and they'll feel great for a little while, but then all of a sudden, they start feeling worse than they even felt when they started.

Understanding pH scale and testing basics

The reason being because doing that for period of time will help balance out their pH, then long-term, it's going to help move them in the opposite direction, which is like I said, one end of the spectrum or the other.

It's just as bad. Doesn't matter which one it is. So that's a very simple overview of what pH stands for and what it means. So why are urine? Why are saliva?

So your saliva is giving us a really good picture of your digestion, and your urine is getting us really a good image of elimination. If they're moving at the wrong speed, then your nutrients can't be assimilated, which means that your body can break them down in a way where you can utilize them.

You could be eating the best nutrients possible, but if your pH is out of balance, the body cannot utilize it all. This is a good overview. The saliva is representing the top half of your processes and the bottom half is reflected in your urine.

So this little chart here, hopefully you can see this, it's the mineral acceptance chart. So you're going to see it looks kind of like a triangle with the point at the bottom, the flat point of the button.

This is a pH range. 5.3 is very acidic, 7.7 is alkaline, and you see that in order to assimilate all of these nutrients here on the left-hand side, all the way down to iodine from hydrogen to Iodine.

In order to assimilate all of that your pH needs to be in the range of 6.3 to 6 point six so that's the ideal range for your ph so when you're taking your urine pH when your taking their saliva pH that the rage that you are looking in for.

Now, sometimes you'll get pH paper that doesn't necessarily break it down to that specific. Do the best that you can with the paper you have. If it only has a six on there, then try to get it in the six.

At least then you're going to be pretty darn close and most likely right in that neighborhood of where you need to. Valuable nutrients like vitamin A, that's your first line of defense in your immune system.

You'll see that 23 next to it. that broad range. If you're any further outside of 5.8 on the acidic side and what is it, 7.2 on alkaline side, then you are not assimilating your vitamin A.

Vitamin B, same way. vitamin E, vitamin F, and vitamin K. Then you get down to really valuable minerals like selenium. Seleniums are really important for your heart, Zinc, we've all heard so much about zinc through all of the COVID stuff, which by the way, don't blanketly just supplement zinc because doing that is going to, if your body doesn't need it, it's going severely deplete your copper levels, what you'll see right above that, zinc on the chart.

There has to be a proper balance. There's something called a zinc test that you can do. That will help you to determine, do I actually need zinc and how long should I supplement?

It'll answer all those questions. A really easy at-home test you do too. If you want to know more about that, definitely let me know. Zinc is obviously very important we know, but iodine, every cell in your body uses iodide, your thyroid uses Iodine.

It's a huge mineral when it comes to detoxification. We know that Chernobyl, if you think back to Chernobil and they were giving iodine tablets to try to detoxify from that havoc that happened there.

Speaking of Chernobyl, when you're microwaving your food, you know, your radiating it, right? So some of this we're doing to ourselves every day, just not realizing what we are doing.

And these minerals are being depleted. So how are we replenishing them? How are they maintained, holding on to what they have? That's really important.

That is the picture of where do we get those numbers from. Scientifically, these are the numbers that will allow your body to utilize and convert some of these nutrients to the bioavailability that you need to be able to use them.

It needs to in that range, so 6.3 to 6,6. So when should we test. So you, you know, the pH strips are really easy you do it at home. Ideally, You want to test in the morning.

I mean you could test as many, all throughout the day you can test at night. Personally I test In the Morning, I Test

at Night.

Mineral absorption and ideal pH range

you want to do it before you brush your teeth, you wanna do a free drink, anything. If it's first thing in the morning, when you first wake up, kind of gather the saliva in your mouth and swallow real big, try to flush some of the acidity or your pH first in in morning is naturally going to be a little bit more acidic, then you're gonna find it to beat throughout the day or at night.

So a lot of times you'll see it slightly on the acidic side in a morning when get up and then it'll balance out and night be fine. So that's typically normal.

So if you're eating, you want to wait two hours after you eat before you test to try and allow before your eat or drink anything to let that balance out.

And if want know, well, how did that meal impact my pH, test right after, but it's always good to wait, give your body some time for it to do what it needs to and then test.

So that's why I like first thing in the morning and before bed because it is the furthest outside of eating or drinking anything and it gives a really good picture.

And try to keep it consistent. Try to test under the same conditions each day. If you're morning or night, stick to that. and try and keep it consistent.

And it's really helpful to keep a food log when you're testing. Because let's say, hey, I didn't eat any animal protein for three days and this is what my pH was.

Or it was very varied or it very heavy on the animal proteins side or this way. So you are going to start to see after you do it for a while, how well you eat, what you drink, even stress in your life, how that impacts your pH.

Very stressful environment. If you have something traumatic happen, if you're under a lot of stress, that's going to throw it more acidic. You definitely want to keep that in mind.

