

Is your Body's pH in Balance?

The human body, as you may know, is primarily composed of water. This water-based medium can have either acid or alkaline properties which are easily measured by a graduated scale called pH (for "potential Hydrogen"). The lower the pH number, the greater the acidity, and the higher the pH number, the greater the alkalinity. A PH of 7 is considered to be neutral. The ideal ph balance for the proper functioning of the human body is 7.3 to 7.4. This slightly alkaline ph balance helps to keep all the functions of the body running smoothly. A pH balanced environment, allows normal body function necessary for proper immune system function and disease resistance.

Over acidity, which has become very common, can become a dangerous condition that weakens all body systems. We eat highly processed food for convenience, shelf life and storage. These contain refined carbohydrates and sugars that contribute to an internal environment conducive to disease. The wastes produced from how our body processes these foods are highly acidic. This acid waste is excreted from the human body in urine or sweat. If there is more acidic waste than the body can effectively eliminate, the excess circulates around in the blood, gradually accumulating somewhere in our capillaries, and eventually clogging them up. Also as a consequence of this, the cells of the human body will be deprived of their supply of oxygen and essential nutrients, rendering these cells inactive in reproduction. This is a primary factor contributing to premature aging.

Acidosis, the name given to having an overly acidic body pH, is one of the main contributors to the aging process and various illnesses. An acidic body fluid environment resulting in a lack of oxygen to the cells can cause symptoms including heart disease, joint pain, osteoporosis, chronic fatigue, and the development of allergies. An acidic body environment also encourages the breeding of fungus, mold, bacteria, and viruses. Many of these destructive pathogens thrive in an acidic environment and unless treated, can initiate a rapid decline in overall health.

You can determine if you have a pH imbalance by using pH strips purchased at a health food store. Follow the instructions and test your urine or saliva. If you find you have an acidic body, you can begin by eating a diet high in green leafy vegetables which is known to promote a more alkaline system. Alkaline mineral supplements are also available in your health food store to assist with restoration of a healthy PH. There are also alkaline water and water systems on the market. Monitor your pH daily to be sure the method you are using is effective. Don't get caught "out of balance". A simple pH test and some dietary or supplement changes can lead to an improvement in your overall health.