**SALIVA pH ACID CHALLENGE TEST**

This is the only valid test for chronic metabolic acidosis. Salivary and urinary pH tests are not reliable because they fluctuate with what, when, or how much food we have eaten; what, when, and how much we drink, and/or how much we exercise, what kind of exercise, and when we exercised, and if we are fasting we become acidic. This tends to give varied pH readings.

This test uses diluted lemon juice to monitor bicarbonate mineral reserves in the pancreas and see if it has the ability to keep the pH of the body balanced.

**Test Procedure:**

The best time to take the test is after a very small meal (do not drink anything with or after the meal). Check your salivary pH periodically; when it settles down to 7.2 or there about, take the test.

Tear off 7 strips of pH paper, each about 2" long. Lay out on tissue. Measure out (and have ready in a cup) 1 tbsp. of lemon juice mixed with 1 tbsp. water.

Make a pool of saliva in mouth. Dip 1 end of strip of pH paper into the pool and wet it. Do not suck on strip - just wet it. Remove and compare color immediately. (Strip will darken with time so compare immediately.) Compare color of the pH paper against the pH scale provided and record the result as a BEFORE in the left chart.

Quickly sip down the lemon juice mix in 4 sips, with a quick swish with each sip. As soon as the whole 2 tbsp. of mix is swallowed, test pH again and record (in the AFTER column in the chart on the left), and also start a 5-minute timer.

For the next 5 minutes, one minute apart, test the saliva with the last 5 pH strips. Write down each test result immediately in the left chart.

After you have finished the test, put a dot matching your results on each corresponding line on the chart on the right (Base, After, 1 min, 2 min, 3 min, 4 min, 5 min), then connect the dots with a line, and compare your pH graph to the healthy pancreas pH graph in the chart. If your pH does not rise appropriately, or it spikes up or down, call my office for a free consultation.

Repeat this test five times. If you fail the pH Acid Challenge, call our office to set up a consultation. We will go over the chart results, interpret the results, and formulate a plan to manually balance your pH until the pancreas recovers bicarbonate reserves.

Everyone’s metabolism is different; most people will not respond to the acid exactly the same. However, if your pancreas can secrete enough bicarbonate to handle the acid, your pH will correspond proportionately with the chart. However, if your pH does not drop down to 4.5, you have acute metabolic acidosis (the liver is in ammonia cycle) or you have chronic metabolic alkalosis, either way, it needs to be rectified. (The only time I have personally seen the alkalosis condition is with a raw vegan diet.)
You actually do not have to balance the pH of the body; the pancreas balances the pH of your body. However, with chronic metabolic acidosis the pancreas has lost the ability to keep the pH balanced. The lemon/lime/vinegar lie; until the pancreas recovers, putting more acids (good or bad) in the body, which that obviously the pancreas cannot buffer, will only compound the situation.

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- Use of the site does not establish a doctor-patient relationship.
- Individuals should consult a qualified health care provider for medical advice and answers to personal health questions.
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### DIAGNOSIS OF METABOLIC ACIDOSIS

**Saliva pH Acid Challenge Chart**

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<tr>
<th>Date</th>
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