

Balancing Acid/Alkaline Foods

A surprising number and variety of physical problems and diseases can be caused by the problem of foods that are acid-producing after digestion. Today the vast majority of the populace in industrialized nations suffers from problems caused by the stress of acidosis, because both modern lifestyles and diet promote acidification of the body's internal environment.

The current typical Western diet is largely composed of acid-forming foods (proteins, cereals, sugars). Alkaline-producing foods such as vegetables are eaten in much smaller quantities. Stimulants like tobacco, coffee, tea, and alcohol are also extremely acidifying. Stress and physical activity (both insufficient and excessive amounts) also cause acidification.

Many foods are alkaline-producing by nature, but manufactured processed foods are mostly acid-producing. It is important to consume at least 60% alkaline-producing foods in our diet, in order to maintain health. We need plenty of fresh fruits and particularly vegetables (alkaline-producing) to balance our necessary protein intake (acid-producing). And we need to avoid processed, sugary or simple-carbohydrate foods, not only because they are acid-producing, but also because they raise blood sugar levels too quickly (high glycemic index therefore fattening); plus they tend to be nutrient-lacking and may be toxic too.

What is the body's pH?

Water is the most abundant compound in the human body, comprising 70% of the body. The body therefore contains a wide range of solutions, which may be more or less acid. pH (potential of Hydrogen) is a measure of the acidity or alkalinity of a solution - the ratio between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The pH of any solution is the measure of its hydrogen-ion concentration. The higher the pH reading, the more alkaline and oxygen rich the fluid is. The lower the pH reading, the more acidic and oxygen deprived the fluid is. The pH range is from 0 to 14, with 7.0 being neutral. Anything above 7.0 is alkaline, anything below 7.0 is considered acidic.

Human blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. If blood pH moves below 6.8 or above 7.8, cells stop functioning and the body dies. The body therefore continually strives to balance pH. When this balance is compromised many problems can occur.

An imbalanced diet high in acidic-producing foods such as animal protein, sugar, caffeine, and processed foods puts pressure on the body's regulating systems to maintain pH neutrality. The extra buffering required can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium, making the person prone to chronic and degenerative disease. Minerals are borrowed from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage – a condition that may go undetected for years.

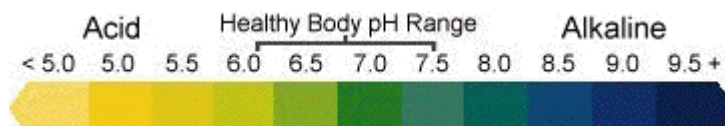
Health problems caused by acidosis

If you have a health problem, most likely you are suffering from acidosis. Research shows that unless the body's pH level is slightly alkaline, the body cannot heal itself. So no matter what means you choose to take care of your health, it won't be effective until the pH level is balanced. If your body's pH is not balanced, for example, you cannot effectively assimilate vitamins, minerals and food supplements. Your body pH affects everything.

Acidosis will decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness.

An acidic pH can occur from an acid-forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur. Acidosis can cause such problems as:

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| <ul style="list-style-type: none"> • Cardiovascular damage • Weight gain, obesity and diabetes • Bladder conditions • Kidney stones • Immune deficiency • Acceleration of free radical damage • Hormonal problems • Premature aging • Osteoporosis and joint pain • Aching muscles and lactic acid buildup • Low energy and chronic fatigue • High blood pressure • Osteoporosis | <ul style="list-style-type: none"> • Slow digestion and elimination • Yeast/fungal overgrowth • Lower body temperature • Tendency to get infections • Loss of drive, joy, and enthusiasm • Depressive tendencies • Easily stressed • Pale complexion • Headaches • Inflammation of the corneas and eyelids • Tuberculosis • Rheumatoid arthritis, lupus, and diabetes | <ul style="list-style-type: none"> • Loose and painful teeth • Inflamed, sensitive gums • Mouth and stomach ulcers • Cracks at the corners of the lips • Excess stomach acid • Gastritis • Nails are thin and split easily • Hair looks dull, has split ends, and falls out • Dry skin • Skin easily irritated • Leg cramps and spasms • Most cancers • ...and many more |
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Test Your Body's Acidity or Alkalinity with pH Strips

It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips (Litmus Paper), you can determine your pH factor quickly and easily in the privacy of your own home. The best time to test your pH is about one hour before a meal and two hours after a meal.

Saliva pH Test: Simply wet a piece of Litmus Paper with your saliva. While generally more acidic than blood, salivary pH mirrors the blood and tells us what the body retains. It is a fair indicator of the health of the extracellular fluids and their alkaline mineral reserves. The optimal pH for saliva is 6.4 to 6.8. A reading lower than 6.4 is indicative of insufficient alkaline reserves. After eating, the saliva pH should rise to 7.5 or more. To deviate from an ideal salivary pH for an extended time invites illness. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within a healthy range. If salivary pH stays too low, the diet should focus on fruit, vegetables and mineral water as well as remove strong acidifiers such as sodas, whole wheat and red meat.

Urine pH Test: The pH of the urine indicates how the body is working to maintain the proper pH of the blood. The urine reveals the alkaline (building - anabolic) and acid (tearing down - catabolic) metabolic cycles. The pH of urine indicates the efforts of the body via the kidneys, adrenals, lungs and gonads to regulate pH through the buffer salts and hormones. Urine can provide a fairly accurate picture of body chemistry, because the kidneys filter out the buffer salts of pH regulation and provide values based on what the body is eliminating. Urine pH can vary from around 4.5 to 9.0 in extremes, but the ideal range is 6.0 to 7.0. If your urinary pH fluctuates between 6.0 to 6.5 first thing in the morning and between 6.5 and 7.0 in the evening before dinner, your body is functioning within a healthy range.

