

UNDERSTANDING ACID/ALKALINE BALANCE

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It is just amazing that our bodies are alkaline by design and acid by function. Maintaining alkalinity is essential for life health and vitality. All leading biochemists and medical physiologists have recognized pH or acid/alkaline balance as the most important aspect of a balanced and healthy environment as well as the foundational element determining structure of any physical matter. Biochemist and physiologists have long known that the maintenance of an alkaline pH is critical to cellular health.

The pH scale ranges from 1-14. The highest acid level possible is a 1 pH. The most alkaline level possible is a 14 pH. The proportion of acid minerals relative to alkaline minerals is the major factor used often to understand what is happening internally at any pH level. Body/blood fluid chemistry has a delicate range between 7-7.4 pH for proper maintenance of health. (Intestinal about 8.2-8.4 pH) This pH range is necessary for the whole body to function well physically, emotionally, and mentally. That is not a philosophy; it is a physiological fact for cellular integrity.

We live and die at the cellular level. In order to understand pH balance, it is necessary to realize that all the 75 trillion cells of the human body are slightly acidic and must exist in a slightly alkaline environment (the body fluid) if they are to remain healthy and produce energy.

Alkalinity is anabolic (builds up) and acidity is catabolic (tears down). As each cell performs its task of respiration, it secretes metabolic wastes which are acidic. These wastes are the end product of cellular metabolism and must not be allowed to build up. The body goes to great lengths to neutralize and detoxify these acids before they are in a position to act as poisons in and around the cell, changing the environment of the cell. *Optimum alkalinity at cellular level equates to optimum health.*

What is acid / alkaline or pH balance?

Why is it vital for your health?

Power of Hydrogen:

pH balance is the balance of acid and alkaline qualities in all fluids throughout the body. General cellular function is acidic in nature and requires an input of alkaline properties so that the body can strive for a balance. Perfect balance is never really achieved at any given moment and balance is a never-ending task/goal that is in constant perpetuation. If your body's overall chemistry is pushed or forced into staying too acidic then your health is compromised or in danger.

Most Americans maintain high acidity because of diet, stress and toxic environment. Blood is one of the fluid systems that is constantly trying to maintain a pH of 7.365 (slightly alkaline). If your blood is "pushed" in an acidic direction, your body will search/find alkaline elements (calcium, potassium, magnesium, sodium, cholesterol and fats) to create and maintain balance. Body fluids such as urine and saliva can be measured or monitored with pH paper test strips that measure hydrogen ion concentration. Readings can range from approximately 5.5 to 8.0 (acid <~> alkaline). A reading of 7.0 is neutral.

Request from jeri@jerireid.com document "How to measure pH levels"

Why is pH (acid / alkaline) balance important?

A. When the body is being fed more alkaline properties the following may prevail:

1. Avoid disease and illness
2. Have more energy (less or no fatigue)
3. Generally feel better (less aches and pains)
4. Sleep better
5. Maintain proper body weight and metabolism

B. When acid / alkaline is more balanced you:

1. Improve digestion
2. Assimilate vitamins and nutrients better

When pH is balanced, potential illness and disease is drastically reduced.

Poor health is EXPENSIVE in the long run! Good health is less expensive. Become a "**Preventologist**" to avoid sickness and disease!

It is up to you to take more responsibility to create and maintain healthy eating and exercise habits. Take responsibility for your health and reduce/eliminate disease, illness, frequent doctor / hospital visits. Health is a choice, disease just doesn't happen, you do it.

Disease thrives in acidity. How Do You Know If You Are Overly Acidic? Easy, your body is honking, not humming...

The New Biology

By Dr. Robert O. Young

New Biology, most simply stated, is the fact that the over-acidification of the body is the single underlying cause of all disease. In contrast, the old biology, based on the work of Louis Pasteur in the late 1800s, stems from the idea that disease comes from germs which invade the body from the outside. Dr. Young has found that when the body is in healthy alkaline balance, germs are unable to get a foothold.

Think of your body as a fish tank. Think of the importance of maintaining the integrity of the internal fluids of the body that we swim in daily. Imagine the fish in this tank are your cells and organ systems bathed in fluids, which transport food and remove wastes. Now imagine we back up a car and put the tailpipe up against the air intake filter that supplies the oxygen for the water in the tank. The water becomes filled with carbon monoxide, lowering the alkaline pH, creating an acidic pH environment, and threatening the health of the fish, your cells and organs.

What if we throw in too much food or the wrong kind of food (acid-producing food like dairy, sugar, and animal protein) and the fish are unable to consume or digest it all, and it starts to decompose and putrefy? Toxic acid waste and chemicals build up as the food breaks down, creating more acidic byproducts, altering the optimum alkaline pH.

