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User-Submitted Article

# How to Raise Your Body's pH Level for Better Health

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Litmus Paper strips

Why would you want to raise your pH level in the first place? Well, it all boils down to body chemistry. The higher your body's pH level the fewer toxins you're carrying around, which can result in a healthier, more energetic you.

## Instructions

**Difficulty:** Moderately Easy

1. Know what the average pH level of the human body is:

The average range is between 6.4 and 7.5. Numbers lower than 6.4 indicate acidic body chemistry, higher numbers indicate alkaline.

2. Know the two basic tenets about disease:

1) All disease (including cancers) and toxins are acidic; 2) Bacteria, viruses, and parasites die when exposed to high alkaline environments.

If your body is too acidic, then you might be sluggish, prone to depression, illness, chronic fatigue or a host of other ailments and conditions.

3. Find out your body's pH level.

An easy way to find out is through a litmus paper test. Remember those science experiments from school where you dipped that little strip of paper into a lemon juice solution? Same paper.

For the scope of this article, I'll only indicate the saliva test. For best results the time to test your pH is about one hour before a meal and two hours after a meal.

Saliva pH Test: Wet a litmus paper strip with your saliva. Usually saliva is more acidic than blood, but its pH reflects the body's alkaline mineral reserves.

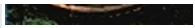
Ideally, before a meal, your saliva pH should be in the 6.4 to 6.8 range. A reading lower than 6.4 shows low alkaline reserves. Saliva pH after a meal should increase to about 7.5. If your saliva stays between pH levels of 6.5 and 7.5 on average, your body is functioning well.

6. <http://i.ehow.com/images/a02/7d/10/bodys-ph-level-better-health-1.6-800X800.jpg>



## Things You'll Need:

- Litmus paper
- Saliva
- Revised diet



Fresh veggies can raise your body pH.

Learn what foods can you eat to raise your pH level.

While researching this topic, I noted that food lists differed slightly from source to source, but one thing stood out: fresh fruits and vegetables, whole grains, legumes, and nuts and seeds were consistently on the top of the alkaline list. While processed foods, red meat, white flours and refined sugars, part of the typical diet, were definitely acidic.

For more information on foods that can raise your body pH, visit the links in the resource box.

## Tips & Warnings

- Test your bottled water! You may be surprised on how many brands are actually acidic instead of neutral or alkaline. If you find your bottled water is acidic, use it to wash your face as acidic water is great for killing bacteria on your skin!
- Water ionizers, that which alkalizes and adds an extra ion to water, are excellent for making cleansing health water that detoxifies as it raises your body's pH level.
- Edible clay is also high alkaline. See my article: [How to Detoxify your Body with Edible Clay](#).
- Always check with your doctor before making any drastic dietary changes.

## Resources

- [Litmus Paper Source](#)
- [Acid/Alkaline Food List](#)
- [Eat to Live](#)
- [How To Detoxify Your Body with Edible Clay](#)

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# Comments

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raysolution said

on 5/24/2010 thanks for the advice. let's eat more fruits and vegetables. 5\*

Elitchka said

on 3/22/2010 Very good explanation and and the right knowledge we all need to live a healthier life. Thank you

lenamv24 said

on 2/25/2010 Very interesting and excellent article on how to raise your pH level for a healthier you! 5\* and recommended.

carynlee said

on 1/31/2010 Thanks for the resources!

jronnan said

on 1/6/2010 great info. I guess that's why they say eat your vegetables! 5\*