Urine testing may indicate how well your body is excreting acids and assimilating minerals, especially calcium, magnesium, sodium and potassium. These minerals function as "buffers." Buffers are substances that help maintain and balance the body against the introduction of too much acidity or too much alkalinity. Even with the proper amounts of buffers, acid or alkaline levels can become stressful to the body's regulatory systems. When the body produces too many of these acids or alkalis, it must excrete the excess. The urine is the method the body uses to remove any excess acids or alkaline substances that cannot be buffered. If the body's buffering system is overwhelmed, a state of "autotoxication" exists, and attention should be given to reducing this stress.

Foods: are they Acid or Alkaline-forming?

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic; however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves acidic residue in the body so, like nearly all animal products, meat is classified as acid-forming.

It is important that your daily dietary intake of food naturally acts to balance your body pH. To maintain health, the diet should consist of at least 60% alkaline forming foods and at most 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.

Detoxify with Fruit & Vegetable Juices

All natural, raw, vegetable and fruit juices are alkaline-producing. (Fruit juices become more acid-producing when processed and especially when sweetened.)

The Science: Why are acidic lemons alkaline-producing?

The answer is simply that when we digest the food, it produces alkaline residue. That's why we classify it as an alkaline food. When we digest a food, it is chemically oxidized ('burned') to form water, carbon dioxide, and an inorganic compound. The alkaline or acidic nature of the inorganic compound formed determines whether the food is alkaline or acid-producing. If it contains more sodium, potassium or calcium, it's classed as an alkaline food. If it contains more sulphur, phosphate or chloride, it's classed as an acid food.

What difference does it make to have toxic blood?

In order for the body to remain healthy and alive, your body keeps a delicate and precise balance of blood pH at 7.365, which is slightly alkaline. The body does whatever it has to in order to maintain this balance. The problem is that most people have incredibly acid lifestyles. Acid is produced in your body whenever you have stress, upset emotions and when the food you eat is acid-forming.

The typical diet is significantly acidic. So what happens to your body when you're over-acid? Your body will store excess acid in your fat cells (which is why so many people have such trouble losing weight). Over time, your body will leach calcium and alkaline stores from your bones in a desperate attempt to retain the pH balance in your body (which is why some people "shrink" as they get older).

Your blood plays a very important role in your health and energy: it carries oxygen to all your cells! This gives you energy, and it's what keeps you alive. It also plays a key role in how energizing your sleep is.

Do you see how far apart the blood cells are from each other? As a result, your blood can move freely throughout your entire body, and get into all your small capillaries, so you feel like your whole body is getting energy. During deep sleep, proper blood flow and hydration is important. When your blood looks like this, your sleep is also really energizing and you need less of it!

Blood cells have a negative charge on the outside and a positive charge inside; this is what keeps them healthy and far apart from each other. However, when your body is over-acidic, the acid strips your blood of its negative charge. Your blood cells no longer have the same repelling force and clump together.

When your blood is clumped together, it no longer can get to all the little capillaries in your body to give you the life giving oxygen you need. It no longer can give every cell of your body the energizing and rejuvenating effects. This is the major reason why some people feel horrible when they wake up, and why they need to sleep longer. It's also why you tend to wake up feeling de-hydrated.

Most of us, from the time we're children, have a fear installed into us by our parents that "Disease is out to get you, and viruses are flying around all over the place looking for their next victim!..." It comes with sayings like: "Put on your sweater or you'll 'catch' a cold!" However, the truth is most of us create toxic environments inside of our body and this is why disease and fatigue happens. It doesn't happen TO YOU; instead, "you" make it happen...

Here's a good example: Pretend you had a goldfish in a bowl, and one day you saw the goldfish was beginning to look very unhealthy. You also notice that the water is a little dirty. What makes more sense? To take the fish out and try to fix it? Or change its water? Chances are it's the water that's making the fish unhealthy, not the fish itself. When you change the water, the fish will get healthier. The fact that the goldfish is unhealthy is actually a SYMPTOM of the unhealthy environment. Not the problem.

Fact: Our bodies are more than 70% Water! And most of the time because of our diets, emotions and lifestyles, the "water" in our body is over-acidic, and to put it simply: toxic. Yet, even knowing this, modern day establishment medicine puts much more attention on fighting the symptoms, and not recognizing the root of the problem.

There are a few other things, in addition to diet, that can be done to help correct an over-acidic balance. These include taking enzyme supplements, organic calcium and magnesium supplements, colloidal minerals, vitamin A and D, and drinking alkaline vegetable juices (carrot, celery and beet) and lemon/maple syrup drink.

We can remedy our over-acidic bodies in the short term with alkalizing supplements, but going forward, we must also choose a diet which is balanced on the side of alkaline-forming foods. Fortunately most of these are also low glycemic, which takes care of the second primary factor in our creating a healthy diet. Ensure adequate Omega 3 with oily fish in our diet, which is another primary factor, and we can be sure to live long and healthy lives.

If you would like to know more about changing your diet to give you maximum energy and health, then check out the book by Dr Robert O. Young, "[The pH Miracle](#)." It contains information about how disease manifests, how to detox and maintain balanced health, along with diet information and recipes.