That is when you should test. And then how do you test? So the saliva one, some people will have you put it on a spoon and others will, have, you, put, it right in your mouth.

If you're going to put a right, in, your, mouth, again, just swallow really big, gather up a lot of saliva and swallow, really, big before you do it. Don't do it after you drank a glass of water, don't it do after your brushed your teeth, because they're all going to manipulate the outcome.

To get a true test of where your pH is, you want to do outside of any of that. For the urine, a lot of people will say not to use your first urine of the day.

For me, it's very hard to get something outside of what I'm eating or drinking and still and be able to test. So for me I know it is going to be a little bit more on the acidic side.

Personally, I will still do my first morning urine. That's something that you just have to gauge for yourself if you have the time. to isolate a time throughout the day or maybe later in the morning where you haven't eaten anything and you can test them.

And the most important thing is to make sure that both, whether it's urine or saliva, make both sides of the strip are wet. So if you wanna urinate into a cup and dip it into the cup, fine.

If you want to do it in a stream, just make you get both side wet, Same thing with your mouth if you're putting it in your, mouth you know make sure you get both sides that kind of thing.

And that's really going to help now if, you let it sit too long after you've taken it. Then you'll find that in time, the colors are going, to change so you really want to read it, maybe not like one second after but give it a few seconds afterward after and read, it and that it throw it away because.

It's not going to give you a true read if you walk away for 20 minutes and come back. You're going miss it. So take it right away. So what are some patterns?

So pattern one is optimal. There's five different patterns that it can be. One is optional. Pattern two means that you're both alkaline. Double alkalines means your saliva was alkalined, your urine was alkali, and pattern three is your saliva is low and your urine is high, or the reverse, where both of them are acidic.

So you're going to have different symptoms presenting depending on where each of them are falling in the range, or you can have one that is perfect, you know, maybe a 6.4 or 6 point five, and then just your urine.

just the other one, whichever the one is, is off.

How to test saliva and urine pH

So there's situations like that too. Just to give you some examples of what you could experience, let's say you have the pattern two, the double alkaline, and they're both higher than 6.4. Well, then you can probably expect some diarrhea possibly depending on how far outside of that they are.

You might have more of a likelihood of parasites, or candida, yeast overgrowth, that kind of thing. So, your colon is gonna be more toxic when that happens.

That means that your bowel is really absorbing its waste, instead of eliminating it. That's not something that we want. There's more putrification happening because things are sitting longer than they should, and that's a great breeding ground for parasites.

Then when your bowel is really toxic, well, that spills over into your lymphatic system, then you can have more congestion in your sinuses and in you respiratory tract, so it'll start to overflow in all of these other places that you don't want it to overflowing.

This is a really easy way at home to monitor this and see so if see let's give you another example let see if you're if your pattern five let say where you both they're both acidic.

So they're both below, like 6.3, 6.4, then that means that the food is moving way too fast through your digestive tract, and it's also eliminating way to fast.

You might have more of a situation where there's indigestion and heartburn. There might be more issues with anxiety. If you're double acidic, restless leg syndrome could be worse.

Anxiety levels, depression, that kind of thing. Your kidneys are going to be a lot more stressed out in those situations too. Those are just some examples of how it expresses physically.

your pattern for where it's the high-low ratio, so your saliva is high and your urine is low, that's a great environment for anemia. So if you have someone, or maybe if, you are someone that struggles with anemio or retain iron or maybe even be 12, well, pattern four is the perfect breeding ground, the perfectly terrain for those types of issues.

Also, calcium assimilation can be an issue there, so you could get a lot of leg cramps. There are some people that get terrible, terrible leg Pattern four is definitely an example of an environment that'll give you lots of leg cramps.

Especially for women that are concerned with things like osteoporosis, osteopenia, we're always talking about bone health as we age and hormones, but nobody ever thinks about the pH because if you're in a very acidic environment, if either end is high or I should say low, meaning acidic, Or even if you're double acidic, well, guess

what?

Your body is going to be breaking down that bone to release calcium into the system to try to balance this pH. So, that's where you are going see bones start to break down a lot more quickly if one or the other is acidic or especially even faster if they're both acidic.

So it can just tell you so much. Hopefully you're seeing how much this can tell about your health and what's happening and how you can use this information.

So like I said, it's the most powerful when you do it with the food log. But if you cannot and you just get it under, because some of that explanation is, okay, why did I all of a sudden go to acidic?

Well, let's look at what we've been eating kind of thing. That can you tell a lot about it. So, what do you do if you come up acidic? So these are some great, easy remedies for an environment that is very acidic.

So distilled water with lemon. Lemon is acidic outside the body, but lemon is alkaline in the Body. This is often a great remedy too for somebody that has acid reflux and digestion for dealing with the immediate symptom, the immediately discomfort.

