

# STAY SAFE STAY HEALTHY

## A BALANCED PH FOR A HEALTHY BODY

### What is pH and how does it work?

pH is the measure of the acidity or alkalinity of a substance. The pH scale runs from 0 to 14. A lower number means a higher level of acidity (and generally less oxygen) is present, and a higher number indicates a higher level of alkalinity. A solution is considered neutral, neither acid or alkaline, when it has a pH of 7.

Your blood needs the right balance of acid and alkaline compounds to function properly. Your kidneys and lungs work to keep the acid-alkaline balance. Even slight variations from the normal range can have significant effects on your vital organs.

### What can happen if my body is too acidic?

When the body's fluids become too acidic, minerals are pulled out of bones and tissues to compensate. In the long term, this leads to thinner bones and lower muscle mass. Overly acidic tissues make you susceptible to inflammation, a known risk for many chronic diseases. They also impair enzymatic reactions in cells and overload the lymphatic system, impeding the body's natural detoxification process.

### pH Balance is important because it helps you:

- Improve digestion
- Enhance vitamin and nutrient absorption
- Prevent illness
- Have more energy (less or no fatigue)
- Generally feel better
- Sleep better
- Maintain proper body weight and metabolism

### How to Measure Your pH

The first step in establishing an alkaline diet is to assess your current pH. Your pH can be measured at home using litmus paper that measures the acidity of your urine or saliva. Litmus paper can be purchased online or at many health-food stores.



- After six hours of sleep, get a test strip and moisten the paper with either urine or saliva.
- If using saliva, you should first rinse your mouth with water, spit it out in the sink, and then spit again. Do not eat, drink, or brush your teeth before the test.
- As the test paper is moistened, it will take on colour. The colour relates to the acid or alkaline state of your urine or saliva and ranges from yellow to dark blue. Match the colour of your test strip with the chart provided on the back of the test kit.
- Remember, anything below a 7.0 indicates a more acidic level in the body and anything over 7.0 is more alkaline.
- Ideally, you want to have your body between 7.0-7.5.

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### 5 Simple Steps to a More Alkaline System

- 1. Balance** your diet with a 60/40 alkaline/acid diet, then up the ratio to 80/20. Focus on green veggies, smoothies, and juices. Fruits of all types, even citrus fruits considered acidic, are all alkaline-yielding.
- 2. Moderate exercise** helps the lymph eliminate acid wastes. Over-exercising can create lactic acid. Balance is the key.
- 3. Hydrate.** As treated water tends to be acid-yielding, squeeze some lime or lemon into the water you are drinking to neutralize it.
- 4. Key minerals** involved with the buffering process are magnesium, potassium, calcium, and sodium. Ironically, dairy foods tend to be more acidic, so consider finding other sources of calcium for your diet.
- 5. Oxygenate,** sleep better and stress less. Stress and poor sleep contribute to acidity. Try incorporating deep breathing exercises and meditation into your lifestyle.

### Choose the Right Foods for a Neutral pH

This image details which foods are acidic and which are alkaline. By eating more alkaline foods, you can start to balance your pH levels and be on the path to better health!

