

## IMPORTANT FACTS ABOUT pH

The real battle for health is over pH. So, what is pH? The simplest definition is this: pH is a chemistry measurement of the presence of acid or alkaline in a substance. The pH scale goes from 0 – 14 with 7.0 being neutral – neither acid or alkaline.

Most acid 0 \_\_\_\_\_ 7 \_\_\_\_\_ 14 - most alkaline.

### **Here are some illustrations of pH measurements:**

Gastric juice 1.0 – 5.0

Hydrochloric acid 1.0

Blood Plasma 7.3 – 7.45

Pancreatic Juice 8.4 – 8.9

Pure water 7.0 – The perfect beverage!

Cokes 2.3 – very, very acid!!

Fruit juices 3.5 – Too acid to drink lots!!

Our bodies must maintain a blood level pH of 7.45 in order to live. Death results at lower or higher blood levels.

Measuring the pH of our saliva and urine gives us important health information. For example, if we can bring our bodies to a 6.5 pH reading, CANCER CELLS and other diseases CANNOT SURVIVE THERE. This is very important.

### **Here are instructions for measuring your own pH urine and saliva levels.**

1. Purchase a roll of pH paper from your pharmacy. If you cannot find it, Bates/Swope enterprises offer it for sale. (1-800-447-9772)
2. Open the plastic container and remove the pH roll of paper, wrapped in gold foil (most likely.)
3. Replace the roll in the plastic container.
4. Pull a 1 ¼” piece out of the slot for use.

### **FOR TESTING URINE**

Test only first thing in the morning upon arising. Let some urine go into the toilet. Then catch a small amount in a small container. Finish urinating.

Place the piece of pH paper in the container of urine and hold for a count of 20. Remove from the urine and compare the color of the pH paper with the color chart provided for you. Record this. Do this for a week and average your scores. The goal is to get a 6.0 – 7.0 or above (not above 7.5, however) reading.

### **FOR SALIVA TESTING**

Take a clean spoon and spit into it until you have enough saliva to get the pH paper thoroughly wet, after 20 second count, read the color chart, as above, and record your reading. An ideal score is 6.5 – 7.5.

If you do not have ideal ratings, adjust your diet by following the Food Chart provided which shows foods that burn acid and those which burn alkaline.

Taking daily servings of BarleyLife is the easiest best possible way to move your scores toward alkaline. (Most people are too acid). Squeezing a wedge of lemon in your water is another excellent way to accomplish this goal.

Dr. William Cowden, an MD graduate of the Medical School in Houston, Texas provided the following facts about what happens when pH is not balanced.

### **THE CIRCULATORY SYSTEM**

Too much acid OR alkaline causes “debris” to collect on artery walls – causing plaque formation. That causes less blood flow, less oxygen and nutrients and a heart attack becomes possible. High blood pressure can be expected.

### **THE NERVOUS SYSTEM**

When pH in brain cells is off center, appropriate chemicals are not produced and cells can't communicate properly. This can result in insomnia, anxiety, depression, neuroses, psychoses and memory loss.

### **THE STRUCTURAL SYSTEM**

The wrong pH causes calcium to be released from the bones and go into muscles, causing cramping. Osteoporosis, weakened vertebrae, back pain and degenerative arthritis can also result.

### **THE DIGESTIVE SYSTEM**

Enzyme dysfunction occurs and results in indigestion, gaseousness, bloating, and abdominal cramping. Malnutrition results. Undigested food ferments etc.

### **THE INTESTINAL SYSTEM**

Colon cells dysfunction and diarrhea, irritable bowel syndrome, constipation or diverticulosis. It can also cause colitis, Crohn's disease or hemorrhoids.

### **THE IMMUNE SYSTEM**

People become susceptible to viral, bacterial, fungal and other infectious diseases as well as cancer.

### **THE RESPIRATORY SYSTEM**

Bronchitis, pneumonia, sinusitis, along with chronic cough, asthma, allergies, including hay fever are common conditions.

### **THE URINARY SYSTEM**

Bladder infections, calcium crystals, kidney stones are common conditions when the pH is not balanced.

Much, much more could be written but you get the point. Getting your body balanced in pH can save you much suffering and costly doctor's expenses.

**YOU CAN ORDER THE pH PAPER FROM US**