That distilled water with lemon can be really helpful. Onion soup is actually very high in vitamin C.

pH patterns and related health symptoms

Notice I said not ascorbic acid. Natural vitamin c that we get in our food is alkalizing. When we take a vitamin-C supplement, which is typically ascorbic acid that's acidifying, okay, because it's a chemical version of vitamin C.

So these are very different things. If you're acidic, something like onion soup with real natural vitamin c can be helpful. When you're alkaline, taking vitamin C, like the supplement, ascorbic acid, then that could be helpful.

Same thing, vitamin c, right? We're told it's the same thing but it is obviously not the thing and it definitely has a different impact on your system.

So that can be helpful vitamin D can help alkalize, you know, bring you back to that mid range. Now, the key is to continue monitoring to make sure that once you get in that, mid-range that you stay there and don't go too far the other way and create other issues.

Right. So cod liver oil, that's a great source of fat-based vitamins like vitamin D, vitamin A. So, cod-liver oil can be helpful. More of a plant-base diet.

That's where you're going to want to, depending on how far acidic you are, maybe scale back on the animal protein or eliminate the animals protein for a couple of days until you can balance out.

You can add manganese rich foods like red raspberry leaf tea. I love red Raspberry Leaf tea, I made this one time as a pregnancy tea for my daughter-in-law when she was pregnant and I started drinking I'm like oh this is really good I put it in the fridge and it was a a whole blend.

One of these days I'm going to make it so I can have it here in the office for people. But it's a really good cold tea, so i would brew a gallon of it and put it in a glass gallon jar and then put in in fridge.

For in summer it was great. digestive enzymes with each meal, so that's going to help in the meantime, because you might find that your digestion is off.

So, well, you will find your digestive is of. Sometimes taking a digestive enzyme with your meals just during that period while you're off, and you don't have to take them long term, but that is a good time to and baking soda baths.

Baking soda will help draw out that acid to get rid of it really fast if you're extremely acidic or you just want to try to solve the problem a little bit more quickly and you like bath.

I'm not a bath person, so it's not… well, you should say that sometimes, but not typically. So this is an example. This is a picture of a water distillers.

People say, you know, they typically will go to like Walmart, right, and get a jug of distilled water that's in plastic. Well, that is really bad distiled water.

So if you are interested in drinking distil, why do I say distill water? Distilled Water is very High energy neutral base. So, as much as possible if you can get it, this is a just a really inexpensive over the counter water distill you see it's on Amazon it 111 bucks so it is not bad at all.

and it'll distill, you know, hopefully we're filtering it out some way, right? And then have it run it through the distiller and then you can add lemons to it or you just drink it by itself depending on, if you need the lemons or not, some people, I watch the video online or YouTube or TikTok and I was to drink lemon water every morning.

Great. Well, what's your pH? because drinking lemon water every morning could be really harmful. Drinking lemon-water every-morning could-be really helpful, so it just depends on which end of the spectrum that you're on.

So if you are alkaline, then distilled water without the lemon is going to be helpful. Another remedy that's good food wise are things like raw buttermilk, raw cottage cheese.

Make sure that if you're eating raw dairy, it is from a grass-fed, 100% grass fed, grass finished source. And the reason being is that these are both really good source forms of calcium lactate.

Now they do make calcium lactate supplements. I have them here and there are times when that can be easiest too because I don't have a good raw source for these things around me right now that I'm aware of anyway.

So if I were to need this right, now I would probably lean more toward the supplement, the calcium lactic. Doing a colon cleanse, that's going to help.

It's just going because Again, if you're alkaline, then things have been sitting in there and putrefying, right? So you want to flush all that out. So doing a colon cleanse around that time is helpful, can be helpful.

Vitamin C the supplement form, the ascorbic acid form can help here. Exercise, exercise acidifies your body. It releases lactic acid. into the system, right?

So that is acidifying. So, that can be really helpful if you're alkaline. If you are very acidic and you exercise, now you release Lactic Acid in the System.

Well, you need something like a sauna. or do something like the baking soda soak afterward to help flush that acid from the system. So, this can even answer exercise questions for people a lot of times.

Again, cod liver oil. Cod liver can be used in either situation. No nuts, no cheese, not butter, none of these things.

Correcting acidity with food and supplements

would be helpful in an alkaline scenario. These are things that you'd want to consider. If you are alkalined, I didn't list it on here, but another really good one is incorporating more animal protein into your diet because that will help acidify.

You always want be balancing your meal with the protein and the vegetables. Let's say you're doing your portion of protein, you want your vegetables to match, In this case, if you're alkaline, you want more animal protein than you'll want vegetables.

You want your animal proteins to be the majority of the meal and the vegetables to a much smaller amount of meal to balance that out with your food. So here are some, there's a handy little food chart that, you know, if you wanted to keep it on hand, but to give you an idea, your strong alkaline, lemons, limes, grapefruit, pineapple, papayas, this whole column over here on the right, olive oil is alkalines, sodium, potassium, apple cider vinegar.

