


THE PH TEST OF SALIVA

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Do the test once a week at 11 AM or 4 PM, two hours after you have eaten, drank, or chewed anything.

Produce some fresh saliva and dip 1/4 of an inch of the length into the saliva as it is held between the lips

In 10 to 15 seconds compare with the color chart.

7.5 (sl.alk) + 7.0 (neut) are normal.

6.5 or lower are acidic, and abnormal

These acid tests are indicative of biochemical changes which are related to symptoms and disease. These may be treated by a diet of alkaline producing foods, calcium and the A and D vitamins.

CARL J. REICH, M.D.  
4039 COMANCHE ROAD N.W.  
(403) 282-9674  
CALGARY, ALBERTA T2L 0ND

THE CORRECT METHOD OF DOING THE SALIVARY PH TEST

It is important that these instructions be followed as one performs this test else a false negative or false positive test will be produced. A FALSE NEGATIVE TEST may be produced by licking or sucking on the paper which removes some of the color change material. A FALSE POSITIVE TEST may be produced by performing the test while some food or drink residue is in the mouth.


DO NOT DO THE TEST EARLY IN THE MORNING.

DO NOT DO THE TEST UNTIL 1 TO 2 HOURS HAVE PASSED SINCE CHEWING, EATING, OR DRINKING ANYTHING. THE BEST IS AT 11 AM OR 4 PM, JUST BEFORE EATING.

CLEAN THE MOUTH AND LIPS WITH YOUR TONGUE AND SWALLOW OLD SALIVA. THEN PRODUCE SOME FRESH SALIVA AND, WITH HEAD BENT FORWARD, HOLD A BIT OF IT BETWEEN YOUR LIPS UNTIL IT IS WET.

WITHIN 10 SECONDS COMPARE THE COLOR PRODUCED WITH THOSE OF THE COLOR CHART.



NOTE: Cut each strip into six pieces. A piece the size of this diagram  is sufficient. To use any more is to waste it.

NORMAL TESTS:

- 7.5 - dark blue - slight alkaline
- 7.0 - light blue - neutral

ABNORMAL TESTS

- 6.5 - blue green - slight acidic
- 6.0 - green - mild "
- 5.5 - yellow green - moderate "
- 5.0 - dark yellow - higher "
- 4.5 - light " - strong "



THE MEANING OF THE TEST

These figures represent the concentration of acidic hydrogen -H+ ions. Since they are a logarithmic progression a change in 1, i.e. from 6.5 to 7.5 or from 6.5 to 5.5, will represent a ten fold decrease or increase in the concentration of that dangerous ion. Therefore, a person with a salivary pH of 5.5 has 100 times the concentration of acidic ions that a person with a pH of 7.5 has.

As well as indicating the presence of combined calcium and vitamin D deficiency, and of adaption for those deficiency, such increases represent an acidic state of the body that will materially increase the oxidant damage to cells. This is damage which is occurring naturally because of the body's use of oxygen, but also unnaturally because of the absorption of domestic and industrial pollutants in our environment, including those present in tobacco smoke.

FROM MICRO E LABS, 4224 AVE. "H" NY 11210 - PH. (718) 338 3618  
(specify PH 4.5 - 7.5 paper)



## THE PH TEST OF SALIVA-SUMMARY

An acid pH test of saliva likely represents the combined effect on acid base balance of body fluids of, (a) deficiency of the alkaline minerals such as calcium capable of neutralizing acids, and of (b) the adaptive function of organs of the respiratory and intestinal system, and of the carbohydrate metabolism system, to create increased acidity that would facilitate the ionization of residual molecular calcium.

This physical-chemical test represents the most prevalent and most definitive physical stigma of the ionic calcium deficiency syndrome. It therefore is found in relationship with: (a) lifestyle defects that will create the deficiency, (b) other physical stigma, (c) certain functional stigma all of which have been aggregated to create this syndrome, and with disease which MAY complicate this syndrome.

When found associated with disease, supported by some of these other physical and functional findings, a positive acidic test of saliva constitutes indication of specific therapy of the disease based on removing both the direct effects of the deficiency and reason for the excitation of adaptive function.

In the absence of disease the acidic test constitutes indication of proness to the creation of symptoms and of disease which may arise from the accentuation of symptoms, or from the breakdown of adaptive function.

This test which costs only a fraction of a cent and which may be performed and read by untrained personnel within a few seconds should be performed on captive populations such as students, workers, individual in institutions, patients attending a physician's practice etc.

A positive acidic test should be followed by the above mentioned advice of therapy and prevention of symptoms and disease. Those showing an acidic test should be tested repeatedly each six months, while those showing an alkaline test may be retested only at two year intervals.

CARL J. REICH M.D.  
SPECIALIST in INTERNAL MEDICINE "RETIRED"

4039 Comanche Road N.W.  
Calgary Alberta T2L 0N9  
(403) 282 9674  
1 February 1990.

Health and Human Resources Secretary  
White House  
Washington D.C.

Dear Dr. Sullivan.

Re: The Destiny of America Balanced on a Piece of Litmus Paper.

The use of this litmus paper in testing the pH of saliva can identify the individual who, through defects of his lifestyle and those of his mother, has acquired and worsened a specific biochemical change that can destroy him.

This change, I suspect, is ionic calcium deficiency, created by cheap and "fast" food and a lack of exposure to sunshine.

As per the enclosures this biochemical change can lead to:

- (a) The "symptoms of civilization", including an anxiety state that predisposes to the use of drugs.
- (b) The "diseases of civilization", including hypertension, coronary disease and cancer.

The performance of this test on the American people would not only lead to the more definitive therapy of most of the ills experienced by Americans, and Canadians, but to their PREVENTION.

The cost of doing this test on the entire American population would be one quarter of a million dollars.

In the early 1940's one British scientist Watson Watts changed the course of history by inventing short wave radar. With this discovery Britain won the battle of Britain to save the Americas from a disastrous battle with Nazism.



Thirty three years of clinical research in practice may prove that I may be such an innovator in the medical field.

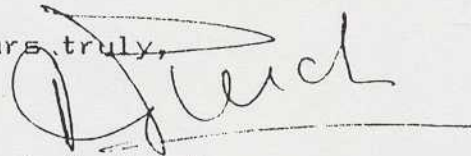
My invention, which I have concised as a "unified concept of disease", is here. However the orthodox damn me for applying it in practice, to the degree that I can not develop it further.

This ultra simple test may be the tool to normalize the child's mind for education, and the workers body for labor and to prevent both of them from becoming addicted to drugs.

In my estimation the pH of saliva in a non ionic calcium deficient individual experiencing neither symptoms or disease is slightly alkaline (7.5) to neutral (7.0). Any degree of acidity from 6.5 to 4.5 is abnormal and indicates an abnormal biochemical state that either is causing symptoms or disease, or prones to these ills.

You are welcome to put this test and my concept of health and disease to the test. As the Americans did not find Watson's invention wanting I can guarantee you that you will not find these innovations in medicine wanting.

Yours truly,

A handwritten signature in cursive script, appearing to read 'C. Reich', with a horizontal line underneath it.

Carl J. Reich.

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A curriculum vitae.

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IMPROVED COLOR CHART No. 3

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D.  
N.W.

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PHHydrion  
papers 4.5 TO 7.5  
JUMBO

Micro Essential Laboratory, B'klyn, N. Y. 11210 U.S.A.

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