Where to Begin with Nutrition

Acid Alkaline Fact Sheet

What is Acid-Alkaline Balance?

The pH scale is an important aspect of not only high school chemistry, but also understanding how nutrition plays a serious role in our everyday lives. Acid and alkaline are measured on a scale that ranges from 0 to 14. Zero is extremely acidic and 14 extremely alkaline or "basic".

Acid 0---------------<-------------7---------------->--------------- 14 Alkaline

Along this line, various substances exist. While we think of acidic substances as being caustic and harmful, extremely alkaline substances can also be dangerous. For example, bleach which is highly alkaline, has a pH of about 12.6. Sitting in the exact middle, at 7, is pure water. The story of why pH affects health begins with this fact: The human body is 70 to 80% water.

pH in the Body

With its high water content, the body is designed to operate with a slightly alkaline pH of 7.35 to 7.45. Maintaining this specific pH is so important that the body has three separate *buffer systems* that keep it constantly in check. Even a change of two hundredths of a point would cause catastrophic unbalances and even death. Luckily, these buffer systems do a fantastic job of maintaining the appropriate pH. The problem, from a practical standpoint, lies in the fact that the body will do almost *anything* to maintain that pH. For example, if the pH of the body drops dangerously close to 7.34, our bodies may steal calcium ions (which are alkaline) from our bones in order to bring us back toward the middle of the functional range. In order to assist our bodies in maintaining this pH without sacrificing anything, there are several things we can do:

We can avoid unnecessary acid-producing substances

In our environments, there are several things that produce acid. One of them, unfortunately, is cellular metabolism. Obviously, this one cannot be avoided. What we *can* avoid, however, are environmental and dietary sources of acid. These are numerous, but generally speaking, they include things like processed flour, dairy, refined sugars, and environmental pollutants. Avoiding these substances reduces the acid load that the body needs to buffer, thereby freeing up the body to work on other tasks like muscle repair, digestion, etc.

We can reduce stress

One of the major internal sources of acid is stress. Stress causes the body to work over-time, meaning greater cellular respiratory output. This means that each of the trillions of cells in your body is producing a small amount more acid, bringing the overall pH down. By reducing stress, we can lessen the load and aid our bodies in their natural efforts toward neutrality.

We can add alkaline to the system

In order to take pressure off of these buffer systems and avoid last-ditch measures like stealing calcium from our bones, we can add the *only* form of external alkaline there is: raw fruit and vegetables.

We can treat our organs

Through years of eating without regard for acid-alkaline balance, our organs can become damaged and begin to work below their maximum efficiency and capacity. From this damaged state, when we do begin to eat smarter, they will not be able to react exactly as they should. In order to combat this, organ and nervous system-based care is imperative. Once the body's many systems are back at full operation, the foods we eat can begin to make a greater impact on our overall health and lives.

Knowing where to begin with acid/alkaline balance is difficult. pH imbalances have many symptoms which can be challenging to identify, such as chronic fatigue, muscle and joint pain, memory lapses, irritable bowel syndrome, slowed healing, fibromyalgia and numerous others. At Cherubino Health Center, specific tests such as EMI, urine and saliva pH, can be done in order to determine what steps you should take to get back on track toward a healthy, happy, productive life.

As a patient of Cherubino Health Center, you have easy access to more detailed information, recipes, sample diets, and reports on nutritional topics like Acid-Alkaline Balance and more! (Acid Alkaline Full Report)