

Acid to Alkaline Balance of the body

Proper health starts with the correct Acid-Alkaline Balance in your body. The acid-alkaline balance of the body has an enormous impact on a person's health. The pH level (acid - alkaline measurement) of our internal fluids affects every cell in our bodies. Chronic acidity will interrupt all cellular activities and functions - it interferes with life itself. When the pH of the body gets out of balance (too acidic), we may experience low energy, fatigue, excess weight, poor digestion, aches and pains, and even more serious disorders. When the body is excessively acidic, vital organs and individual cells are subject to damage or destruction. This condition, known as acidosis, can be a cause, an effect, or even a symptom of almost any health condition. By balancing the body's acidity levels, this simple plan can help toward curing various medical conditions, including arthritis, hepatitis, insomnia, alcoholism, and kidney disease. Virtually all degenerative diseases including cancer, heart disease, arthritis, osteoporosis, kidney and gall stones, and tooth decay are associated with excess acidity in the body.

Dr. Young maintains that the primary culprit behind excessive weight gain, as well as many other health problems, is a chronic state of acidity in the body (a pH value below 7.1). Shifting the body's chemistry to a more alkaline pH, they maintain, will quickly and easily result in the loss of excess weight and the buildup of more lean muscle tissue.

It has been determined that an alkaline body is more conducive to health and well-being than an acidic one. An undesirable pH can lead to a variety of negative health effects. A body that tends toward acidity heightens the risk for infections from bacteria, yeast, parasites, and viruses. All of these seek out and thrive in an acid environment. Not only are you more susceptible to infections such as colds and the flu but also degenerative diseases like cancer, arthritis, heart disease and osteoporosis are promoted if your pH is consistently acid. Furthermore, populations of bacteria, fungi, etc. may be thriving

throughout your body without causing acute disease, yet producing copious acid waste products. These stealth infections may underlie a variety of degenerative conditions. Bacteria are found in arthritic joints, arterial plaque, and many other places. If disease is to be prevented or successfully managed, an acid pH must be overcome.

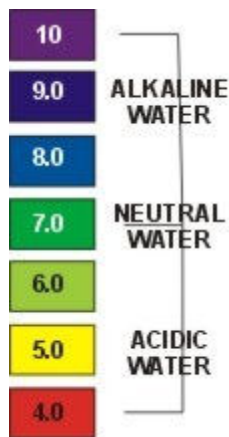
Theodore A. Baroody, N.D., D.C., Ph.D – “The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!” Dr. Baroody’s Alkalize or Die book carries an important message that can benefit everyone - a message that promises to revolutionize health care: Alkalize yourself and live!

The acid-alkaline balance is an important factor in the health and functioning of the body. Diet is a factor that influences acid-alkaline balance both through the acid or alkaline forming nature of the foods that are eaten and through the nutrient content which affects metabolism. Nutrient rich traditional diets provide the essential factors necessary for excellent metabolism, good acid-alkaline regulation and optimal health.

Body acidity is quickly becoming a focus of research in the prevention of many illnesses that result from an increased acidity within the body. Scientists have found that healthy people have systems that are alkaline. Optimum alkalinity at the cellular level equates to optimum health. A healthy person’s pH level of their body fluids should be between 7.365 and 7.45. An imbalanced pH can negatively affect the physical health of almost all body systems and lead to diseases including cancer, diabetes, arthritis, heart disease, kidney stones and many more. Because the modern diet is so high in acid-forming foods, most people are exposed to heightened levels of acid on a daily basis. The cells of the body in health are alkaline. In disease the cell pH is below 7.0. The more acid the cells become, the sicker we are and feel. We can remain in health by consuming a diet that is 70-80% alkaline and 20-30% acid. Most raw-foods diets are predominantly alkaline forming foods. Secrets of an Alkaline Body.

“Most of the degenerative diseases are caused by too much acidic wastes somewhere in our body that slows down blood circulation. Depending upon where our body accumulates the acid, disease symptoms are different. However, the causes are the same: too much acid. Modern medicine is concerned with the treatment of symptoms rather than the elimination of the causes of diseases.” Sang Whang, author of Reverse Aging

Acidosis is the basic foundation of all disease. We need to understand the simple process of alkalizing our body and the important role a properly alkalized body plays in restoring and maintaining our overall health. Our glands and organs function properly in exact proportion to the amount of alkaline and acid levels in our system. Acidosis - Chronic Acidity’s Effect on Our Health



Body pH and Blood pH as Indicators of Health

Carl J. Reich, M.D – “The saliva pH parallels the extra cellular fluid ... pH paper test using saliva represents the most consistent and most definitive physical sign of the ionic calcium deficiency syndrome ... The saliva pH of the non-deficient and healthy person is in the 7.5 to 7.1 slightly alkaline range. The range from 6.5 which is weakly acidic to 4.5 which is strongly acidic represents states from mildly deficient to strongly deficient, respectively.

