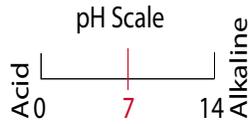


# pH

## Do You Understand Its Importance?



### What Is pH?

Simply stated, pH is scale between 1-14 that is used to measure acidity and alkalinity. A pH of 7.0 is defined as neutral. A pH above 7 is alkaline, and a pH below 7 is acid.

The body is alkaline by design, but acid by function. Healthy blood runs a little alkaline so it has the reserves to buffer the acidity that is created by physical/mental activity, stress, the polluted environment, our vitamin/mineral depleted food supply and more. The blood pH cannot vary too much or it causes degeneration.

### Just Like A Pool?

If you have a pool or hot tub you may recognize roughly 7.0 as being the optimal pH to discourage the growth of bacteria and algae. Just like a pool, your body needs to maintain an optimal pH so that it may ward off terrible disease and dysfunction. More and more research is telling us that an improper pH balance can lead to a number of degenerative diseases and premature aging.

In most of the body and in the blood, the optimal pH is roughly chemically neutral. A Urine pH of about 6.4 and a saliva pH of about 6.8 is considered ideal. Think of it like this: the Urine pH is indicative of how well the body is doing at removing acid waste, whereas the Saliva pH is indicative of how much acid waste is remaining in the system. If someone were to have a Saliva pH of 6.8 and a Urine pH of 6.4, it may be concluded that the body is doing a relatively good job of removing waste while also remaining close to chemically neutral, i.e., 7.

### Hard to Ward Off Acidity

Why is it so difficult to ward off acidity? While alkalinity is essential for healthy body function, virtually every normal and necessary metabolic process in the body produces acidic by-products that can lower (acidify) the body's pH.

Acids are produced by a number of everyday things. Processed foods, consistent exposure to pollution, toxins and stress are only a few examples of things that contribute to the body's acid and/or toxic load. Your body continually strives to correct this acid/alkaline imbalance, in the same way it strives to maintain body temperature. A normal, healthy body balances pH levels by buffering and eliminating harmful acids through the lungs, kidneys, colon and skin. However these acid buffering organs may find it difficult to deal with the high level of everyday poisoning that results from today's environment.

In some instances, the body does not have enough acid neutralizers to balance the acids produced. If the body finds itself in an overly acid situation it may be forced to borrow alkalizing minerals, such as calcium, from your bones, as it attempts to restore pH balance. Over time, this pH imbalance can lead to a build up of metabolic wastes, as well as serious depletion of essential bone-building and health maintaining minerals. There is a definite need in today's world to alkalinize the body.

The pH of your body is a delicate thing and it needs to remain in balance. Someone who is overly alkaline or overly acid may also be setting the stage for terrible health problems. There is a way to maintain proper pH balance. Use pH test paper to test your urine and saliva about 10:00 am prior to eating.