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## PH & Composting

Posted by rawof4 - 2008/03/05 08:21

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Dear Raw Journiers,

I have a couple of ?'s that I hope you can help me with.

1st: How soon after going raw will my ph levels be in the alkiline state? I have been raw for about 2 months. 100%! It has not always been easy but it is getting better. I knew I was definately on the right path when my body began to crave green! I juice alot and add super greens to my smoothies or juices. I have been using ph strips to test my levels but have not reached them as yet. As of this morning I am testing at 6.0. Not optimum at all. Just wondering if any can tell me how long it has taken them. I have several health issues and take many medicines. Although I have been weaning myself away from them. :) I know that it is through this peaceful path that I am on that this miricale has happened! I know with time I will be completely healed. I can't wait to share with you all the things my Dr. has said about food and diet. NOT GOOD! But an inner voice always kept telling me to search. Now enough about that.

My second ? involves composting. What is the easiest way to get it going? I have tried a couple of times and failed miserably. :( I know, I know, you think how stupid is this woman. I need a plan of action which I am hoping someone will enlighten me on how to do this. I have more ?'s about composting but for now I will wait to see if any respond to my need. Namaste~Monica

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## Re:PH & Composting

Posted by karennd - 2008/04/09 01:25

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I thought this might help from Dr. Young's book on the pH Miracle: "Just as our body temperature must be maintained at 98.6 degrees Fahrenheit, our blood is ideally maintained at 7.365 pH--very mildly basic. (A mainstream doctor would accept up to 7.4, but that's problematic, as we'll see later.) You can also measure the pH of the urine and saliva, but the blood is the most important and needs to stay within the tightest range. Different areas of the body have different pH requirements anyway. For example, the blood and tissues should be slightly basic, but the lower bowel should be slightly acidic, and the urine slightly acidic or neutral. Saliva tends to be erratic. The pH of urine can provide the best estimate of what's happening in the body's tissues but it is not always accurate. Blood pH is more reliable, and thus a better indicator of internal conditions."

Are you testing urine or saliva? I believe first morning urine is the best, next to blood.

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## Re:PH & Composting

Posted by Richardson - 2008/07/18 10:31

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Just a quick note. I came across this book on line. It makes choosing healthy ph food easy. It really helped me with my diet. You can see a sample on their site. All you advice on this site is great.

<http://acidalkalinediet.com>

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## Re:PH & Composting

Posted by SeoulKiwi - 2008/09/04 10:17

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How are you getting on now?

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## Re:PH & Composting

Posted by Gypsy\_Queen - 2008/09/04 12:20

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I can't help with your pH question, however can help with the composting.

Keep a container (such as an empty ice cream container or similar) on your bench so that you can put scraps into it straightaway. You will need to wash it once a day to keep it fresh.

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When your kitchen container is full, empty it outside. There are a variety of ways to make a compost heap, and the type you use depends on your lifestyle. Remember to keep it covered so that animals can't get into it. I used to put our raw veggie scraps straight into a garden bed that I wanted to enrich, however our dog thought it was his buffet! :ohmy: Needless to say, I had to rethink my options.

Gypsy Queen

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## Re:PH & Composting

Posted by SeoulKiwi - 2008/09/05 09:20

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lol at your dog!!!

I would love to compost but our apartment complex already has a system in place.

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