

A BALANCED “pH” = A HEALTHY BODY

The pH “pH = potential for Hydrogen,” is used to indicate the concentration of hydrogen ions in a fluid. The concentration also shows whether the fluid is acid, alkaline or neutral. This measurement of our body’s fluids and tissues allows us to determine our acid-alkaline balance.

For the body to remain in a healthy state, the pH should be slightly alkaline, with an oxygen-rich arterial blood pH between 7.35-7.45. Any shift away from this range can be life threatening.

Body tissues and fluids are also influenced by our diet. What we eat changes our body chemistry and the acid-alkaline balance. The more acidic your body becomes, the more susceptible to infection and disease. The majority of people suffering from illness and who are in less-than-optimal health have a pH that is acidic. Dr. Susan Brown in her book, *The Acid Alkaline Food Guide* states that, “scientists have shown that the “typical Western diet” is *acidogenic*, meaning that it consists primarily of foods that have an ongoing acidifying effect on the body.” The American diet is much the same and has shown to be the leading cause of debilitating and degenerative diseases, such as obesity in children and adults. Most people are living in a chronic state of metabolic acidosis.

READ DR. SUSAN BROWN’S BOOK, **THE ACID ALKALINE FOOD GUIDE**, AND UNDERSTAND WHY IT IS ESSENTIAL TO MAINTAIN THE CORRECT pH TO MAINTAIN THE HEALTH OF YOUR BODY! IT IS A MUST TO READ.

Acid conditions due to an improper diet are:

Inflammation, osteoporosis, an impaired immune system, mineral depletion, infection, fatigue, premature aging, accelerated aging, muscle loss, and impaired enzyme function + more. Without the proper pH, you are shortening your life span, or possibly living a life-of-pain as you grow older.

One of the interesting points in her book was on the use of antacids. The use of antacids on page 38 is discussed. Every time you experience “heartburn” and take a Tums or Rolaids, you are neutralizing the hydrochloric acid (HCL) necessary for the stomach to help with digestion and the body’s ability to assimilate essential nutrients, such as B12, folic acid, and many of the minerals to help buffer acid build-up. Taking these drugs over a long duration can actually worsen your symptoms and disrupt the acid-alkaline balance in the body.

A point that is so important to remember about the body’s pH balance: **the body is only able to absorb and assimilate within a specific pH range.** As the body enters an acid-alkaline imbalance, problems begin... and one of the most significant is the disruption of intestinal bacteria, impaired enzyme function, as well as mineral depletion. The probiotics, enzymes, and vitamins you are spending hundreds of dollars on, may not be able to absorb due to an imbalance in your pH. Too many nutritional deficiencies with imbalanced acid-alkaline pH lead the way to progressive ill health.

By regulating the body’s pH, you can stabilize the body’s internal environment and permit the proper functioning of cells, tissues, organs and organ systems. They all depend on a balanced pH to maintain homeostasis or balance.

YOU CAN TURN THINGS AROUND! Just learn how to eat what is good for your body and monitor your pH to see where your health stands. It is that simple!

How To Test Your pH

You will need to buy **Hydrion paper**. It can be found in a health food store, pharmacy or on the Internet. It is specially treated paper that is impregnated with a mixture of indicator dyes. When it comes in contact with an acid or base substance, it will immediately change color. By looking at the color chart that comes along with the paper, you can match it to the indicated color that will tell you what your approximate pH is at this time. Dr. Brown recommends getting Hydrion paper that has a range from 5.5 to 8.0. As most people today are in a chronic state of metabolic acidosis.

There are two tests to do on the fluids of your body. One is your urine and the other your saliva. The pH should be between 6.5-7.5.

Testing Your Urine

The urine should be tested after six (6) hours of continual sleep. If you have trouble with this, try not drinking water before you go to bed or eating too late. If you can't do this then test your saliva instead.

The best time to take the pH of the urine is first "urination" in the morning after six (6) continual hours of sleep. Tear off a strip of pH paper. Urinate a bit and then stick the paper in the urine or you can collect it in a clean cup and dip the strip in. Immediately lay it on a piece of tissue. DO NOT over-saturate the paper by holding it in the urine, as a false reading could be indicated. The paper will change color immediately. Check the color between 5-10 seconds, no longer. Compare the color to the pH color chart that accompanied the pH paper. This reading will give you a fairly accurate indicator as to what your pH is at this time. Record this number.

6.5 and below is an acid condition.

6.50 – is you may have an acid condition.

7.40 is the neutral reading and alkaline.

7.50 is alkaline and higher more alkaline.

The higher the pH, an alkaline condition may exist or it could be a false alkalinity, and that you are really in an acidic condition. There are variable factors as to why this occurs.

Keep a record for a week and see what your pH is. It will tell you about your nutritional program and if is beneficial for your body.

I would also suggest you record how you are feeling. Ex: tired upon waking, catch a cold easily, feeling bla, stomach upset, heartburn, a runny nose upon eating a food, etc. All are symptoms of ill health creeping in. Listen to your gut reaction, your intuit. Your are not crazy and all symptoms mean something.

I also recommend you keep a record of what you eat throughout the week. See if you are eating more acid foods vs. alkaline foods.

