

Summary of Possible Saliva pH Results and Explanations

Colors and pH scale numbers: Yellow = 5.5-6.0 Green = 6.2-7.0 Blue = 7.2-8.0

Description	Numbers Go Up		Go Down	Numbers Stay Almost the Same		
Colors before and after lemon juice or Vitamin C	Green to Blue	Yellow to Green or Blue	Blue to Green, Green to Yellow	Blue	Green	Yellow
What's it mean?	Optimal, Preferred Response	Not Bad, but could be better	Not good, Need improvement	Not what you want	Not what you want	DANGER! Need Immediate Attention!
You may be experiencing these symptoms	Occasional illness, but you recover quickly	See list below*	See list below**	See list below**	See list below*	See list below*
Emotional Implications - How are your ambulances?	Ambulances are parked, fully fueled and ready - See explanation below ✓	Some ambulances responding to emergencies - See explanation below ✓✓	Ambulances parked, but some need fuel - See explanation below ☒	Ambulances parked, but need fuel, and everyone is asleep - See explanation below ☒☒	Ambulances are parked, but all running low on fuel - See explanation below ☒	Ambulances all chasing emergencies and running on fumes! - See explanation below ☒☒
Dietary Recommendations	75% veggies and fruit, 25% nuts, seeds, grains, meat, dairy, in that order	Decrease acid-forming foods (meat, dairy, grain) and processed foods, increase alkaline foods (veggies, fruit, almonds, quinoa, millet)	Substitute quinoa or millet for some animal protein, increase veggies, add some fruit, decrease processed foods	For vegans: add alkaline grains like quinoa, millet. For non-vegans: 75% veggies and fruit, 25% nuts, seeds, grains, meat, dairy, in that order	Add cooked vegetables, some fruit; decrease meat, dairy, processed foods - take it slowly	Add cooked vegetables SLOWLY , very little fruit. NO RAW FOOD until pH moves toward balance, decrease processed foods - may take months

You may or may not have one or more of the possible symptoms below

*heart palpitations, high blood pressure, constipation, mind racing, indigestion, dry mouth, easily startled, clammy hands

**heart racing, diarrhea, acid reflux, weak/sore muscles, excessive tearing/saliva, slow reflexes, stiff joints

Below are possible emotional explanations of your relative emotional state

✓ Relatively balanced emotionally, peaceful, even-tempered, friendly, not easily stressed/concerned, few/no symptoms

✓✓ Occasionally stressed, concerned or anxious, but recover relatively quickly, friendly, able to control temper

☒ Healing mode is tired from chronic stress/worry; somewhat air-headed, easily fatigued, symptoms probable

☒☒ May feel anxious/stressed/worried about something new every day, may seem air-headed, easily fatigued

☒☒ May feel fear, anger/rage, and/or anxiety often; may be quick-tempered, struggling to cope, symptoms likely

☒☒☒ Major Trouble! Emotions out of whack, quick-tempered, not happy, many symptoms, medications likely

NOTE: The lower the 1st number, the more your emergency mode is on high alert, the greater the degree of stress (**more ambulances out chasing emergencies**). The lower the 2nd number, the more exhausted your healing mode is, the more vulnerable you are to upset or illness, and the harder time you have recovering from emotional or physical illness (**ambulances closer to running out of gas**).