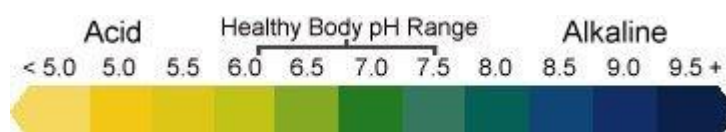


Acid Alkaline Imbalance

Understanding pH

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14. The lower pH values show a more acid state. The higher pH values show a more alkaline state. A neutral pH will read 7.

Water comprises 70% of the body, making it the most abundant compound in the body. The acid-alkaline ratio in the body is called the pH. The pH is a balance between acid-forming ions (positively charged) and alkaline-forming ions (negatively charged). Our bodies are constantly fighting to normalize pH levels. When negative factors impact our bodies ability to maintain optimal pH values, our health is in crisis.



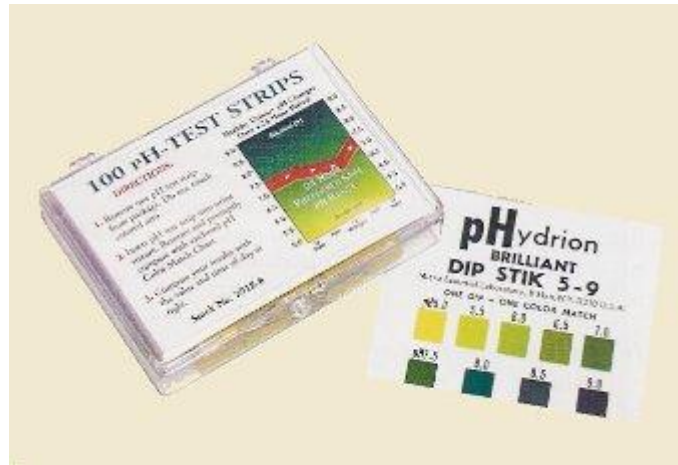
When discussing pH in this manner, we are discussing the pH of the body's fluids and tissues. We are not discussing the stomach's actual pH.

Believe it or not, this concept is not new. Dr. William Howard Hay published a book in 1933 called *A New Health Era*. In his book, he states that all disease is caused by **autotoxication** (or "self-poisoning") due to acid accumulation in the body.

More recently *Alkalize or Die* was published by Dr. Theodore A. Baroody which follows the same premise. "*The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!*" Theodore A. Baroody, N.D., D.C., Ph.D.

Using pH Testing Strips

Testing your pH, can help you and your herb consultant determine the diet and supplements that may be unique to YOU. Using pH test strips are convenient and something ANYONE can do at home. I always recommend starting with your urine pH first. Your urinary pH should fluctuate between 6.4 to 7.0 in the morning for your body to function within a healthy range. ***Testing your urine pH should occur upon first waking, following a fast after 6 pm the night before.*** I recommend testing your pH for 2 weeks, at least 3-4 nights a week. Take the weekly average. Try to make note of specific foods you have eaten the day and night prior to your urine pH sample. You may freely drink good water.



Urine pH

Urine testing may indicate how well your body is excreting acids and assimilating minerals, particularly calcium, magnesium, sodium and potassium. These minerals function as "buffers." Buffers help maintain and balance the body against the introduction of too much acidity or too much alkalinity. Even with the proper amounts of buffers, acid or alkaline levels can become extreme. When the body ingests or produces too many of these acids or alkalis, it must excrete the excess. The urine is the way the body removes any excess acids or alkaline substances that cannot be buffered. If the average urine pH is below 6.4, the body's buffering system is overwhelmed. If your urine pH test is constantly below 6.4, your body needs immediate attention. Acidity promotes inflammation. Inflammation leads to disease. Over alkalinity is relatively rare, but if your urine consistently tests above 7.0 pH, there is aid for this condition as well.

Saliva pH

In order to look closer at your digestive system, saliva pH may be suggested. If the saliva pH is too low (below 6.5), the body may be producing too many acids. The body may also be so acidic and overwhelmed that it can no longer adequately remove toxins through the urine. When the saliva pH is too high (over 6.8), the body may suffer immensely with symptoms such as excess gas, constipation, and yeast, mold, and fungal issues.

