

Why it is important to balance your pH!

ACID-ALKALINE BALANCE

Acid-alkaline balance has become a popular topic among alternative medicine practitioners and researchers. Commonly referred to as "pH" (potential for hydrogen), the acid/alkaline continuum ranges from 0 - 14 with 7 as neutral. The lower end of the scale (below 7) is acid and above 7 is alkaline.

Views on this subject range from an almost total disbelief that pH is a significant factor in disease to the opposite extreme as exemplified by Theodore Baroody in his book *Alkalize or Die*. Even the experts, who acknowledge that a neutral or slightly alkaline pH is good, disagree on what this means with regard to body fluids. For example, some researchers consider a slightly acid urine pH to be normal (healthy) because it might indicate that the body is eliminating acids that are a natural product of metabolism. Other experts maintain that the urine should be close to neutral or slightly alkaline.

Acid/alkaline balance is extremely important to normal physiology. For example, the blood will maintain a slightly alkaline range of 7.35 to 7.45. Extended pH imbalances of any kind are not well tolerated by the body. The management of the pH factor is so important that the body's primary regulatory systems (especially breathing, circulation and eliminations) closely regulate acid-alkaline balance in every cell and system of the organism.

Some researchers believe that high acidity can deplete bones because the body has to steal alkalizing minerals (especially calcium) from bones to keep the blood from dropping into the acid range. Thus acid/alkaline balance may be relevant to diseases such as osteoarthritis and osteoporosis.

Alkalinity can be increased by consuming less meat and sweets and more vegetables and fruits. Although eating fruit to increase alkalinity may seem to be a contradiction because some fruits (especially citrus) are acidic outside the body, digestion uses up their acidic components, leaving an alkaline residue (ash). Thus the net effect is alkaline-producing in the system.

Edgar Cayce consistently emphasized the importance of maintaining a proper acid/alkaline balance in the body. For most individuals, Cayce noted that "a normal diet is about twenty percent acid to eighty percent alkaline-producing."

According to Cayce, numerous factors can increase acidity including negative emotional states, inadequate chewing (mastication) of food, and poor eliminations. Perhaps the most common factor cited by Cayce is diet. Eating acid-producing foods or combining foods improperly (even alkaline-producing foods) is said to lead to hyperacidity, even to "superacidity" in some instances.

High systemic acidity was consistently noted by Edgar Cayce in conditions such as arthritis. He sometimes observed that infectious agents (such as viruses) do not thrive in an alkaline environment: "cold CANNOT - DOES NOT - exist in alkalines." In another instance when asked how to prevent colds, Cayce responded, "Keep the body alkaline! Cold germs do not live in an alkaline system! They do breed in any acid or excess of acids of any character left in the system."

Several solid scientific studies are supportive of Cayce's assertion that alkalinity can provide protection from viral infections such as cold or flu. Interestingly, many viruses, including the rhinoviruses most often responsible for the common cold infect host cells by fusing with the cell membrane in an acidic environment.

Edgar Cayce insisted that acid/alkaline balance could be easily checked. Numerous readings encourage the measurement of pH balance in saliva and urine as an objective means of monitoring this crucial aspect of physiology.

A research conference provided an excellent opportunity to apply Cayce's suggestions and measure the results. The conference participants included seven people suffering from arthritis, three persons with high blood pressure, a man with diabetes, and five support persons. We asked these individuals to provide urine samples during eight days of the conference.

We collected a total of 472 samples that were measured for pH. We used simple digital testers to measure the pH of the urine. We decided not to test saliva, as the instruments require a significant amount of material, making urine much more practical for a large group of individuals.

As the conference proceeded, there was a trend for the group as a whole to produce higher levels of alkaline urine with regard to total number of samples that reached neutral (7.0) or above (indicating alkalinity). Also, the percentage of individuals whose urine reached 7.0 or above increased during the conference. Statistical analysis demonstrated that the results were statistically significant, an important research criterion. Thus we concluded that following the Cayce diet does produce a more alkaline system (remember, higher pH is more alkaline, lower pH is more acid).

We have yet to determine what are the long-term health effects of keeping an acid/alkaline balance with a tendency toward alkalinity. Presumably, maintaining proper acid/alkaline balance (which for most people means increasing alkalinity) will have a therapeutic effect.

You can work with Edgar Cayce's suggestions for measuring your own pH (urine and saliva) and making adjustments to your lifestyle accordingly. Here are points from the readings to keep in mind as you analyze your findings:

Gulping food or washing it down with liquids increases acidity. Chewing mixes alkaline producing saliva with food particles to prepare it for digestion.

