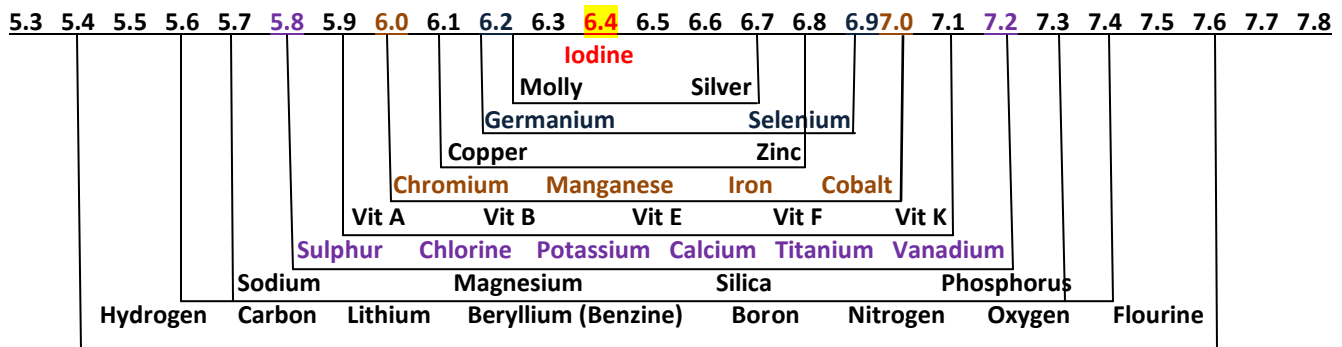


Potential Hydrogen (pH) - Range of Acceptance

(You need an overall body pH of 6.4 for 2 hours out of each 24 hours)



The elements that are BELOW a given line are the ones you are absorbing well. The elements JUST ABOVE the line are being absorbed, but not very well. The elements above that are barely being absorbed at all. For example, if your overall body pH is 5.6, you are absorbing Hydrogen, Carbon, Lithium, Beryllium, Boron, Nitrogen Oxygen, and Flourine well. You are absorbing Sodium, Magnesium, Silica, and Phosphorus to some extent but not very well. And you are barely absorbing Sulphur, Chlorine, Potassium, Calcium, Titanium, Vanadium, Vitamins, Chromium, Manganese, Iron, Cobalt, Copper, Zinc, Germanium, Selenium, Molybdenum, Silver, or Iodine. Calcium Orotate and Calcium Gluconate are assimilated in any pH range.

Remember...the pH scale is logarithmic...even though it doesn't seem like there would be a big difference between 6.3 and 6.4, there is!

A 0.1 decrease in pH = a 100% increase in acidity.

A 0.1 increase in pH = a 100% increase in alkalinity.

pH of 7 is 10X more alkaline than a pH of 6

The key is balance!

pH Testing

Check pH at bedtime, before brushing teeth (which changes saliva pH), when you have not had anything to eat or drink except water for at least one hour (NOTE: do not drink Kangen Water for an hour also, as this will affect the pH of the saliva – if thirsty drink other water). You need to check urine and saliva within 20 minutes of each other.

Multiply saliva pH X 2, add urine pH, and divide by 3. The result you are looking for is 6.4.

Example: If your saliva pH is 6.6 and your urine pH is 5.9, it would look like this;

$$6.6 \times 2 + 5.9 \text{ divided by } 3 = 6.36 \text{ (or } 6.4)$$