

## Understanding The Benefits of pH Balance

The evolution of our modern-day lifestyle continues to bring more challenges to our health and well-being. Most of our diets include many refined, processed foods and sugar. Not to mention having to deal with the chemical pollutants in the air we breathe and the food we eat. I believe these factors and excessive stress, are the main reasons that the occurrence of disease continues to escalate

Our body is alkaline by design except for certain areas of the body i.e. stomach fluid and urine, all the body fluids (extracellular fluid) of the healthy are mildly alkaline at pH 7.4. (7.0 is neutral, less than 7.0 is acidic and more than 7.0 is alkaline) Maintaining alkalinity is essential for health and vitality. Researchers find that most people are at least slightly "acidic". When your body has a pH that is acidic, your body robs the system minerals such as calcium, magnesium, potassium and sodium from vital organs and bones to neutralize and remove the acid. Thus acidic self digestion and degenerative disease begin to manifest.

### 1. What is pH Balance? Acid, Alkaline and pH

pH means "**Potential of Hydrogen**". By definition, it is the degree of concentration of hydrogen ions in a substance or solution. pH measures the balance between positively (+) and negatively (-) charged ions in the body fluids such as in the blood, urine and saliva. It is measure on a logarithmic scale from 0 to 14. A low pH number (below 7.0) indicates that your body fluid is on the acidic side. A high pH number (above 7.0) indicates you have alkalinity. A pH of 7.0 is neutral.

#### pH in Water

When there are more H<sup>+</sup> ions than OH<sup>-</sup> ions in a water. The kind of water is called acid water. (pH level is below 7.0). Conversely, the water with more OH<sup>-</sup> ions than H<sup>+</sup> is called alkaline water (pH level is above 7.0). When these ions are equal, it is called neutral water.

An interesting phenomenon exists in these numbers of H<sup>+</sup> ions and OH<sup>-</sup> ions. When water is neutral and the temperature is at normal room, the ratio of H<sup>+</sup> ions to the total water molecule is 1:10<sup>7</sup>. If the total number of water molecules to be 1 unit. The total number of H<sup>+</sup> ions in this neutral water is 1 x 10<sup>-7</sup> unit. Since neutral water has an equal number of OH<sup>-</sup> ions, the unit is 1 x 10<sup>-7</sup>. To conclude the equation we says, the pH of this water is 7.0.

#### pH in Urine

Urinary pH levels can indicate how well your body is assimilating minerals, especially calcium, magnesium, sodium and potassium. These are called the "acid buffers" because they are used by the body to control acid levels. When acid levels begin to increase, the body becomes less capable of excreting acid. It must either store the acid in body tissues, or buffer it that is, borrow minerals from organs, bones, etc, in order to neutralize the increase in acidity. Urinary pH should fluctuate between 6.0-6.4 in the morning and 6.4-7.0 in the evening.

## **pH Saliva**

The results of saliva testing can indicate the activity of digestive enzymes in your body, especially the activity of the liver and the stomach. This reveals the flow of enzymes running through your body and shows their effect on all the body systems and your tissues. Some people will have acidic pH readings from both urine and saliva-this is referred to as "double acid." Salivary pH should stay between 6.4 and 6.8.

## **pH in Blood**

Our blood has a very narrow pH value ranging from 7.2 to 7.45. Below and above this range means symptom and disease. When pH goes off, microorganisms in the blood can change shape, mutate, become pathogenic, and thrive. Enzymes that are constructive can become destructive and Oxygen that deliver to every part of our tiny cells suffers.

## **pH Buffers**

Substances which serve as mechanisms to stabilize pH are called buffers. Our body possesses numerous special mechanisms to aid in stabilizing the blood plasma so that cells will not be subject to appreciable fluctuations in pH. Buffers have the capability to bond ions and remove them from solution whenever their concentration begins to fall, thus helping to minimize the fluctuations in pH. This is a vital function because many biochemical reactions normally occurring in living organisms either release or use up ions.

## **2. Characteristic of Alkalinity / Acidity**

There are five alkaline-forming minerals. These minerals are calcium, potassium, sodium, magnesium and iron which create a healthy alkaline environment by binding with acid minerals and evacuate those acidic and toxic substances. A vision of a mucous free body is no sinus congestion, chronic lymphatic congestion or swelling and calcium deficiency etc.