Exercise reduces acid load on the system.

Being upset while eating (especially anger) increases acidity. Never eat when angry or upset.

Combining citrus with grains produces increased acidity.

Alkalize or Die!

In the 1930's, Dr Howard Hay devised a diet plan popularly known as "food combining", which has helped millions of people towards better health. He recommended eating alkaline forming foods, avoiding refined and heavily processed foods, fruit on its own, and not to eat protein rich and carbohydrate rich foods together. These factors are still valid today.

One of Dr. Hay's greatest observations was that people with more acidic blood were more likely to be ill. He defined a pH range of 7.4 to 7.5 to be associated with good health. When foods are metabolized, acids are produced which are neutralized by the alkaline salts (carbonates) of calcium, magnesium, potassium and sodium. Foods containing chlorine, phosphorous, sulfur and nitrogen, animal products and refined carbohydrates tend to be acid forming. Strenuous exercise has a great effect in that it creates more acid in the body. So athletes be advised, carbo-loading with pasta and other refined carbohydrates is also acid forming. Your performance and health can be adversely affected by not keeping your body alkaline!

In her book "The Wright Diet", Celia Wright describes the over-acid person as being grouchy, sensitive, exhausted, inclined to aches and pains, headaches, and problems with sleeping and acidity of the stomach. Smokers have been found to have a high acid content in their urine. Cravings appear to be reduced on a more alkaline diet.

Acidic Salts

Dr. Hidemitsu Hayashi, Director of the Water Institute, Tokyo, says that bad diets such as meat and potatoes, fried foods, soft drink colas, and sugars build up acid salts in the body. Often these deposits, by having to be stored away from the blood flow, can remain in the body for decades. He recommends the consumption of ionized alkaline water, which will slowly and gently wash these salts away.

The accumulation of non-disposed acidic wastes within our body is a main contributor to the aging process. As most of the foods we eat are acidic forming, the waste products are acidic, and can only be removed by alkaline solvents. If the body is struggling to obtain sufficient alkaline from the diet to make the bloodstream a constant pH of 7.4, it has to resort to other methods. It can take calcium from the bones (osteoporosis) or it can store it in the tissues as solid acid waste so removing it from the bloodstream. Over a period of many years with the same dietary habits, this can amount to a very large amount of toxic acid waste, waiting for diseases to take place. It is probably no coincidence that cancer cells are acidic.

Dr. T. Baroody Ph.D. states that it is absolutely imperative to keep the body more alkaline so the body can heal itself. We should be eating 80 percent alkaline forming foods and 20 percent acid forming foods. Unfortunately the average western diet is skewed the other way around, which after a period is a recipe for disaster.

Examples of strongly acid forming foods and those of strongly alkaline forming foods

Colas 1.0
Soft drinks artificially sweetened 1.0
Sugar 1.0
Liquor 1.0-2.0
Coffee 1.5
Salt Refined 1.5
Wheat Refined 1.5
White Rice 1.5
Cereal Corn 2.5
Meat 2.5
Fried Potato Chips 3.0
Chicken & Fish 3.0
Prescribed drugs are normally highly acidic
Melons 7.0
Asparagus 6.5
Pineapple 6.5
Fresh Fruit Juices 6.5
Avocados 6.0
Citrus Fruits 6.0
Most Vegetables 5.0-6.0
Potatoes with Skin 5.5
Almonds 5.0

The above pH figures are approximate and are measured by testing the residue after combustion or in other words digestion. For example, cola maybe (2.5) before digestion, but (1.0) after digestion. What must be remembered is that each unit change of pH is to the power of ten. In other words, a decrease of pH from seven to six is an increase of acidity of ten times! From seven to five is an increase of acidity of 100 times!

With modern foods, it really is not easy to obtain an alkaline diet, in fact if one followed correct practice; one would be labeled a fanatic or even a nerd! Dr Theodore Baroody ND, Ph.D., who is a foremost authority on acidity of the body, has written a five star book called "Alkalize or Die," which is a must read for those concerned with health and longevity. The newest concept in drinking water today is alkaline water.

Comments & Lecture Notes by Dr. Mona Harrison, MD Director International Water Council

Cancer tumors cannot live in alkaline water. All cancer patients should be on alkaline water, and you and I should be drinking alkalized water so our bodies won't provide an environment for cancer tumors to live.

Alkaline water is fantastic for insomnia and colic.

The brain is 90% water and when it can't maintain that percentage it will pull water from all other parts of the body.

