

Metabolic Acidity:

The human body must maintain a delicate internal balance between acid and alkaline. If the body strays too far outside of acceptable ranges minor or significant health consequences can occur.

Acidity and alkalinity are measured on the "power of Hydrogen" (pH) scale. The scale starts at 1 and goes through 14. The lower the number the stronger the acid, and the higher the number the more alkaline with 7 considered neutral.

Metabolically the human body is designed to be slightly alkaline (ph of 7.4 - 7.5). Unfortunately, our modern diet, environment, and health habits cause most of us to operate in the acidic range. This can lead to and/or exacerbate a number of health conditions. To manage this we should monitor our own pH levels from time-to-time.

Testing Your pH:

You can track your own pH by testing your saliva and urine over a period of 3-5 days. You will need some litmus paper that can be purchased online or from most health food/vitamin shops. For this purpose it is best to get paper that is sensitive in a smaller range (between 5.5 - 8.0).

Saliva:

The best time to test saliva is first thing in the morning before eating or drinking anything. First, spit any existing saliva out of your mouth and work up some more, tear off a small piece of paper, and gently test this saliva. Compare the color of the paper to the scale and record the number. Do this every morning for 3-5 days to get an average of your saliva pH.



Urine:

Test your urine about 3 times throughout the day. Tear off a longer strip of paper and while urinating pass the paper through a light stream of urine. Compare the color of the paper to the scale and record the number. Do this for 3-5 days to get an average of your urine pH.

What To Do Now:

Average together the results of your saliva and urine tests to get your baseline. If you are already neutral, or slightly alkaline then no action is necessary. However, if you are in the acidic range then we want to take some steps to correct this.

The best way to obtain an ideal metabolic pH is to consistently eat a healthy plant based diet, breath a lot of clean air, and get adequate rest. Sometimes we need more aggressive intervention than diet alone can provide; in this case we can use Baking Soda to help buffer an acidic system. For the remainder of this article we will focus on the dosing guidelines for using Baking Soda orally, and we will cover therapeutic baths under a separate article.

Dosing Recommendations for Baking Soda:

Add approx. 1/8 teaspoon (tsp.) per 8 oz. glass of water. Add a quarter slice of lemon to help balance the sodium with potassium (optional).

- Baking Soda is the common name for Sodium Bicarbonate
 - Do NOT consume Baking Powder in this manner, this is a different substances.
 - Do NOT consume more than 2 teaspoons of Baking soda per day.
 - Avoid consuming baking soda about 30 minutes before a meal, and 1 hour after a meal to allow your food to digest properly.
 - Avoid using Baking Soda both taken orally and transdermal in the same day, without your doctors guidance.
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- Talk to your doctor if you have kidney disease; chronic pulmonary disease; heart disease; hepatic problems; take regular or large amounts of antacids; have a diet high in dairy products or calcium supplements.
 - Discontinue the use of Baking Soda and contact your doctor if you start to experience mental confusion; hand tremor; light-headedness; muscle twitching; nausea; vomiting; numbness or tingling in the face or extremities; or prolonged muscle spasms.