

Managing pH for Health (Litmus Testing)

EMPOWERMENT! Declare Health Independence Becoming Ultimately Healthy

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What is pH; (Potential Hydrogen)

First, it's important to understand that pH represents the health state of internal biochemistry. Perfect pH is 7.365. pH is like home plate in a baseball game, while there are many things going happening in the game, the game is scored by how many runs cross home plate making home plate the only thing that really counts. It could be accurately stated the battle for health is over pH. Simply put the closer the mean average pH of the body to 7.365, the healthier the body will be.

pH governs many biological functions below

Acid

1. **Speeds up biological activity** (aging time close) **causing biological damage** (rapid aging).
2. **Environment that encourages spontaneous pathogenic polymorphism** (internal microbial genesis – toxemia – illness and disease).
3. **Low cellular oxygen** and biological energy (**enervation**).

Alkaline

1. Biological health in **balance with nature**.
2. Environment of **biological balance and synergy (homeostasis)** is maintained.
3. **Maximum biochemical vibrancy**, systemic function (healing).
4. **Robust cellular oxygen** and **energy production (vitality)**.
5. **No spontaneous pathogenic polymorphism**.

Effectively Managing pH for Optimal Health

Because pH is a reliable indicator of the state of internal biochemistry, it can be used to effectively manage our health. The trick is to monitor and modulate the pH into a healthy range. While there are many tools to modulate pH it takes a comprehensive understanding of health principles and practice to master these skills.

Litmus testing

There are essentially two noninvasive ways to measure internal biochemistry below;

1. **Saliva test** – this requires testing saliva at least one hour before or after any consumption. Because of this restriction it is best to saliva test first thing in the morning after rising from sleep.

2. **Urine test** – this requires testing urine and gives an accurate result any time. While urine testing has obvious inconveniences, it produces accurate results any time one passes urine.

The litmus test is the foundation of internal biochemical cause and effect awareness. For this reason, it is essential that one become intimately aware of their current state of health so effective corrections can be made to not only the direction of positive change but the speed of optimum health progress.

Remember, testing encourages progress, more frequent testing speeds up progress.

We become what we think about so the more testing the more thought provoking, hence the better the chances of success no matter what the goal.

Things to Avoid

1. Sugar and/or processed foods
2. Caffeine with meals
3. Alcohol
4. Tobacco

SECRETS of HEALTH! – ADOPT THE ABOVE AS DAILY HABITS achieve **HOMEOSTASIS** – and **NEVER GET SICK AGAIN!**

Today we have learned some of the secrets of managing pH for health. Learning all the secrets of ultimate health is a journey and perhaps the most rewarding of all along the journey of life.

4 Critical Components to Optimal Health

1. **Belief** (the body is designed to be healthy – anyone can achieve health excellence)
2. **Knowledge** (acquire the tools/knowledge required to achieve optimal health)
3. **Discipline** (develop the behavior habits required to achieve optimal health)
4. **Commitment** (tenacity – never give up – learn/change/improve until personal health excellence is achieved)

HEALTH ACQUISITION ACTION STEPS

1. Develop a strong sense of **self respect and discipline**
2. Take the “**Declaration of Health Independence**” pledge
3. (**Decide**) Set a goal to achieve personal health excellence (optimal health)
4. (**Test**) Complete the health assessment test (health baseline)
5. (**Education**) Learn how to achieve ultimate health
6. (**Health Compass**) Buy a pH litmus test kit, start testing frequently – record results
7. (**Manage/Adjust**) Change behavior habits for best results
8. (**Commitment**) Stay the course until achieving personal health excellence

9. (**Mentoring**) the final step of personal excellence is helping others achieve excellence as well.

**YOU provide the Courage, Dedication, Commitment and Action
UHRI will provide the EDUCATION/KNOWLEDGE and DIRECTION**

To get health help and learn more about **“Mastering the Secrets of Ultimate Health”** and achieving personal optimal health goals, log onto the web site below.

Litmus test kits are on sale for \$10 (events only)
(A must for those who are serious about ultimate health)

www.uhealthri.com

Live long, happy, ultimately health and wise

Dr. Skip Hellen