



FAMILY STRONG WELLNESS™

What is pH?

pH is a measure of how acidic or alkaline something is. The more acidic something is, the lower its pH will be. The more alkaline something is, the higher its pH will be. The pH scale runs from 1 to 14, with 7 being neutral.

How does pH affect my body?

Every cell in your body is designed to work the best under certain conditions:

- Proper temperature
- Proper salinity (saltiness)
- *Proper pH*

Your body works hard to maintain the proper balance so it can work and feel its best. Your blood pH has a narrow range, 7.35 and 7.45. The other tissues in your body are also kept in narrow ranges, all falling between 6.5 and 7.5 (except the stomach). When your body loses its balance, it can no longer run smoothly.

What happens to me when I become too acidic?

<u>Emotional Signs</u>	<u>Disease Signs</u>
Depressed	Osteoporosis
Tired	Crohn's/IBS
Angry	Diabetes
Irritable	Eczema
Pessimistic	Arthritis/Pain
Weak	Inflammation
Anxious	Infection

In the beginning, your body is able to maintain an ideal pH by breaking down the minerals in your bones and the protein in your muscles to create neutralizing products. However, after years and years of living an acidic lifestyle, your body loses its store of minerals and can no longer maintain balance. At this point, the bones and muscles are weakened, and your body's pH begins to drop. Over time this can cause increased pain, inflammation, and disease.

How do I find out my pH?

The pH of your urine is an excellent estimate of your body's pH. Testing urine pH with pH paper can give you a good idea of how acidic your body is. Because your body follows a natural rhythm, testing and recording your urine pH twice daily (the first time you go to the bathroom **after you wake up** (any time after 5am) and again specifically between the hours of **5pm-7pm**) provides valuable insight into your body's pH and health.



What makes my body acidic?

Diet, stress, and inflammation lower your body's pH:

Diet

The "western diet" is high in processed foods, protein, wheat, salt, fats, and simple sugars. All of these are processed by the body, producing acidic compounds such as sulfuric acid. An acid-forming diet is one of the leading causes of excess acid production.

Stress

Being under constant stress increases wear and tear on your body and decreases your body's ability to repair. This break down increases acidic compounds.

Inflammation

Constant exposure to harsh foods and a toxic environment causes your body to increase production and release of histamine and other inflammatory chemicals. This chronic inflammation increases tissue break down and prevents repair.

How do I restore Balance?

Switching to an alkaline diet is the most important thing you can do to start restoring your body's alkaline pH. Eliminating processed foods, wheat products, and simple sugars, and replacing them with fruits, vegetables, and unprocessed and natural foods may be enough. Adding certain supplements could further alkalize your body. Because your body's store of minerals is depleted trying to neutralize excess acid, it needs those lost minerals as well. It took several years for your body to get where it is. However, with the proper changes, over weeks to months you could feel yourself move from tired, irritable, and lousy to:

joyful, energetic, and balanced.

References

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