

# Acid-Alkaline and pH



pH simply means the 'potential of hydrogen'. It is the acid to alkaline ratio in gram equivalents per litre and is therefore a measure of your acid-alkaline balance.

In a natural, healthy state, our bodies are slightly alkaline. This alkaline state is necessary for survival, and the body has developed complex mechanisms to ensure that this balance is maintained. Children are naturally alkaline, and are often able to cope well with eating an imbalanced diet. As we progress into our mature years, stressful lifestyles and poor eating habits mean that we can become acidic and our bodies struggle to buffer our acidic lifestyles, leading to chronic acidity.

An imbalanced body pH can be at the root of many common symptoms such as constipation, poor digestion, aches and pains, heartburn, headaches, frequent colds, fatigue, and sleeplessness, to mention just a few.

Modern lifestyles can be busy and stressful, leading to the likelihood of eating too much processed food and not enough healthy fresh green vegetables. Overeating and living a typical acidic lifestyle where we are over consuming unhealthy foods such as white bread, sugar, take-aways, soft drinks, alcohol, tea and coffee and not having enough filtered water and sleep are the main reasons that we become over-acidic.

Why is this important? The acid-alkaline balance of the body is crucial to our overall health. Our bodies are constantly working hard to maintain an ideal pH level to balance our systems and use essential minerals like magnesium from our muscles and gut, and calcium from our bones and teeth to achieve this balance.

Studies have consistently shown that **heavy consumers of soft drinks (with or without sugar) spill huge amounts of calcium, magnesium and other trace minerals into the urine.**

The more mineral loss, the **greater the risk** for osteoporosis, osteoarthritis, hypothyroidism, coronary artery disease, high blood pressure and a long list of degenerative diseases generally associated with premature aging.

A growing number of health care practitioners and scientists from around the world have been advocating the theory that aging and disease is the direct result of the accumulation of acid waste products in the body. Stress, whether mental or physical can lead to acid deposits in the body.

**These and other junk foods can cause the body to become more acidic:**

- **meats**
- **sugar**
- **alcohol**
- **fried foods**
- **soft drinks**
- **processed foods**

- **white flour products**
- **dairy products**

pH testing offers you a quick, inexpensive and easy way of measuring your overall acid-alkaline balance. Using a pH test kit you can easily check your urine or saliva to test your body's acid-alkaline balance on a regular basis. Once you know where you are within the range, you can adapt your diet and take steps to correct your imbalance.

## **Benefits of balanced pH**

**A balanced pH can benefit you in the following ways:**

- **Promotes healthy body weight**
- **May aid in prevention and treatment of diabetes**
- **Promotes proper electrolyte activity and efficient heart function**
- **May reduce risk of hypertension**
- **Protects against premature ageing**
- **Promotes energy, physical vitality and stamina**
- **Promotes bone health, digestive health and healthy immunity**
- **Promotes enhanced mental clarity and acuity**
- **Promotes faster recovery from illness, injury and exertion**
- **May reduce the risk of gout**
- **May also reduce the risk of cancer**

Why not enjoy the vitality, functionality and illness prevention that a balanced pH can bring?

Terry Hitzke