

pH Testing of Saliva and Urine

pH is a measurement of acidity in the body, on a "logarithmic" scale with 7.0 being neutral. Lower numbers show acidity, and higher numbers show alkalinity.

Body pH in the blood is tightly controlled to about 7.4 (slightly alkaline). Chronic disease often produces more acidity in the body, resulting in a more acid urine to neutralize the blood pH. The first-morning urine pH should be above 6.0 in good health. (If needed, body pH can be corrected by alkalinizing supplements, which can improve the body's resistance to chronic disease.)

Mouth inflammation from chronic dental problems is associated with localized acidity in the mouth (symptoms can include foul taste and dental plaque within a few hours after brushing). In good oral health, saliva pH should be at least 7.0 (testing saliva on the tip of the tongue in the morning before any oral intake or brushing). AM saliva pH below 7.0 indicates localized metabolic acidosis and dental disease. This can be caused by gingivitis (gum disease), dental abscess (even without pain), and/or root-canal teeth.

(Note: A root canal tooth is a dead cadaverous tooth left in the mouth and filled with an inert substance. A dead tooth has 3 miles of microscopic tubules that cannot be filled, but mouth bacteria can colonize them, where the immune system and antibiotics cannot penetrate. These dead teeth are rarely painful, but can cause chronic inflammation elsewhere in the body, including chronic sinusitis and even coronary plaques, where the same strains of oral bacteria have been cultured in medical studies. If salivary pH goes below 7.0, a holistic dentist should assess the teeth for possible correctable problems.)

First-morning urinary and/or salivary pH can be measured and followed at home by using a 1-inch piece of Hydrion paper tape, graduated in 0.2 pH intervals. The shade of color change (between yellow and blue) is immediately compared to the color scale on the container to estimate the pH within 0.2 pH accuracy. One container is enough for about 100 tests. Write down the pH readings with the dates and times, for reference. This can be done daily at the beginning, then periodically to monitor.