

8029 - pH Body Balance

What is pH?

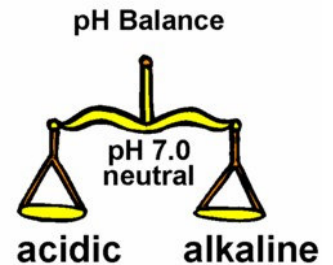
pH (potential of hydrogen) gives a numerical number that represents the balance of positively charged ions (acidic) and negatively charged ions (alkaline) in your body. The higher the number the more alkaline, the lower the more acidic your body is. Our bodies should aim for a minimum of a pH of 7.35 - 7.45. When our body is out of this range it can't perform its natural functions optimally.

Sources: <http://www.healthy-holistic-living.com/ph-balance-in-the-body.html> & Genuine Health.

How do our bodies balance the pH?

Our bodies can be too acidic from our diet, emotional stress, toxic overload and immune reactions. Having a diet that is high in acidity, from foods like animal proteins, caffeine and processed foods puts pressure on your body to neutralize (balance) the pH in your body. This buffering comes from using the body's reserves of sodium, potassium, magnesium and calcium and from vital organs and bones. These processes can deplete these minerals from the body and interfere with normal, healthy functioning.

Source: <http://www.trans4mind.com/nutrition/pH.html>



Signs your body may be too acidic

- Weight gain
- Poor skin and hair health
- Lack of energy/fatigue
- Osteoporosis and joint pain
- Acceleration of free radicals (premature aging)

Quick Fact

If blood pH moves below 6.8 or above 7.8, cells stop functioning and the body dies.

Source:

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pH and Vitamin Absorption

If your body is in an acidic state it is too busy neutralizing itself to properly digest and absorb the good nutrients and minerals from your diet. Until you neutralize your diet your body can't benefit from the healthy food that you are eating. Even vitamins taken in supplement form can't be absorbed in an acidic state.

Table of Most Acidic and Most Alkaline foods

FOOD CATEGORY	High Alkaline	Alkaline	Acid	High Acid
BEANS, VEGETABLES, LEGUMES	Vegetable Juices, Parsley, Raw Spinach, Broccoli, Celery, Garlic, Barley Grass	Carrots, Green Beans, Lima Beans, Beets, Lettuce, Zucchini, Carob	Pinto Beans, Navy Beans	Pickled Vegetables
FRUIT	Dried Figs, Raisins	Dates, Blackcurrant, Grapes, Papaya, Kiwi, Berries, Apples, Pears	Canned Fruit	
GRAINS, CEREALS			White Rice, White Bread, Pastries, Biscuits, Pasta	
MEAT			Fish, Turkey, Chicken, Lamb	Beef, Pork, Veal, Shellfish, Canned Tuna & Sardines
EGGS & DAIRY		Breast Milk	Eggs, Camembert, Hard Cheese	Parmesan, Processed Cheese
NUTS & SEEDS		Hazelnuts, Almonds	Pecans, Cashews, Pistachios	Peanuts, Walnuts
BEVERAGES	Herb Teas, Lemon Water	Green Tea	Wine, Soda/Pop	Tea (black), Coffee, Beer, Liquor
SWEETENERS, CONDIMENTS	Stevia	Maple Syrup, Rice Syrup	Milk Chocolate, Brown Sugar, Molasses, Jam, Ketchup, Mayonnaise, Mustard	Artificial Sweeteners

Source: <http://www.trans4mind.com/nutrition/pH.html>