

## THE PH TEST OF SALIVA



Cut the enclosed strips of litmus paper into 1/6th or 1/8th size. A piece large enough to cover these four letters "xxxx" is adequate for a test.

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.

# TESTING OF THE PH OF SALIVA WITH LITMUS PAPER

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## THE NATURE OF THE TEST

Litmus is a paper which has been impregnated with a chemical which changes colour as the acidity, or hydrogen ion concentration of the fluid being tested increases or decreases. Using this test paper a blue 7.5 to 7.0 test indicates a mild alkaline to neutral normal test. A green 6.5 to yellow 4.5 test indicates increasing acidic and abnormal tests.

## PERFORMANCE OF THE TEST.

(a) Clean old saliva out of the mouth with the tongue, swallow it and produce fresh saliva.

(b) Dip one end of a short piece of the litmus paper into a bit of this saliva which is held between the pursed lips.

(c) Within within 10 to 15 seconds compare the colour with the colours on the chart.

(d) Do not lick or suck on the paper. Mucous of the tongue will coat the paper and interfere with the test. sucking will remove some of the colored chemical.

(e) Do not do the test early in the morning but wait till 11 AM or 4PM just before lunch or dinner. Do not do the test till at least one and better two hours after eating, drinking, or chewing gum and.

Please note: A 1/6th or 1/8th piece of a strip is sufficient for a test. Cut the strips into these sizes NOW!!

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

## INTERPRETATION

pH 4.5 5.0 5.5 6.0 6.5 7.0 7.5



Category	Color	Interpretation
NORMAL READINGS	7.5--dark blue	slight alkaline
	7.0--blue	neutral
ABNORMAL "	6.5--green-blue	slight acid
	6.0--green	mild "
	5.5--yellow-green	moderate "
	5.0--dark yellow	higher "
	4.5--light "	strong "

NOTE: This is a logarithmic scale and each rise or fall in one figure indicates either a tenfold decrease or increase in hydrogen or acidic ion concentration. A decrease in pH from 7.5 to 6.5 or from 7.5 to 5.5 or 4.5 therefore represents a 10, 100 or 1,000 fold increase in the concentration of this acidic ion.

## SOURCE AND COST OF THIS PAPER:

Micro Essential Labs. 4224 Ave. H, Brooklyn N.Y. 11210.  
Ph. (718) 338 3618 Fax. 692 4491. Give your VISA number.

Specify paper pH 4.5 to 7.5. Minimum order of 5 vials, or 10 dispensers, is approx. \$15. and \$40. US. My cost of one vial is \$5.00. Other suitable papers likely available.



## 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 pronesis 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.