

**ACID-ALKALINE BALANCE THE PH FACTOR**

by Aundrea Adams, ND

The key factor to reversing disease is maintaining a balanced acid-alkaline state in the body. When this balance is maintained, the body is a well-oxygenated environment. An acid is a caustic erosive sour substance that has an electropositive charge. An acidic body [acidosis] does not oxygenate properly and the body's ability to heal itself is impaired. This impairment is characterized by sick blood, diseased cells, inflammation, excess body fat and suppressed immune functions. These conditions are ideal for contracting and breeding various microorganisms, including viruses, bacteria, fungi, yeasts and parasites. A lowered immune system results in low resistance to infections, colds, flu, herpes outbreaks, cold sores, cancer, low energy, asthma and allergies. Allergies are an inflammatory reaction triggered by over-acidity. On the other hand, an alkali is a substance that neutralizes acid, and has an electronegative charge.

pH [potential of hydrogen concentration] is the term used to identify the intensity of an acid or alkali. The potential ranges from 0 [extreme acidic] to 14 [extreme alkaline]. There is a tenfold difference between each number. For instance, pH 5 is 10 times more acidic as pH 6. Optimally, we want the fluids in our bodies to have a neutral pH level, which is 7.0-7.2. No health disorder or disease can possibly sustain itself when the pH is maintained in the neutral zone. At this level, the body is highly oxygenated; it detoxifies and heals itself; its cells are energized; and it has a strong immunity to all diseases.

A pH less than 5.3 indicates an inability to assimilate vitamins or minerals. 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 [alkalosis], 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 our veins and arteries like corrosives eating into marble. If left unchecked, an imbalanced pH will interrupt all cellular

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activities and functions, from the beating of your heart to the neural firing of your brain.

As a general rule, acid substances tighten; and alkaline substances relax. Minerals are alkaline because they relax the body from tightness, tension, stiffness, spasms, twitches, tics or jerkiness as in nervousness, anxiety, anger, fear, agitation, headaches, muscle cramps, menstrual cramps, arthritis, insomnia, constipation, heart palpitations, irregular heartbeats, high blood pressure, eye twitches, acne, plaque on teeth, plaque on heart and arteries due to cholesterol build-up, plaque on the brain [Alzheimer's], and an accumulation of estrogen building up inside the tissues [estrogen dominance]. Due to the alkalinity of minerals, they loosen tumors, including fibroid tumors, endometriosis, cysts, moles, warts, skin tags, and other growths, and cause them to release their toxins. The relaxation property of alkaline minerals causes an increase in the bile duct emptying, as is needed with a sluggish gallbladder.

Other common acidic disorders characterized by tightness, tension, stiffness, twitches and jerkiness include Multiple Sclerosis, Parkinson's Disease, seizure disorders, ADD, ADHD, OCD, alcoholic tremors, teeth grinding, TMJ, blood clots, poor circulation, back pain, gout, fibromyalgia, acid reflux, cancer and the list goes on and on. Type A personalities are naturally more prone to develop these acidic conditions due to their almost-perpetual state of tension and rigidity.

The most recent research is finding that only about 15% of breast cancers are genetically prompted. The (Continued on p. 8)