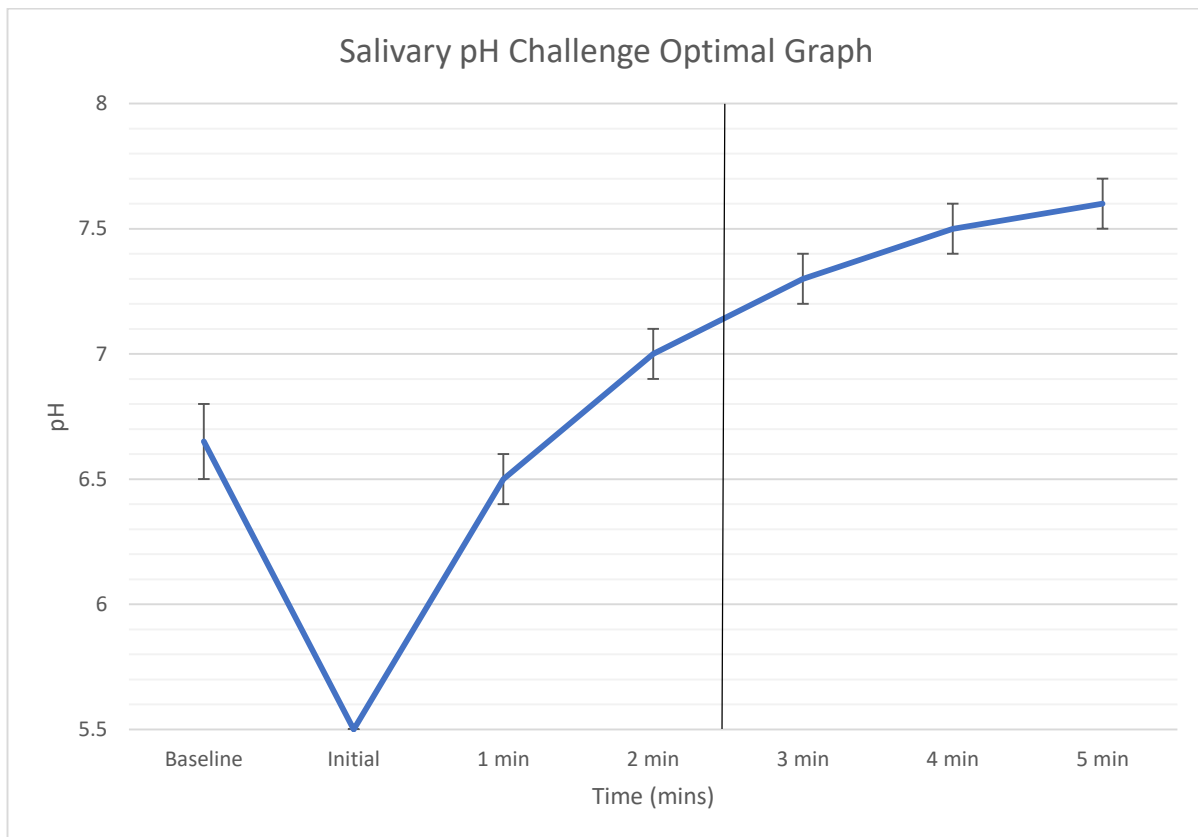




FUNCTIONAL WELLNESS AND CHIROPRACTIC CENTER

Salivary pH Challenge

The concentration hydrogen ions, pH, is important for every biological system, including humans. Every enzyme, hormone, and cell in our body has an ideal pH, and whenever that pH isn't ideal that means that our body isn't working as optimally as it should be. Thankfully we have buffering systems to help maintain those ideal pH concentrations. However, every metabolic process in our body produces acid, so it is important alkalize our body on a regular basis to prevent any complications from chronic metabolic acidosis. Common symptoms of chronic metabolic acidosis include: headache, fatigue, confusion, lack of appetite, confusion, rapid/shallow breathing, fast heartbeat, and lethargy. The salivary pH test is used to assess chronic metabolic acidosis.



Time	Baseline	Initial	1 min	2 min	3 min	4 min	5 min
Max	6.8	5.5	6.6	7.1	7.4	7.6	7.7
Min	6.5	5.5	6.4	6.9	7.2	7.4	7.5
Values							



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Preparation: Gather supplies which include 100% real lemon juice, 7 pH strips, timer, water, and a cup. Fill cup with 1.5 tablespoons of water and lemon juice each (3 tablespoons total). Have 7 pH strips ready to dip in saliva.

Instructions: Get initial pH reading by pooling saliva on tongue and dipping one pH strip into saliva for one second. Compare pH strip within 3 seconds to following pH/color figure (see below- Figure 1). After recording initial pH, take cup of lemon juice and water and swish around in mouth for 10 seconds (you can either swallow or spit out the lemon juice and water). Immediately after removing the lemon juice and water from mouth, start timer and get second pH strip and record second reading (same way as first pH strip). Get another reading every minute for 5 minutes and record results (making 7 readings total).

Figure 1. pH reading to correlating color

