

## **SALIVA pH ACID CHALLENGE TEST**

This is the only valid test for chronic metabolic acidosis. Salivary and urinary pH tests are not reliable because they fluctuate with what, when, or how much food we have eaten; what, when, and how much we drink, and/or how much we exercise, what kind of exercise, and when we exercised, and if we are fasting we become acidic. This tends to give varied pH readings.

This test uses diluted lemon juice to monitor bicarbonate mineral reserves in the pancreas and see if it has the ability to keep the pH of the body balanced.

### **Test Procedure:**

The best time to take the test is after a very small meal (do not drink anything with or after the meal). Check your salivary pH periodically; when it settles down to 7.2 or there about, take the test.

Tear off 7 strips of pH paper, each about 2" long. Lay out on tissue. Measure out (and have ready in a cup) 1 tbsp. of lemon juice mixed with 1 tbsp. water.

Make a pool of saliva in mouth. Dip 1 end of strip of pH paper into the pool and wet it. Do not suck on strip - just wet it. Remove and compare color immediately. (Strip will darken with time so compare immediately.) Compare color of the pH paper against the pH scale provided and record the result as a BEFORE in the left chart.

Quickly sip down the lemon juice mix in 4 sips, with a quick swish with each sip. As soon as the whole 2 tbsp. of mix is swallowed, test pH again and record (in the AFTER column in the chart on the left), and also start a 5-minute timer.

For the next 5 minutes, one minute apart, test the saliva with the last 5 pH strips. Write down each test result immediately in the left chart.

After you have finished the test, put a dot matching your results on each corresponding line on the chart on the right (Base, After, 1 min, 2 min, 3 min, 4 min, 5 min), then connect the dots with a line, and compare your pH graph to the healthy pancreas pH graph in the chart. If your pH does not rise appropriately, or it spikes up or down, call my office for a free consultation.

Repeat this test five times. If you fail the pH Acid Challenge, call our office to set up a consultation. We will go over the chart results, interpret the results, and formulate a plan to manually balance your pH until the pancreas recovers bicarbonate reserves.

Everyone's metabolism is different; most people will not respond to the acid exactly the same. However, if your pancreas can secrete enough bicarbonate to handle the acid, your pH will correspond proportionately with the chart. However, if your pH does not drop down to 4.5, you have acute metabolic acidosis (the liver is in ammonia cycle) or you have chronic metabolic alkalosis, either way, it needs to be rectified. (The only time I have personally seen the alkalosis condition is with a raw vegan diet.)

You actually do not have to balance the pH of the body; the pancreas balances the pH of your body. However, with chronic metabolic acidosis the pancreas has lost the ability to keep the pH balanced. The lemon/lime/vinegar lie; until the pancreas recovers, putting more acids (good or bad) in the body, which that obviously the pancreas cannot buffer, will only compound the situation.

- ✓ This site and the information referenced and herein does not constitute an attempt to practice medicine.
- ✓ Use of the site does not establish a doctor-patient relationship.
- ✓ Individuals should consult a qualified health care provider for medical advice and answers to personal health questions.
- ✓ While the site attempts to be as accurate as possible, it should not be relied upon as being comprehensive or error-free.

The information presented on this web site is not intended to take the place of your personal physician's advice and is not intended to diagnose, treat, cure or prevent any disease. Discuss this information with your own physician or healthcare provider to determine what is right for you. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. We cannot and do not give you medical advice. The information contained in this online site and emails is presented in summary form only and intended to provide broad consumer understanding and knowledge. The information should not be considered complete and should not be used in place of a visit, call, consultation or advice of your physician or other health care provider. We do not recommend the self-management of health problems. Information obtained through LivePristine.com, PristineHydro.com or GlenCaulkins.com or any other related service or publication or by using our services is not exhaustive and does not cover all diseases, ailments, physical conditions or their treatment. Should you have any health care-related questions, call or see your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read here.

PristineHydro Development, its officers, employees, agents, and assigns bear no responsibility for the use or misuse of disseminated information. The information provided is not intended to diagnose, treat, prevent, or cure any medical condition. PristineHydro Development assumes no responsibility for its accuracy, and the information is subject to change without notice. Any use of, or actions taken based upon, any of the information contained on or accessed through this website is done entirely at your own risk. Users are urged to seek professional medical advisement prior to engaging in any medical treatment.

PristineHydro Development, its officers, employees, agents, and assigns do not make any particular endorsements concerning the information described, mentioned or discussed in any of the databases or pages accessible within or from LivePristine.com, PristineHydro.com or GlenCaulkins.com or any other related service or publication.

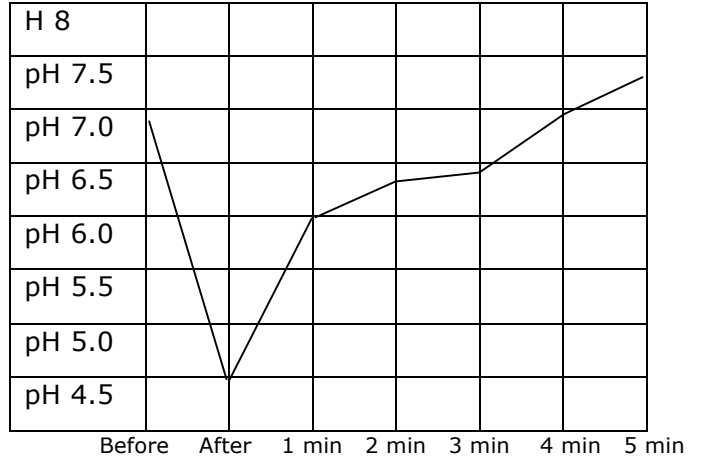
Neither PristineHydro Development or its sponsors, staff, nor any other party involved in providing the services, databases or pages accessible within or from LivePristine.com, PristineHydro.com or GlenCaulkins.com or any other related service or publication, warrant that the information contained therein is in every respect accurate or complete and they are not responsible nor liable for any errors or omissions that may be found in such information or for the results obtained from the use of such information.

# DIAGNOSIS OF METABOLIC ACIDOSIS

## Saliva pH Acid Challenge Chart

Date					
Before					
After					
1 min					
2 min					
3 min					
4 min					
5 min					

Name \_\_\_\_\_



Date					
Before					
After					
1 min					
2 min					
3 min					
4 min					
5 min					

Name \_\_\_\_\_



Date					
Before					
After					
1 min					
2 min					
3 min					
4 min					
5 min					

Name \_\_\_\_\_