Basically, this is a small example of what we may be doing to our internal fluids every day. We are fouling them with pollution (smoking), drugs, excessive intake of food, over-consumption of acid-forming foods (dairy food, sugar, animal protein), and any number of transgressions which compromise the delicate balance of our internal alkaline fluids. Some of us have fish tanks (bodies) that are barely able to support life, yet we somehow manage to struggle from day to day, building more severe imbalances until there is the inevitable crash and debilitating chronic, disturbing and disorganizing symptoms to deal with.

The pH level (the acid-alkaline measurement) of our internal fluids affects every cell in our

bodies. Extended acid imbalances of any kind are not well tolerated by the body. Indeed, the entire metabolic process depends on a balanced internal alkaline environment. A chronically over-acidic pH corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. In summary, over-acidification interferes with life itself leading to all sickness and disease!

- ☼ Did you know that the body fluids, such as blood, spinal and saliva, of healthy people are alkaline (high pH), whereas the body fluids of people/animals who are sick are acidic (low pH)?
- ☼ Did you know that most degenerative diseases attributed to aging, such as cancer, osteoporosis, and heart diseases, and other disease such as allergy, kidney stones and gallstones have all been scientifically linked to mineral deficiencies that results in your body fluids, including your saliva, becoming more acidic?
- ☼ Did you know that scientists found that cancer thrives in an acidic medium, but cannot survive in an alkaline medium?
- ☼ Did you know that by using pH paper strips you can measure your level of acidity and health?
- ☼ Did you know that by reading material by Dr. Young and following his life saving protocol may lower your acidity and cause you to feel much better?

Acidosis (overly acidic body) is the primary indicator disease. Scientists have discovered that the body fluids of healthy people are alkaline (high pH) whereas the body fluids of sick people are acidic (low pH).

A pH test (potential for Hydrogen) will tell you how alkaline or acidic your body fluids are. Scientists have found that healthy people have systems that are alkaline. **Request "How to your body's measure pH levels" jeri@jerireid.com**

Scientists have found that over 170 degenerative diseases are linked to Calcium or mineral imbalances or deficiency - including cancer, diabetes, arthritis, heart disease, Parkinson's, Alzheimer's, gall and kidney stones, and many more. The environment of the stomach as well as the intestine environment "ideally" is alkaline. The word "ideally" is used with intention. Due to the poor diet of our modern culture, the intestines are generally more acidic than nature intended it to be. As the landscape of disease is created, it turns into an environment of parasitic and bacterial infestation, opposed to an alkaline symbiotic homeostasis.

Would you prefer creating a toxic, acidic, anaerobic, parasite-laden, and systemically diseased body, or an alkaline, oxygen rich cellular system, which is vitally strong, and capable of defending itself against common illnesses associated with an average lifestyle? The decision is yours. Every action you take is a choice toward health or death. Which will you choose?

Characteristics of Acidity

Acidity, by its nature, breaks down bodily tissue. It is created by metabolic, dietary and environmental waste. The minerals which are acid-forming also

known as alkaline-binding minerals are: phosphorous, chlorine, sulfur, silicon, iodine, and bromine. Acids are highly irritating to delicate internal tissue. An acidic chemistry will promote tissue dis-ease and symptomatic side-effects. Cells can adapt to their unnaturally acidic environment. That abnormal cell-growth is often diagnosed as tumorous or cancerous. Research has shown that most disease is a result of acidic build-up and an anaerobic environment. This may sound over simplified, yet it is the initial "root cause." In addition, when acidic accumulation is not eliminated properly, body alkalinity decreases and acidity increases.

An acidic pH will greatly disrupt the body's mineral balance of the three dominant alkaline minerals: sodium, calcium, magnesium. The body will take calcium from the bones to neutralize the acid environment. Eventually it will use up or transmute its own reserve of alkaline minerals to balance its chemistry. When toxins remain: weight gain or loss, calcium deposits, tissue inflammation, joints and bones deterioration, swollen joints, body aches, tumors, lymph congestion, excess mucus production, skin problems, allergies, colds, flu, swollen tonsils, loss of eyesight, muddled thinking. In addition to this, a host of severe aggravation will occur from yeast and parasitic infections...

Which will you choose?

Alkalinity creates. . .

Sense of oneness & harmony
Allows for friendly bacteria
Healthy organs & glands
Decreased body aches
Diminished illness
Relaxed behavior
Mucous less body
Cellular health
Well-being
Happiness

Acidity creates. . .

Irritability
Depression
Mucous build-up
Autointoxication
Anxious behavior
Increased illness
Cellular degradation
Increases body aches
Allows for bad bacteria
Sense of separation & pain

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