So like if your doing, when it comes to sodium potassium electrolytes, So, electrolytes are very alkalizing. So if you're very acidic, then supplementing electrolyte can be helpful and I can help steer you toward a good one if need to.

However, if your very alkyline, than electrolytes are not going to be very helpful for you. This is a really good example. Maple syrup is medium alkaline.

Green tea is weak alkalines. You can see Here, blueberries are very acidic. Let's see, what else? Ice cream, I'm not gonna recommend you eat ice cream.

That's not going to be one of them. Chocolate, walnuts, liquor. Liquor is very acidic. So that's a good, you know, people will ask me, well, I want a glass of wine or I won my after dinner drink or want beer.

Okay, fine. But, definitely monitor how that is working out for you when it comes to your pH. because it compromises your health in so many ways, and this is just one more way.

Pork is very acidic. Shellfish is a very acid rabbit. I don't know many people that eat rabbits, so I think we don' have to worry about that. So things like that, this a handy little food chart.

that you can always use if you find that this is a consistent issue for you. You can plan your food around it for the day. So what has a negative impact on our pH?

Well, things like coffee, caffeine, processed flour and sugar, anything that's unnatural is going to have a table salt, like your traditional kosher salt.

We talked about alcohol, tobacco, things that are carbonated. I don't ever drink carbonate drinks. Sometimes if I want an alcohol alternative, I might drink alcohol once a year.

If I do, might do some kind of a seltzer. But again, now I'm compromising on so many levels. I typically don't do that. And then you'll see at the bottom, holding a grudge, anger, spiritual relationships, all of these things, worry, hopelessness.

that all has a negative impact on your pH. It's all going to draw you further to that acidic side and not in a good way. So we talk a lot about reserve energy.

When you build up that reserve with, when I say right living, I mean healthier life practices in the sense of like making sure that you're getting good quality sleep and enough of it, making there's no mold in your air, and having a good filtration system, getting outside sunlight on your face, especially first thing in the morning.

Even when it's cloudy outside, it is still best to get that because you are still getting more than what you would if you were inside in that situation.

your diet, your emotions, you faith, all of this stuff pulls into that reserve energy. And the more of a reserve of energy that you have, the healthier you're gonna be.

So things that create you to lose that reserved, like what pulls from what sucks that reserves is if you don't drink enough water, or sometimes you are drinking too much water.

I don' come across that a whole lot.

Lifestyle factors, reserve energy, and wrap-up

But every once in a while you find someone that's drinking to much and they're not then they don't have minerals in it, and they might be doing more of a vegan vegetarian diet, so that's a really bad recipe.

Or they may be going the other way, where it's carnivore diet so they're very acidic sometimes. and then they're drinking a ton of water and they are not being able to utilize the minerals.

So that will suck your minerals, a lack of rest, eating lots of grains and that would deplete your mineral really fast. I don't care if it's gluten-free bread, I do not care it is organic, grains are grains, it will not good, so it would suck the mineral.

Too much exercise will degrade that. So these are all examples of things that will deplete that reserve energy. Oh, there we go. I put it in the sheet.

like a rest, all that good stuff. So, people with low reserves have less room for cheating a healthy lifestyle. Some people will say, well, do I have to do this all the time?

Like, you know, it's so much work to be healthy. Do I do it all of the times? Well, depends on how many reserves you have built up. I mean, in my situation, I know that I had a lot of reserve energy, except for when I'm really, really stressed out, because that sucks a little bit.

But most of time, have a bit of a reserve. You know, that one drink a year on New Year's Eve or whatever it is, it's not the end of the world. But the less of a reserve you have, the last room you're going to have for those compromises.

So your cells re it takes about 90. Well, takes 90 to 180 days. to replace all the cells in your body. So the younger that you are, the faster that exchange is gonna happen.

The older you, are the slower that's gonna to happen, so as we age, there's less and less room for that deviation from a healthy lifestyle. That is all about your pH.

Hopefully you found it helpful and for, Sorry, I didn't mean to put you on the big screen. Hi, Kathy! So, for… I can't even switch it. Sorry. We're gonna watch Kathy for a little while.

That's okay. So that tells you a bit about it, Cathy. Since you're on live, do you have any questions? I find it very interesting. I've never been thought about that part of digestion and food and things like that.

So it's food for thought for sure. Good. Yeah. And it is so easy to monitor at home. You know, so I really like to try to educate people about it because it s a great tool that you can use on an everyday basis.

to monitor things and make it a little healthier. So if you have any questions, let me know. I'm going to send out the recording to all you guys that registered that weren't able to make a live.

And if, like I say, if have you any question, reach out, you can email or text me. Okay? Thank you. Thanks. Bye.