Saliva pH Acid Challenge

This is a challenge **test to monitor mineral reserves**, not pH. Minerals are needed by virtually every cell enzyme activity. Average number of cell enzyme reactions per cell per second: 35,000! By subjecting the individual to an acid solution (lemon juice), alkaline buffer reactions can be monitored along a timeline. The degree of adaptability of the person's alkaline buffer system will reveal the state of the mineral reserves. We know that vitamins are complex chemical substances that are indispensable to the body. Disorder and disease result from their deficiency. It is not commonly realized however, that vitamins control the body's appropriation of minerals. In the absence of minerals, they have no function to perform. Lacking vitamins, the system can make some use of minerals. But lacking minerals, the vitamins are useless.

Test results can indicate:

- Available mineral reserves
- Hyper-sympathetic nervous system
- Potential adrenal stress
- Mineral depletion risk factors
- Degree of stress of the person
- Cell rigidity and possible organ pathology

Testing Requirements:
PH paper
Lemon Juice Concentrate
Plastic spoon (metal interferes)
Timer
PH Challenge Form

Procedure :
Mix 1 Tbsp. lemon juice with 1 Tbsp. water. Make a pool of saliva and put into plastic spoon. Dip the pH strip into it and record baseline score. Drink the lemon juice. Spit into spoon and test again. Record results of second strip. For the next 5 minutes, one minute apart, test the saliva and record each time. It may be useful to go off all mineral supplements for a few days before trying this test. They might influence the results.

DATE	
pH Baseline	
Lemon Juice	
1 minute	
2 minutes	
3 minutes	
4 minutes	
5 minutes	

Scale Explanation: Circle the pattern that is closest to your scores

NORMAL RESULTS: (easily produces alkaline buffers)

Baseline	= 6.5 to 6.8
Lemon Juice	= 5.0
1 minute	= 6.4
2 minutes	= 7.0
3 minutes	= 7.2
4 minutes	= 7.4
5 minutes	= 7.6 or above

ALKALINE REACTION: (normal reaction to acid increase)

Baseline	= 7.0
Lemon Juice	= 5.0
1 minute	= 6.6
2 minutes	= 7.0
3 minutes	= 7.2
4 minutes	= 7.2
5 minutes	= 7.2 or above

MINERAL DEFICIENCY: (cannot maintain alkaline buffers)

Baseline	= 6.0
Lemon Juice	= 5.0
1 minute	= 6.4
2 minutes	= 7.0
3 minutes	= 6.8
4 minutes	= 6.6
5 minutes	= 6.6

HYPER-SYMPATHETIC with MINERAL DEFICIENCY: (minimal alkaline buffers, ammonia present)

Baseline	= 5.0
Lemon Juice	= 5.0
1 minute	= 8.0
2 minutes	= 8.0
3 minutes	= 8.0
4 minutes	= 8.0
5 minutes	= 8.0

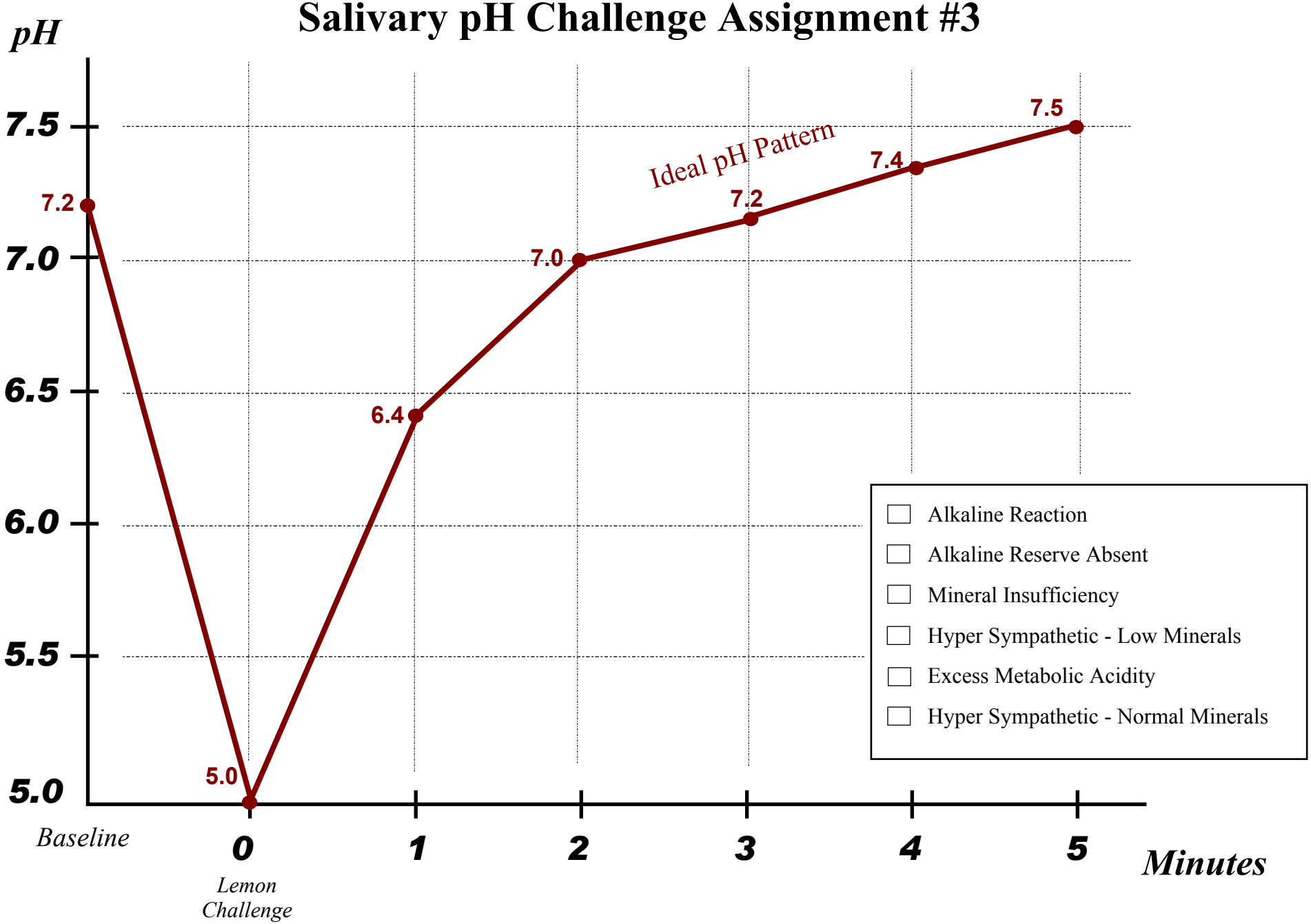
HYPER-SYMPATHETIC with MINERALS INTACT: (rapid alkaline reaction, sustained alkaline buffers)

Baseline	= 6.8
Lemon Juice	= 5.0
1 minute	= 8.0
2 minutes	= 7.6
3 minutes	= 7.4
4 minutes	= 7.4
5 minutes	= 7.4

PROBABLE SERIOUS ORGAN PATHOLOGY: (cell rigidity, no buffers, extreme acidity)

Baseline	= 5.0
Lemon Juice	= 5.0
1 minute	= 5.0
2 minutes	= 5.0
3 minutes	= 5.0
4 minutes	= 5.0
5 minutes	= 5.0

Salivary pH Challenge Assignment #3



Name _____ Date _____