

Urine pH - Master Indicator

“He sent them forth to preach the gospel and *heal the sick*” Luke 9:2. Healing Gospel 5

Jim LeBeau Certified Natural Healthcare Practitioner

After years of testing urine and saliva pH of patients, Vermont Folk Medicine doctor D.C. Jarvis M.D. made this remarkable statement “Sickness appears on an ALKALINE URINE pH BACKGROUIND”. He found that urine pH was both an indicator and a pre-indicator of health problems. Question: if urine pH is such a master indicator why aren't we all testing urine pH when feeling below par?

An alkaline urine is pH above 7.0 on the pH scale of 0-14. Healthy vegetarians eating watermelon with occasional urine pH above 7.0 may not be a problem, but for those on a standard American diet (SAD) urine pH above 7.0 is a clear caution sign. Medical doctors typically test blood and urine pH, but if urine pH is above 7.0 do they know what to do about it? Nutritional doctors and some chiropractors teach patients to test urine and saliva pH at home with Hydrion paper (amazon.com) for about five cents a test. Many teach patients what to do if the litmus paper shows a dark blue as taught in a Nutrition-for-life kit. Meanwhile - *trust doctors for what they are trained for and good at.*

The big picture is that hydrogen ion concentration (pH) in body fluids works within limits set by the Creator. A consistent deviation from a healthy pH range of urine or saliva means stress on blood pH and other systems. The bad news is that we mess up our food from field and garden to dinner plate with most of us unaware of pH consequences. We also may not realize *most of us tend more acid with age.* George Crile of Cleveland Clinic: “all so-called natural death is the result of the end point acid saturation of body tissues”. The good

news - we have significant control over pH if we are willing to learn a few things and test ourselves. The better job we do at keeping pH of body fluids within healthy ranges, the more healthy years we can enjoy.

The reason a healthy urine pH normally tests acid between 5.0 and 7.0 is that breathing and metabolism of food both produce acid “ash” that must be buffered and eliminated to keep blood pH at 7.4, a life and death issue. We all do a lot of breathing and eating. Urine and saliva pH testing takes us out of the guessing game as to foods to eat, supplements to take etc. A litmus test may save us not only from disease but also from a helpless and hopeless mindset. If we understand cause and effect we can do something! Body breakdowns don't come by accident or by a cruel act of God. We reap what we sow. We can sow seeds of health or disease, and we enjoy or pay the consequences.

When smoking, shallow breathing, air pollution, lung issues etc. cause acidity, doctors may call it “respiratory acidosis”, an oxygen issue. Sleep apnea may result. Actually all pH deviations are oxygen issues as are all diseases including cancer. The simple rule is: *learn to use food for a healthy systemic pH and stay active and happy in fresh air and sunshine.*

You might think all acids are bad. Not so. ACIDS ARE A GOOD THING. Dr. Ted Morter: “the body is acid in function, alkaline by design”. Hydrochloric acid (HCL) not only breaks food down, it kills any bad bugs we might swallow. Carbon dioxide converts to carbonic acid to make hydrogen and bicarbonate ions that keep blood pH a perfect 7.4. It's when acid “ash” overwhelms buffering powers and “alkaline reserves” that they become a problem.

Confusion exists about gastro-intestinal reflux disease (GERD). According to Jonathan Wright M.D., after testing stomach levels of HCL he found most seniors are deficient in HCL even as blood and saliva pH tend too acid.

Systemic acidity may depress parietal glands that make HCL. Low stomach HCL means poor digestion, especially protein. Other doctors report that when pH is balanced parietal glands start working again. Don't be confused by pH. The simple rule - *correlate pH test results with your unique diet, lifestyle, stress, and symptoms*. That's how you learn important things about yourself.

A simple approach to pH balancing - focus on FOOD GROUPS as taught in Nutrition-for-life rather than single foods which can get confusing. Animal proteins leave more acid "ash" than plant based protein unless we eat the whole animal. Meat is a fragmented food. Carnivores consume whole animals, bones and all, with alkaline elements including calcium with a pH of 14. Bone soup may help. Other animal parts also have nutritional benefits.

Major pH issues: 1 - effects of food & liquids; 2 - gut connections; 3 - adrenal connections; 4 - stress connections. It can get complicated or maybe not. Let's say your testing shows a tendency to acidity with urine pH below 6.4 most or all time. The fix may be as simple as eating more alkalizing vegetables, fruits, whole grains, and switching some animal proteins to pH neutral vegetable proteins like legumes. TEST, don't guess. See a Nutrition-for-life kit.

For gut issues, a major problem is toxins from hostile microbes like guanidine and ammonia with a pH of 9.0 that make urine alkaline. If you don't fix this, trouble ahead. Any serious effort to balance pH must include digestion. They go together like love and marriage due to enzyme connections. As for adrenal glands that sit on top of kidneys "this is the captain speaking". They make the hormones that tell the kidneys *it's time to take out the garbage and acids*. Under stress they can save us or kill us - more detail coming in another article. Finally, here are a few nuggets Dr. Jarvis learned from patients.

- Cold weather on way. Dr. Jarvis' patients found that two days *before*

a drop in temperature they noticed an alkaline urine pH - also COLD in general caused the alkaline shift - weather or cold shower. A hot bath or hot lemonade or sweat helped move urine pH to the acid side.

- Hard physical labor that you don't enjoy caused the unwanted alkaline shift. Enjoyable labor and walking in the woods led urine pH to stay or move to acid. Mental work triggers alkaline urine pH reaction.
- A dangerous food list developed by Dr. Jarvis and his patients included refined wheat foods (bread, cake, crackers, cookies, doughnuts, cereals etc.), maple sugar or syrup, meat, refined sugar.
- Organic raw and unfiltered APPLE CIDER VINEGAR made from crushed whole apples was found to restore the friendly acid urine pH reaction. The recommended dose is a teaspoon in a glass of water, one glass every hour, until desired pH correction is noted with litmus test.
- Another key to acidify an alkaline urine is ascorbic *acid* by way of vitamin C from food, not pills. Ascorbic acid, an isolated chemical found in many C supplements, does NOT cure scurvy. Lemons do.
- Various acids do NOT have the same effect as noted between carbonic acid and acids from protein metabolism. Diluted HCL increased the pain of arthritis, acetic acid in apple cider vinegar decreased the pain.

That's your introduction to the fascinating story of the hydrogen atom, the smallest and most abundant element in the universe that makes water and life possible. Stay tuned for more on stress, saliva pH, other body systems. The litmus test doesn't lie, whether for truth or pH. Use it, and the gospel of Jesus, to put in a strong foundation for the wholeness of Christ.

To download and print Healing Gospel articles visit the Healing Gospel page at phpower.org and the Wisconsin Christian News website. All articles are for informational and inspirational purposes only. pHPower.org