Salt, caffeine, nicotine, Valium, alcohol and sugar put your body out of balance. If we don't keep our blood pH at 7.3 or above, death will occur. In fact, death will occur if the blood pH goes below 7.

Urine that has a strong odor indicates an unhealthy body. If the body is balanced there is no ammonia and protein in the urine. An over acidic body causes kidney stones and gall stones.

Cysts are the beginning of tumors, which lead to cancer because minerals are deficient from that part of the body. Cancer is a long period of mineral deficiency caused by an over acid condition of the body.

Distilled water is neutral, dead water, and has no minerals or charge.

We are aging too fast because we are acidic and dehydrated!

Cause Of Cancer & pH

Herman Aihara, in his book entitled "Acid & Alkaline" states that:

If the condition of our extra cellular fluids, especially the blood, becomes acidic, our physical condition will first manifest tiredness, proneness to catching colds, etc. When these fluids become more acidic, our condition then manifests pains and suffering such as headaches, chest pains, stomach aches, etc. According to Keiichi Morishita in his Hidden Truth of Cancer, If the Blood develops a more acidic condition, then our body inevitably deposits these excess acidic substances in some area of the body such so that the blood will not be able to maintain an alkaline condition which causes these areas such as the cells to become acidic and lowers in oxygen.

As this tendency continues, such areas increase in acidity and some cells die; then these dead cells themselves turn into acids. However, some other cells may adapt in that environment. In other words, instead of dying - as normal cells do in an acid environment - some cells survive by becoming abnormal cells. These abnormal cells are called malignant cells. Malignant cells do not correspond with brain function nor with our own DNS memory code. Therefore, malignant cells grow indefinitely and without order. This is cancer.

One of the least understood concepts of nutrition is understanding what acid and alkaline balance is. The cells of the human body depend on a balanced acid-alkaline pH. If any fluids are abnormal, digestive enzymes are rendered inactive, food does not digest properly, and allergic reactions can result. Food bound microorganisms such as yeast, bacteria, parasites; molds, viruses, etc. are liberated in the body, which puts stress on the immune system.

The body is largely made up of water, a medium which is biologically useful in allowing nutrients, oxygen and bio-chemicals to be transported from place to place.

This water-based medium can have either acid or alkaline properties that are measured by a graduated scale called pH (for potential hydrogen), wherein 1.0 to 6.9 is considered acidic, 7.0 is neutral and 7.1 to 14.0 is alkaline. The lower the pH number, the greater the acidity, and the higher the pH number, the greater the alkalinity. Optimally, we want the fluids in our bodies to have a neutral or 7.0-7.2 pH level. Under 5.3 you cannot assimilate vitamins or minerals, it must be above 6.4 for maximum utilization and weight loss. Urine or saliva pH levels should be tested in A.M. prior to eating, drinking, or exercising.

Why should we be concerned about pH levels? Since most of the body is water-based (50-60%), the pH level has profound effects on all body chemistry, health and disease. All regulatory mechanisms (including breathing, circulation, digestion, hormonal production) serve the purpose of balancing pH, by removing caustic metabolized acid residues from body tissues without damaging living cells. If the pH deviates too far to the acid side or too far to the alkaline side, cells become poisoned by their own toxic waste and die. Just as acid rain can destroy a forest and alkaline wastes can pollute a lake; an imbalanced pH corrodes all body tissue, slowly eating into the 60,000 miles of veins and arteries like corrosives eating into marble. If left unchecked, an imbalanced pH will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain.

The Alkaline Diet to Balance Ph

I have tried to compile as complete a list of foods for you as I can in their appropriate categories for the alkaline diet and to balance ph. If you have tested your ph and are below 6.4 first thing in the morning, then 80% of your diet should be from the alkaline diet food category. The other 20% can be from the acid forming foods. I would in any case stay away from the Highly Acid and Acid Forming Foods like coke. Colas have a ph of 2.8 and it would take 32 glasses of alkaline water with a ph of 7.0 to neutralize the acid from one can of coke in the body.

There are two kinds of alkaline and acid forming foods. One of course is the acids or alkaline substances the foods themselves contain. The other is the acid or alkaline forming ability of a food after it is digested. Take for instance a lemon which is very acidic, but once digested it has an alkalizing effect in the body. The absolute best foods for the alkaline diet and to **raise body ph** are not surprisingly green.

High Alkaline Diet & Alkaline Forming Foods to Balance Ph

Sea salt, mineral water, baking soda, seaweed, onion, lentils, pumpkin seeds, taro root, lotus root, sea vegetables, sweet potatoes, limes, lemons, persimmon, nectarines, watermelon, raspberry, pineapple, and tangerines.