Saliva Testing

Test your saliva first thing in the morning. Rinse your mouth out with water a couple of times. Then work-up some saliva and spit it in a spoon. Dip a pH paper in the saliva and immediately place on a tissue. Record it within 5-10 seconds. Compare the color to the color chart that accompanied the pH paper.

The Saliva should be between 6.50-7.50 with a pH of about 7.0 as ideal.

Saliva and Urine have a slightly different reading. The saliva may be a bit higher pH.

The Foods You Eat

Foods to avoid are all junk foods, refined carbohydrates, refined sugar, coffee, sodas, and highly processed foods, all are very acidifying.

Acid Foods: Foods that are rich in sulfur-containing amino acids are high protein foods such as red meat, poultry, fish, grains, and beans. They metabolize to produce a residue of sulfuric acid in the body, and thus considered acid-forming foods.

Alkaline Foods: Foods such as many fruits and vegetables are found to have potassium citrate in them. It is then metabolized into potassium bicarbonate, which is a source of alkalizing bicarbonate.

In Dr. Brown's book she recommends these percentages on how to eat according to your pH:

- 1. If your pH is slightly acidic to slightly alkaline (6.5-7.5) you should eat 35% to 40% acidifying foods and 60% to 65% alkalizing foods.**
- 2. If your pH is moderately acidic (6.0-6.4) you should eat 20% acidifying foods and 80% alkalizing foods.**
- 3. If your pH is extremely acidic (5.0-5.9) you should eat 20% acidifying foods and 80% alkalizing foods.**

In Dr. Brown's book she lists the acid and alkalizing foods to help you make correct choices for your nutritional program. You don't have to give up meat, eggs dairy and other acid foods. It is about balance and understanding how you can with very simple tools clean up your body and nourish it back to health.

Things you can do to Support the Health of Your Body

Not only eating correctly but also following a good detoxification program will allow the body's chemical processes to filter wastes that clog up our system. Here are three simple techniques.

- 1. Deep Breathe.** Breathing deep using your diaphragm muscle will supply the body with oxygen and as you exhale, you rid the body of carbon dioxide, a by-product of waste. Aerobic Exercise will increase your breathing capacity and at the same time "blow out" the bad residue. Heavy breathing is all it takes.
- 2. Dry Brush Scrubs.** Your skin is the largest organ in the body. It filters out toxic waste through sweating. **Exercise** is a good way to get the body to sweat. Another way is through

Exfoliation. It will increase circulation, open your pores to breathe better and allow better filtration. Not to mention cleaner, softer, rosier looking skin.

Take a soft, bristle brush and before you take a shower, begin with circular motions moving upward toward the heart, from the feet, up the legs, the back of the legs, buttocks, belly and lower back; the arms – begin at the hands moving up toward the shoulder, chest, and do the upper back as best you can. You will see your skin become pink and shiny. Moving blood and toxins out of the tissues. Spend extra time on those cellulite areas... this really does help get rid of it.

3. Another important organ system is the Liver. The liver is the most hard-working organ in the human body. It performs many functions that are vital to life. It plays an important role in digestion (breaking nutrients down) and assimilation (building up body tissues). It is the storage site for many essential vitamins and minerals, such as iron, copper, B12, vitamins A, D, E and K. Red blood cells, which are responsible for carrying oxygen around the body, are also produced in the liver and Kupffer cells help to devour harmful micro-organisms in the blood so helping to fight infection. Without a proper pH, the liver has to work harder to function properly.
http://www.tuberose.com/Liver_Detoxification.html Read the full article.

- A Way to support the **Liver** is by taking **Milk Thistle**, an herb that is beneficial for both protecting and rejuvenating it. It also works to support the kidneys, brain, and other tissues from toxic chemicals. It can be found in a health food store or on the Internet.

In Applied Kinesiology there is a system called the Chapman's Reflexes or Neuro-Lymphatic Reflex Points. These points stimulate the flushing of a lymph reflex associated to an organ, gland or muscle.

- A technique used in applied kinesiology is to rub **the Neuro-Lymphatic Reflex Point**. The NL point for the liver is located between the 5th-6th ribs from the nipple to the sternum **ON THE RIGHT SIDE ONLY**. Rub firmly under the breast 20 times several times a day. This will help to detoxify the liver. Do not rub so hard that you bruise yourself.

4. **The Kidneys**, another detoxifying organ also helps to filter waste by-products via the urine. The best prevention is to **drink 8-10 glasses of good spring water** a day. Your body is 70% water and it needs water to function and to help rid it of toxins. Watch the color of your urine. If it is really yellow, then you are not drinking enough water.

- A technique used in applied kinesiology is to rub the **Neuro-Lymphatic Reflex Point** associated with the kidney. The NL point for the kidney is located one-inch out from the naval and one-inch up toward the heart on the abdomen. Rub firmly and deeply 20 x's several times a day. Do not rub so hard that you bruise yourself.

Resource: *The Acid Alkaline Food Guide*, by Dr. Susan E. Brown and Larry Trivieri, Jr.

These Self-Help Techniques are easy and simple to do everyday. Everyone should be checking his or her pH regularly. It is one of the many tests you can do that can tell you so much, cost so little, and takes very little time to do. Tell a friend.

