

Your pH

by Raymond Francis

There are thousands of different diseases, or so goes one of the major myths of modern medicine. In fact, there is only one disease --- malfunctioning cells. Your body is made up of 50 -100 trillion cells. When all of your cells are in perfect health, you cannot be sick. When cells malfunction, thousands of different symptoms can be produced, thus making it appear as if there are thousands of diseases. To prevent or reverse almost any disease, all you have to do is keep your cells healthy.

Unfortunately, optimizing cellular health in our society is no easy task. Our toxic diets, toxic environment, and stressful lifestyles all conspire to damage cellular health and are the cause of our pandemic of chronic disease.

To reverse this pandemic, by keeping our cells healthy, there are two important factors we must consider: the pH of our blood and the pH of the fluid inside our cells. pH is a measure of how acid or alkaline something is. A pH of 7.0 is neutral, while a pH of 1.0 is very acidic and 14.0 is very alkaline. The optimal pH of both blood and cellular fluids is slightly alkaline and must be kept within a very narrow range --- blood pH ranges from 7.35 - 7.45. Even small deviations in blood or cellular pH will dramatically alter the body's biochemical functions. Variations of more than a few tenths in blood pH can cause death.

The traditional diets and lifestyles of our ancestors kept pH in balance. Tragically, the bizarre diet consumed by most Americans is guaranteed to alter cellular pH and cause disease. The standard American diet, high in sugar, white flour, fat and protein, results in excess acid production as these foods are metabolized, making the overall body too acidic. The body's natural response to this problem is to keep systemic balance and integrity by bringing down and buffering dangerous chemical levels and maintaining proper blood pH. Alkaline minerals such as calcium and magnesium are removed from the body's vital and mineral rich tissues, such as bone, and used to neutralize the acids back down to a safe level.

With time, as the body loses its alkaline reserves, the blood and cellular fluids become even more acidic. This affects the ability of cells to produce energy, making the body less resilient and impairing its ability to maintain and repair itself. Excess acid also reduces the ability of the blood to deliver oxygen to tissues. A low oxygen environment allows viruses and bacteria to thrive and also promotes the growth of cancer. Excess acids cause disease!

Is there a way you can measure how your pH is doing? Yes, there is. Measure the pH of your first morning urine. This is an indicator of your body pH and can be used to monitor changes as you work to normalize your pH. First morning urine should be in the range of 6.5-7.5. If readings fall below 6.5, you are too acidic. Occasional readings above 7.5 are normal, but consistent readings above 7.5 are an indication of tissue breakdown, and a pH over 8.0 is a serious matter. It may suggest that the body is in an extreme acid condition and is producing alkaline ammonia to compensate.

What can you do about it, if your body is too acidic? The answer is to cut your acid load and increase your intake of alkaline minerals. To reduce acid blood, cut the sugar out of your life. Reduce meat consumption and eliminate dairy. Cola drinks, coffee, sport drinks and milk all contribute to excess acid. Drink at least two liters of pure water every day.

To increase your alkaline reserves, eat plenty of fresh vegetables, fruits, lentils, nuts and seeds. Supplement with Beyond Health's Vitamin C Buffered Formula and Bone Support Formula plus Perque's L-Glutamine + PAK, and Choline Citrate. These are all alkalizing, and add to your alkaline reserves. These supplements as well as pH paper test strips can be obtained from Beyond Health at 800-250-3063.

Are there things other than diet that contribute to excess acid? Yes; stress, toxins, and allergic reactions also contribute and should be minimized. If you are too acidic, it may take some time to normalize your pH. Don't get discouraged. It took decades to get where you are and reversing it will take time. Working toward a normal pH and optimizing cellular health will bring you more energy and better health, so it is well worth the time and effort.

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