Most children are dark blue, a pH of 7.5. Over half of adults are green-yellow, a pH of 6.5 or lower, reflecting the calcium deficiency of aging and lifestyle defects. Cancer patients are usually a bright yellow, a pH of 4.5, especially when terminal.”

Dr. R. Dunne – “pH paper strips to measure acid/alkaline pH balance belong in every family medicine kit, right beside the thermometer and bandages.”

The marine phytoplankton in FrequenSea is alkaline-forming in the body. Phytoplankton nutrients are PH 8-8.5 and highly alkaline. There is much study and practice in holistic health regarding body ph

balance -alkaline versus acidic. If a body is in an extreme acidic state disease, infections, and damage may proliferate. The acidic condition strains the body and compels it to take minerals -including sodium, magnesium, calcium, and potassium from bones and vital organs.

Scientifically, PH means potential hydrogen and measures the H⁺ Hydrogen ions in the body -basically measuring voltage. The determination of alkaline forming or acidic forming is NOT what is taken in organic form, but what is “left over” in inorganic matter (ie. ash) after digestion.

Test Your Body’s Acidity or Alkalinity with pH Strips

You can easily test your pH levels to determine if your body’s pH needs immediate attention. By using pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. There is much to discover so that pH test result can be meaningful.

The pH scale ranges from 0 (the highest acidic) to 14 (the most alkaline). A solution with a pH of 7 is neutral. At pH 7, water contains equal amounts of H⁺ and OH⁻ ions. Substances with a pH of less than 7 are acidic because they contain a higher concentration of H⁺ ions. Substances with a pH higher than 7 are alkaline because they contain a higher concentration of OH⁻.

The pH scale goes from 0 to 14 and is logarithmic, which means that each step is ten times the previous. In other words, a pH of 5 is 10 times more acid than 6, 100 times more acid than 7 and 1,000 times more acid than 8. In this light, you can see how a slight change in your pH value can have a great impact on your internal environment and, ultimately, your health. When healthy, the blood pH is 7.365, the pH of spinal fluid is 7.4, and the saliva pH is 7.4. This ideal blood pH measurement means it is more alkaline than acid.

Urine pH

Clinical research by Dr M T Morter (Arkansas, USA) has shown that if the anabolic urinary and salivary pH (measured immediately upon awakening) is below 6.8, we can be relatively certain that digestive support must be provided. Controlled clinical studies by Dr Paul Yanick (Pasadena, USA) have confirmed Dr Morter's findings and recorded that intracellular assimilation of nutrients is significantly decreased when the anabolic pH is below 6.8. The results of urine testing 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 the acid level. If acid levels are too high, the body will not be able to excrete acid. It must either store the acid in body tissues (autotoxication) or buffer it - that is, borrow minerals from organs, bones, etc. in order to neutralize acidity.

Saliva pH

You may also want to test the pH of your saliva. The results of saliva testing indicate the activity of digestive enzymes in your body, especially the activity of the liver and stomach. This reveals the flow of enzymes running through your body and shows their effect on all the body systems. Some people will have acidic pH readings from both urine and saliva. This is referred to as “double acid.”

- PH PAPERS Help you monitor your daily fluctuation from acid to alkaline by giving you valuable information for planning a better diet, lifestyle and improving your health. One quick dip in either urine or saliva gives you immediate results
- Marine phytoplankton Berries are known as a true ‘Miracle Food’ because they **alkalinize** the body and because of their extremely high levels of vitamins, antioxidants, amino Acids, polysaccharides. learn more about the health benefits marine phytoplankton

Research and clinical findings indicate that illness and disease are directly linked to over acidity in the system. The polluted air we

breathe, the chemicalized food and water we ingest are just part of the problem. Stress on all levels - physical, emotional, mental, and even spiritual cause the body to overproduce acid wastes, upsetting our delicate alkaline/acid balance.

