



## Boulder Natural Medicine Clinic, LLC

### Acid Alkaline Imbalance

Over acidity, which can become a dangerous condition that weakens all body systems, is very common today. It gives rise to an internal environment conducive to disease, as opposed to a pH balanced environment which allows normal body function necessary for the body to resist disease. A healthy body maintains adequate alkaline reserves to meet emergency demands. When excess acids must be neutralized our alkaline reserves are depleted leaving the body in a weakened condition. A pH balanced diet, according to many experts, is a vital key to health maintenance.

The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a ground-breaking book, *A New Health Era* in which he maintains that all disease is caused by **autotoxication** (or "self-poisoning") due to acid accumulation in the body:

*Now we depart from health in just the proportion to which we have allowed our alkali's to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so.—William Howard Hay, M.D.*

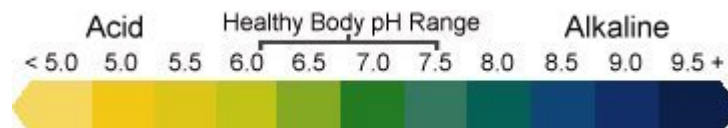
More recently, in his remarkable book *Alkalize or Die* (see recommended reading); Dr. Theodore A. Baroody says essentially the same thing:

*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.*

#### 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 the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7 which is neutral.

Water is the most abundant compound in the human body, comprising 70% of the body. The body has an acid-alkaline (or acid-base) ratio called the pH which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The body continually strives to balance pH. When this balance is compromised many problems can occur.



It is important to understand that we are not talking about stomach acid or the pH of the stomach. We are talking about the pH of the body's fluids and tissues which is an entirely different matter.



## Test Your Body's Acidity or Alkalinity with pH Strips:

It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. **If your urinary pH fluctuates between 6.0 to 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within a healthy range.** The best time to test your pH is about one hour before a meal and two hours after a meal. Test your pH two days a week.

Most people who suffer from unbalanced pH are acidic. This acidic condition forces the body to borrow minerals—including calcium, sodium, potassium and magnesium—from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage due to high acidity—a condition that may go undetected for years.

### Mild acidosis can cause such problems as:

- **Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen.**
- **Weight gain, obesity and diabetes.**
- **Bladder and kidney conditions, including kidney stones.**
- **Immune deficiency.**
- **Acceleration of free radical damage, possibly contributing to cancerous mutations.**
- **Hormone concerns.**
- **Premature aging.**
- **Osteoporosis; weak, brittle bones, hip fractures and bone spurs.**
- **Joint pain, aching muscles and lactic acid buildup.**
- **Low energy and chronic fatigue.**
- **Slow digestion and elimination.**
- **Yeast/fungal overgrowth.**

## Urine pH

Urine testing may indicate how well your body is excreting acids and assimilating minerals, especially calcium, magnesium, sodium and potassium. These minerals function as "buffers." Buffers are substances that 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 perfect way for the body to remove any excess acids or alkaline substances that cannot be buffered. If the average urine pH is below 6.5 the body's buffering system is overwhelmed, a state of "autotoxication" exists, and attention should be given to lowering acid levels.



## Saliva pH

The results of saliva testing may indicate the activity of digestive enzymes in the body. These enzymes are primarily manufactured by the stomach, liver and pancreas. While the saliva also utilizes buffers just like the urine, it relies on this process to a much lesser degree. If the saliva pH is too low (below 6.5), the body may be producing too many acids or may be overwhelmed by acids because it has lost the ability to adequately remove them through the urine. If the saliva pH is too high (over 6.8), the body may suffer greatly, e.g. excess gas, constipation and production of yeast, mold and fungus. Some people will have acidic pH readings from both urine and saliva—this is referred to as "double acid."

### What Causes Me to be Acidic?

The reason acidosis is more common in our society is mostly due to the typical American diet, which is far too high in acid-producing animal products like meat, eggs and dairy, and far too low in **alkaline-producing foods like fresh vegetables**. Additionally, we eat acid-producing processed foods like white flour and sugar and drink acid-producing beverages like coffee and soft drinks. We use too many drugs, which are acid-forming; and we use artificial chemical sweeteners like NutraSweet, Equal, or aspartame, which are extremely acid-forming. **One of the best things we can do to correct an overly-acid body is to clean up the diet and lifestyle.**

**Refer to the pH Balance Chart below to balance and restore your pH . The chart lists foods from most alkaline to most acid.**

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,	Okra, Squash, Green Beans,	Carrots, Tomatoes, Fresh Corn, Mushrooms,	BEANS VEGETABLES LEGUMES	Cooked Spinach, Kidney Beans,	Potatoes (without skins), Pinto	Chocolate



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Parsley, Raw Spinach, Broccoli, Garlic	Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu		String Beans	Beans, Navy Beans, Lima Beans	
	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, Goat Milk, Goat Cheese, Whey	EGGS DAIRY	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	Raw Milk	Cheese, Homogenized Milk, Ice Cream
Herb Teas, Lemon Water	Green Tea	Ginger Tea	BEVERAGES	Tea	Coffee	Beer, Soft Drinks

Note 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 so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming. If you would like to test your pH, we have pH testing strips at the office for \$12.00. Please just give us a call to order at (303) 447-1339.

Thank you and enjoy your summer! ☺