So What's the Real Problem?

A pH-balanced environment allows your body to fight off disease. When your body is not in balance, your body is more susceptible to a host of ailments as well as chronic disease.

Most people who test their pH will find that they suffer from an acidic terrain. This acidity can increase inflammation. High acidity levels interfere with your bodies uptake of certain vitamins and minerals. This means that your body, when acidic, is constantly struggling with a nutrient deficiency. When this problem goes undetected, chronic issues can develop. The typical American diet is to blame for most of our acidosis. The SAD (Standard American Diet) is high in acid-forming foods such as meat, eggs, and dairy. The foods that help to alkalize the body would be all of our fresh vegetables. We are a society that loves sugar and sweets, which are all acidic in nature. Americans can not get enough of the sodas and coffee. While I do not feel coffee is bad for every client of mine, I do feel that soda, of **ANY** type, is detrimental to everyone's health!! If you still do not believe artificial sweeteners are dangerous chemical derivatives and toxic to your system, do believe they are top of the acid-forming list. Many prescriptions ordered today are acid forming in our bodies! What is the answer? A prescription for an acid-reducer of course! We are a society taking prescriptions to balance dangerous side effects of other prescriptions. When the problem of acid-alkaline imbalance goes undetected, it is not a question of **IF** chronic issues will develop, it is a question of **WHEN?** Cumulative acidity can take weeks or months to change. The acidity we are discussing here does not refer to acid in the stomach. You want acid in your stomach to digest your food. If you are having reflux, there is an imbalance that needs to be addressed. Also, if you are not getting the results you expected from your nutritional or herbal program, look for an acid-alkaline imbalance. It could be you are on a good program but in an unfavorable terrain.

Acidosis can be an underlying cause of the following issues:

- Cardiovascular damage
- Weight gain/obesity
- Bladder and kidney conditions
- Immune disorders and Auto-Immune disorders
- Cancer
- Hormone concerns
- Premature aging
- Chronic fatigue/ low energy
- Fibromyalgia
- Joint pain, and aching muscles
- Digestion issues
- Constipation
- Diabetes
- Yeast/Fungal Overgrowth
- ETC!!!

Please know that you can make a difference in your health and it starts with your diet. The following chart is a brief overview of some acidic and alkaline-forming foods.

Most Alkaline	Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Acid	Most Acid
Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	SWEETENERS	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Aspartame, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	FRUITS	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blackberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	BEANS VEGETABLES LEGUMES	Cooked Spinach, Kidney Beans, String Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Chocolate
	Almonds	Chestnuts	NUTS SEEDS	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
Olive Oil	Flax Seed Oil	Canola Oil	OILS	Corn Oil		
		Amaranth, Millet, Wild Rice, Quinoa	GRAINS CEREALS	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			MEATS	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
	Breast Milk	Soy Cheese, Soy Milk,	EGGS DAIRY	Eggs, Butter,	Raw Milk	Cheese, Homogenized

		Goat Milk, Goat Cheese, Whey		Yogurt, Buttermilk, Cottage Cheese		Milk, Ice Cream
Herb Teas, Lemon Water	Green Tea	Ginger Tea	BEVERAGES	Tea	Coffee	Beer, Soft Drinks

Please know that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline. Lemons are a great way to aid with forming an alkaline terrain. Most meat will test alkaline before digestion but it leaves a very acidic residue in the body. Most all animal products, especially meat is very acid-forming in the body.

Encouraged reading:

Alkalize or Die by Dr. Baroody- This book recommends healthy food choices that are alkaline-forming. The food chart below is a brief overview of the books recommendations.

Sited and Chart References:

School of Natural Health Manual and Handouts, Nature's Sunshine Products
 Alkalize or Die by Dr. Baroody
 Running on Empty, The "Untold Truth" Series, Nature's Sunshine Products

This information is for educational purposes only. It should not be used to treat or diagnose disease of any kind. If you have a serious health problem, please consult a qualified health professional.