Moderately Alkaline Diet & Alkaline Forming Foods to Balance Ph

Apricot, apples, spices, kombucha, alfalfa sprouts, unsulfured molasses, avocados, soy sauce, currants, cashews, dates, chestnuts, figs, pepper, garlic, kohlrabi, grapes, guavas, parsnip, asparagus, kale, grapefruit, parsley, endive, arugula, mustard green, ginger root, peaches, pears, peas, broccoli, lettuce, potatoes, carrots, mango, oranges, strawberries, squash, cantaloupe, honeydew, pumpkin, loganberry, olive dewberry, sweet corn, turnip, and apple cider vinegar.

Low Alkaline Diet & Alkaline Forming Foods to Balance Ph

Most herbs, almonds, green tea, mu tea, jerusalem artichokes, brussel sprouts, rice syrup, cherries, fresh coconut, sake, quail eggs, cucumbers, eggplant, primrose oil, sesame seed, raw honey, leeks, cod liver oil, almonds, mushrooms, okra, sprouts, bell pepper, cauliflower, olives, onions, pickles, cabbage, rutabaga, radishes, sweet tomatoes, ginseng, eggplant, collard green, egg yolks, essence bread, raw goats milk and whey, olive oil, whole sesame seeds, homemade mayonnaise, blackberry, raisin, papaya, and sprouted grains.

Very Low Alkaline Diet & Alkaline Forming Foods to Balance Ph

Oats, duck eggs, ginger tea, grain coffee, ghee, quinoa, umeboshi vinegar, wild rice, coconut oil, flax oil, olive oil, japonica rice, chive, celery, beet, okra, most other seeds, turnip greens, cilantro, lettuce, blue berries, and banana.

Neutral Foods

Butter, raw milk, raw cream, most expeller pressed oils, and plain yogurt.

Very Low Acid & Acid Forming Foods to Balance Ph

Pumpkin seed oil, grape seed oil, sunflower oil, canola oil, cream, butter, goat/sheep cheese, spinach, fava beans, black-eyed peas, string beans, wax beans, zucchini, chutney, rhubarb, coconut, guava, dry fruit, figs, dates, Curry, kona coffee, honey, maple syrup, vinegar, chicken, gelatin, organs, venison, fish, wild duck, triticale, millet, kasha, amaranth, brown rice, and pine nuts.

Low Acid & Acid Forming Foods to Balance Ph

Buckwheat, wheat, spelt, cow milk, aged cheese, soy cheese, goat milk, teff, kamut, farina, semolina, white rice, almond oil, sesame oil, safflower oil, tapioca, seitan, tofu, pinto beans, white beans, navy

beans, red beans, aduki beans, lima beans, chard, plum, prune, tomatoes, vanilla, alcohol, black tea, balsamic vinegar, game meat, lamb, mutton, boar, elk, goose, turkey, shell fish, and mollusks.

Moderately Acid & Acid Forming Foods to Balance Ph

Nutmeg, coffee, casein, milk protein, cottage cheese, soy milk, pork, veal, bear, mussels, squid, chicken, maize, barley groats, corn, green peas, peanuts, snow peas, other legumes, garbanzo beans, cranberry, pomegranate, rye, oat bran, pistachio seeds, chestnut oil, lard, pecans, and palm kernel oil.

Highly Acid & Acid Forming Foods to Balance Ph

Tabletop sweeteners like (NutraSweet, Spoonful, Sweet 'N Low, Equal or Aspartame), pudding, jam, jelly, table salt, beef, lobster, pheasant, barley, cottonseed oil, hazelnuts, walnuts, brazil nuts, beer, yeast, hops, malt, sugar, cocoa, white (acetic acid) vinegar, processed cheese, ice cream, fried foods, soybean, and soft drinks.

Other Acid Forming Compounds

Most prescription medicines and over the counter drugs can be highly acidic as well. Recreational drugs and alcohol are also acid forming. Chemicals and toxins that we use and are exposed to every day at home which number upwards of 250 also cause acidity, overloading the immune system and the liver. Disease and the growth of microforms result which can create even more acidity. Eventually, life threatening diseases can develop and can result in death.

To help balance ph by using the alkaline diet and certain alkalizing health supplements, the body can cleanse itself of toxins and restore health on a cellular level. Oxygen and nutritional absorption for the body is greatly enhanced creating an environment where the immune system can heal and rebuild itself.