.ALKALIZING VEGETABLES	ALKALIZING ORIENTAL VEGETABLES	ALKALIZING PROTEIN	ACIDIFYING VEGETABLES	ACIDIFYING NUTS and BUTTERS	ACIDIFYING BEANS & LEGUMES
Alfalfa	Maitake	Almonds	Corn	Cashews	Black Beans
Barley Grass	Daikon	Chestnuts	Lentils	Legumes	Chick Peas
Beets	Dandelion Root	Millet	Olives	Peanuts	Green Peas
Beet Greens	Shitake	Tempeh (fermented)	Winter Squash	Peanut Butter	Kidney Beans
Broccoli	Kombu	Tofu (fermented)		Pecans	Lentils
Cabbage	Reishi	Whey Protein Powder	ACIDIFYING FRUITS	Tahini	Pinto Beans
Carrot	Nori		Blueberries	Walnuts	Red Beans
Cauliflower	Umehoshi		Canned or Glazed Fruits		Soy Beans
Celery	Wakame		Cranberries	ACIDIFYING ANIMAL PROTEIN	Soy Milk
Chard Greens		ALKALIZING SPICES AND SEASONINGS	Currants	Bacon	White Beans
Chlorella		Cinnamon	Plums**	Beef	Rice Milk
Collard Greens	ALKALIZING FRUITS	Curry	Prunes**	Carp	Almond Milk
Cucumber	Apple	Ginger		Clams	ACIDIFYING DAIRY
Dandelions	Apricot	Mustard	ACIDIFYING GRAINS, GRAIN PRODUCTS	Cod	Butter
Dulce	Avocado	Chili Pepper	Amaranth	Corned Beef	Cheese
Edible Flowers	Banana (high glycemic)	Sea Salt	Barley	Fish	Processed Cheese,
Eggplant	Berries	Miso	Bran, wheat	Haddock	Ice Cream
Fermented Veggies	Blackberries	Tamari	Bran, oat	Lamb	Ice Milk
Garlic	Cantaloupe	All Herbs	Corn	Lobster	
Green Beans	Cherries, sour		Cornstarch	Mussels	ACIDIFYING Fats and Oils
Green Peas	Coconut, fresh	ALKALIZING OTHER	Hemp Seed	Organ Meats	Avacado Oil
Kale	Currants	Apple Cider Vinegar	Flour	Oyster	Butter
Kohlrabi	Dates, dried	Bee Pollen	Kamut	Pike	Canola Oil
Lettuce	Figs, dried	Lecithin	Oats (rolled)	Pork	Corn Oil
Mushrooms	Grapes	Granules	Oatmeal	Rabbit	Hemp Seed Oil
Mustard Greens	Grapefruit	Molasses, blackstrap	Quinoa	Salmon	Flax Oil
Nightshade Veggies	Honeydew	Probiotic	Rice (all)	Sardines	Lard
Onions	Melon	Cultures	Rice Cakes	Sausage	Olive Oil
Parsnips (high glycemic)	Lemon	Soured Dairy Products	Rye	Scallops	Safflower Oil
Peas	Lime	Green Juices	Spelt	Shrimp	Sesame Oil
Peppers	Muskmelons	Veggie Juices	Wheat	Scallops	Sunflower Oil
Pumpkin	Nectarine	Fresh Fruit	Wheat Germ	Shellfish	
Radishes	Orange	Juice	Noodles	Tuna	
Rutabaga	Peach	Mineral Water	Macaroni	Turkey	ACIDIFYING SWEETENERS
Sea Veggies	Pear	Alkaline	Spaghetti	Veal	Carob
Spinach, green	Pineapple	Antioxidant	Bread	Venison	Sugar
Spirulina	Raisins		Crackers, soda		Corn Syrup
Sprouts	Raspberries		Flour, white	ACIDIFYING ALCOHOL	
Sweet Potatoes	Rhubarb		Flour, wheat	Beer	
	Strawberries				
	Tangerine				
	Tomato				

Tomatoes
Watercress
Wheat Grass
Wild Greens

Tropical Fruits
Umeboshi
Plums
Watermelon

Water

ALKALIZING
SWEETENERS
Stevia, honey,
palm sugar,

Spirits
Hard Liquor
Wine

ACIDIFYING
OTHER
FOODS
Catsup
Cocoa
Coffee
Vinegar
Mustard
Pepper
Soft Drinks