



Better Balance pH & Acidity

Introduction

The Acid-Alkaline Balance

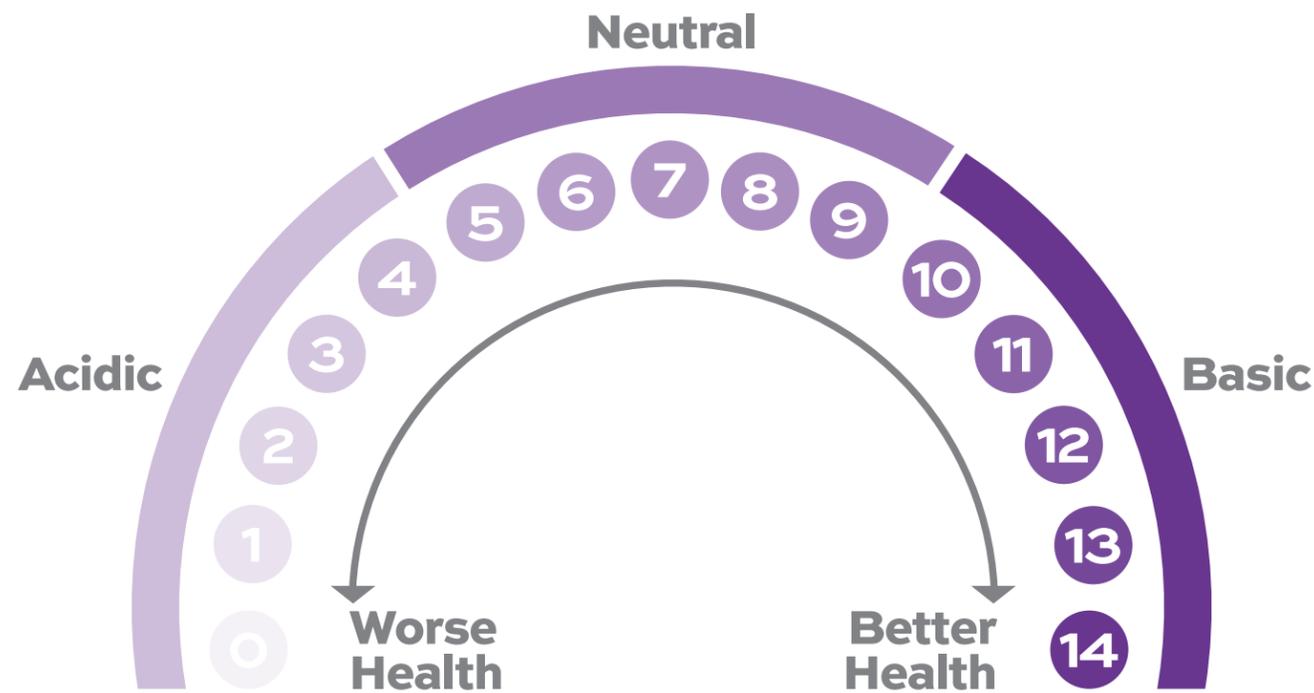
In general terms, the acid-alkaline balance refers to the amount of acids and non-acids found in body's tissues and fluids (saliva, urine, blood). Hundreds of common health problems are blamed on too much acid in the body. The foods we eat and drink, the past and present stresses in our lives, and the environmental toxins surrounding us all lead to a build-up of acids. We constantly struggle to find balance in our fast-paced, modern lives, but for optimal health and energy we first need to address the acid-alkaline balance of our bodies!



The Importance of pH

pH stands for “potential of hydrogen” and is a general measurement of acid and alkaline levels in the body. These levels affect the proteins of each individual cell membrane. pH levels can be measured from samples of blood (most accurate), urine (somewhat less accurate) or saliva (least accurate). Blood needs the right balance of acidic and alkaline compounds to function properly (the acid-alkaline balance). Since the kidneys and lungs work to stabilize and maintain this balance naturally, slight variations outside of the norm can have significant effects on vital organs and adversely impact overall health.

The pH scale goes from 0-14, with neutral as 7 (water is neutral). The body’s pH must stay within the neutral range of 7.35-7.45 to maintain optimal internal balance. As little as 0.5 in either direction can create an environment unsuitable for life.



ACIDIC – TOO MUCH ACID/SICKNESS:
Lower than 7.35 means that there is too much acid in your system.

NORMAL – IN BALANCE/HEALTH:
pH between 7.35 and 7.45 is perfect for homeostasis.

ALKALINE – NOT ENOUGH ACID/HEALTH:
It just means NOT acidic enough. pH higher than 7.45 is considered Alkaline.

Causes of Acidosis

Living a fast-paced lifestyle, such as eating on the run and excessive over-stimulation, can lead to constant symptoms of indigestion and encourage over-acidification (Acidosis) of cells. As a result, our cellular landscape shifts from alkaline (pH higher than 7.45) and oxygenated, to acidic (pH lower than 7.35) and oxygen-deprived. This creates an interference in communication between cells and disrupts normal cellular activity and function. Studies have shown that acidic cellular environments encourage the breeding of viruses, fungus and bacteria; the beginning stages of what can lead to more serious, complex health issues.

Drowning in Acid

Initially, the body’s natural defense mechanisms keep damaging acids from entering the vital organs. The blood begins to pull alkaline minerals (such as calcium, magnesium, sodium, and potassium) out of tissues to assist in neutralizing or detoxifying strong acids. Although these minerals are usually kept on reserve, deficiencies can cause the body to take them from bone or muscle or wherever else they can be found. This can lead to serious health issues. Acids are eliminated from the blood by being stored in tissues, but the lymph system can’t neutralize the overabundance of acid, so it redeposits the excess back into the blood. This endless loop causes unnecessary wear and tear on the body and weakens the immune system exponentially. Eventually excess acids are deposited in the major organs; the heart, pancreas, liver, or colon. The cellular environment is compromised, the body becomes increasingly vulnerable to disease, and the constant struggle to rid the body of acidic waste accelerates the aging process.

Harmful Effects Of Acid-Alkaline Imbalance

Research shows that unless the body’s pH level is slightly alkaline (ideally 7.4) it can not heal itself, so no matter what means you choose to take care of your health, it won’t be effective until your pH level is balanced. As long as it is out of balance, you can not effectively assimilate vitamins and minerals; components essential to life. The longer your pH remains in an undesirable state, the more likely it is that you will become ill.