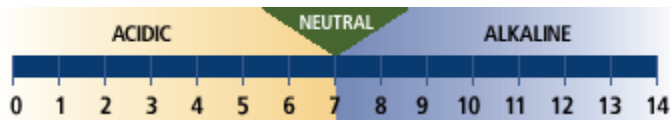


Plain Talk About pH

An easy guide to understanding and what it means to your health

What is pH?

pH, an acronym for “potential of hydrogen,” is a value that indicates the acidity or alkalinity of a liquid. The measurement of the hydrogen ion concentration in a liquid determines the pH value. Every liquid has a pH value, which falls on a scale between 0 and 14, with 7 being neutral. A pH value less than 7 is acidic; values greater than 7 indicate alkalinity.



Examples: Battery acid and vinegar – two very acidic liquids – have pH values on the lower end of the scale, while baking soda and ammonia, both of which are very alkaline, are on the higher end of the pH scale. Pure water, meanwhile, has a pH value of 7 – it’s neither acidic nor alkaline.

Keeping Your Body’s pH in Balance

Your body also has a pH value. In fact, all your body fluids each have a pH value, but blood most accurately reflects the acidity or alkalinity of your body. **Ideally, your blood’s pH should be between 7.3 and 7.5.**

Your body works hard to maintain a balanced pH because that allows its systems to operate more efficiently and effectively. Imbalance, on the other hand, leads to obesity, fatigue, premature aging and other health problems. To maintain a balanced pH, your body pulls certain minerals, such as sodium, potassium, calcium and magnesium, from its tissues to neutralize acids in the blood. If it can’t do that successfully, it will dump the acids into various organs, which causes health problems.

You can help your body neutralize acids in the blood and maintain a balanced pH by taking some simple steps, like eating the right foods and exercising.

Finding Your Body’s pH

There are a variety of ways to determine your body’s pH, the most accurate of which is to find the pH value of your blood using a pH meter. However, that can be impractical since it would require drawing blood and purchasing a special meter.

A more practical and inexpensive method is to find the pH level of your urine using litmus paper. But, since your urine pH varies with what you eat, you should measure your pH after fasting for at least 12 hours, or when you get up in the morning before you exercise, eat or drink anything.

How to use litmus paper to test your Urine pH (Simple At-Home Procedure)

1. Use 2–4 inches of litmus paper and avoid touching the end you’re using for testing.
2. Place a few drops of the liquid [*with a clean eye dropper or tiny lab straw holding your finger over the opposite end to entrap a liquid sample for testing*] you’re testing on the

litmus paper.* Do not dip it into the urine sample, it may wash off the active agent and give you a false reading

3. Immediately shake off any excess.

4. Allow the litmus paper to sit 2–3 minutes before reading.

5. Compare the color of the paper to the chart that comes with the litmus paper.

- **Litmus Paper Test Kits with dispenser (15ft) are available from Academy Health Services \$7.00 + Shipping (NJ Residents add 6% Sales Tax)**

***Note: Dipping the litmus paper in a liquid, even for a few seconds, can wash the indicator off the paper and give an inaccurate reading.**

For urine, the pH value should be between 6.8–7.0, which is in the medium green area of the litmus paper.

Keep in mind that when it comes to determining your body's pH, you should look at averages and trends over time, especially if you're using litmus paper.

Academy Health Svcs Comments:

It has been documented from various sources that body acidity (acidosis) is one of the leading contributing factors next to de-hydration as a one of the leading stimuli and "triggers" for a multitude of ill-health conditions such as arthritis, sugar diabetes, high blood pressure, cancers and others.

It would be an excellent, suggestion to have a lab (via your doctor) give you a full blood analysis of you bodies pH, since this test cannot be done at home by yourself as easily as the urine pH test mentioned above.

Cancers thrive at pH ranges of 4.0 – 4.85 pH, people who have a near normal "neutral" range of pH do not seem to ever have or get cancers.

What is your pH range? Curious Now?

Contact us at Academy Health for solutions as to how to raise your pH levels or obtain your pH Test Kits.

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