Acidity by its nature, breakdown bodily tissue. It is created by metabolic, dietary and environmental waste. The minerals which are acid-forming are phosphorous, chlorine, sulfur, silicon, iodine and bromine. Acids irritate the internal issue. The chemistry of acid will promote disease and side effects.

## **3. What Causes An Acid pH?**

Diet appears to be the major contributing factors in maintaining an appropriate pH levels throughout our body. Research demonstrated that when food is metabolized and broken down, it leaves behind chemical and metallic residues, a noncombustible ash which combined with our body fluids, yield either acid or alkaline potential of pH.

## **4. Human Body pH Level.**

**The following table shows the average pH Values of some human body liquids.**

Liquid	pH Level
<b>Stomach Juice</b>	<b>1.5</b>
<b>Skin</b>	<b>4.7</b>
<b>Saliva</b>	<b>7.1</b>
<b>Cell</b>	<b>7.1</b>
<b>Blood</b>	<b>7.4</b>
<b>Pancreatic Juice</b>	<b>8.8</b>

## 5. Common Signs and Symptoms of Acid and Alkaline body pH Balance

Recent research has shown that if you have an "acidic" body pH balance as indicated by the presence of the signs and symptoms listed below then the aging process will be accelerated in your body, making it very difficult for you to retain a youthful appearance and a trim physique. Only if you take steps to recreate a neutral body pH balance, will you be successful in reversing the degenerative processes at work in your body.

**Here are a few common signs and symptoms of an acidic body pH balance:**

Chronic Fatigue	Weak Kidney	Sudden Weight gain
Excessive Stress	Difficult weight loss	Constipation
Chronic aches	Malaise	Frequent Colds
Mental confusion	Headache	Skin Problems
Leg Cramp / Muscular pain	Menstrual cramps	Acid Indigestion
poor appetite	Bruising Easily	Hard / Loss Bowel

### [Acid Symptoms Checklist](#)

## 6. Monitoring Your pH

A test on pH will determine whether your body fluids are too acidic or too alkaline. An imbalance can cause illnesses such as acidosis or alkalosis.

Purchase nitrazine / litmus paper, available at any drugstore, and apply saliva and/or urine to the paper. Always perform the test 2 hours before eating . The paper will change color to indicate if your system is overly acidic or alkaline. Red litmus paper turns blue in an alkaline medium and blue litmus paper turns red in an acid medium.

Give yourself the pH balance self evaluation a try. [How to Check Your pH Level?](#)

## 7. Getting Rid of An Acid pH

Watching your diet by **increasing** the number of **alkaline-forming foods / water** while reducing the amount of acid-forming foods you consumed. Most high protein foods such as fish, poultry, meat and eggs, all carbohydrates this includes breads, pastas and grains and fats are acid forming. And most fruits and vegetables are alkaline forming. Though citrus fruits such as oranges and grapefruits contain organic acids and may taste acidic, they are not acid forming when metabolized and leave an alkaline residue.

The following information is taken from the book, "Prescription for Nutritional Healing" by James F Balch, MD and Phyllis A. Balch, C.N.C. Published by Avery Publishing Group, Inc.

### Acid-Formers

Acid-Forming Foods			Low-Level Acid-Forming Foods	
Alcohol	Cornstarch	Milk	Butter	Grains (most)
Asparagus	Eggs	Mustard	Cheeses	Ice Cream
Beans	Fusg	Noodles	Coconuts (Dried)	Seeds and Nuts (Most)
Brussels Sprouts	Flour Products	Oatmeal	Fruits (Canned)	
Cocoa	Legumes	Olive	Fruits (Dried Sulfured)	
Coffee	Meat	Pasta		

### Alkaline-Formers

Alkaline-Forming Foods				Low-Level Alkaline-Forming Foods	
Apricot	Grapefruit	Maple Syrup	Oranges	Almonds	Chestnuts
Avocados	Grapes	Melons	Raisins	Blackstrap Molasses	Coconuts (Fresh)
Corn	Honey	Millet	Fruit	Brazil Nuts	Dairy Products
Dates	Lemons	Molasses	Vegetables	Buckwheat	Lima Beans