



GENESIS 7

BALANCE pH

ACID-ALKALINE BALANCE

The pH scale is a measure of the acidity or alkalinity of a substance. A healthy body is always slightly alkaline, blood has a pH of 7.4. This creates an environment that is beneficial for the growth and proper function of cells, organs and the body.



ACID (1-6.9)

NEUTRAL (7)

ALKALINE (7.1—14)

- ___ Decreasing oxygen
- ___ Slower metabolism
- ___ Toxic blood
- ___ Cells starve
- ___ Parasites grow
- ___ Depletion of minerals

- ___ Water pH is 7
- ___ Blood pH is 7.36

- ___ Increasing oxygen
- ___ Faster metabolism
- ___ Clean blood
- ___ Cells function normally
- ___ Parasites are suppressed
- ___ Storage of minerals

SOURCES OF ACID

FOOD	CHEMICALS	STRESS
___ Grains	___ Beauty makeup	___ Family
___ Sweeteners	___ Body deodorants	___ Work
___ Alcohol	___ Perfumes, sprays	___ Social
___ Caffeine	___ Heavy metals (lead, filling)	___ Environment

TESTING YOUR pH

1. Obtain pH test paper 2. Test first thing in the morning (urine or saliva) 3. Dip a test strip directly into the urine or saliva 4. As paper is moistened, it will take on a color 5. Match the test strip color with the chart that is provided

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
URINE (pH)							
SALIVA (pH)							