

The Importance of Alkaline and Acid Balance in Our Bodies

By Alderin Ordell, MA, based on the IonLife Report

The countless names of ill-nesses 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!

Dr. Theodore A. Baroody, Alkalize or Die

We can heal ourselves by changing the environment inside our bodies. Potentially harmful invaders, then, will have nowhere to grow and will become harmless.

Dr. Robert O. Young, The pH Miracle

Storing Acid in our Bodies

Dr. Lynda Frassetto from the University of California believes that humans, in evolutionary terms, have changed. Once upon a time, our bodies used to break down food and dispose of the acid waste with our kidneys and livers. But now, because of the sheer amount of acid waste the average American produces, she sees our inner bodies being turned into a war zone, where our body is fighting to protect its most strategic reserves --- our kidney and liver -- from total degradation and failure.

To prove this theory, Dr. Frassetto studied 1000 people and discovered that we are indeed stockpiling acid waste in our fatty deposits instead of eliminating it with our kidneys and liver. Cholesterol and crystallized uric acid are solidified acids that have been dumped within the body for later disposal, which never comes. Our bodies have made the choice to preserve our kidney and liver instead of processing the acid waste.

The cost is tremendous -- obesity, low energy, and many acid related diseases such as osteoarthritis, diabetes, cancer, and much more.

When our bodies are excessively acidic, they borrow essential minerals such as calcium, sodium, potassium, and magnesium from our vital organs and bones to buffer or neutralize the acid. The result is our bodies suffer from prolonged degradation or corrosion which manifests into these debilitating conditions.

The reason is simple -- the average American diet contains way too much acid. Diet coke and other soda is probably the most acidic food people consume at a pH of 2.5. Beer and meat are at 3.5, then there is dairy, white pasta, most water, wine, hard alcohol, nuts and butters, beans, oils -- all acidic foods. All produce acid waste in our bodies that they can't handle.

Dr. Robert O. Young agrees with Dr. Frassetto's theory. Sugar is an acid and he sees Westerners consumption of sugar as the reason why so many are overweight. The body has to protect itself from the excess sugar, so it creates fat to encase the acid. "Fat," he says. "Is saving our lives."

Then there is the problem of disease. The stomach works by producing acid to break down food. Whenever this acid is made, alkaline buffers are also created and sent through our blood stream, naturally alkalizing our body. A healthy balanced body has alkaline reserves to battle diseases, infections, and viruses. But if excessive acid must be continuously neutralized or stored, our alkaline reserves will be depleted, leaving our bodies weakened and disease prone.

Acid and Stress

Acid comes from three sources -- food, pollution, and stress. Of these three, stress is the greatest problem. One shot of adrenaline can neutralize and acidify an alkaline diet. So stress management as well as diet management is essential to maintaining an alkaline body.

The worst case scenario in which many Westerners fit into is where we work 40-50 hour stressful weeks with hardly any breaks to calm ourselves down. We consume fast food and coffee for quick bursts of artificial energy to just get through our work day. Then we come home to family stresses, household chores, bills, and more and never really relax and give our bodies a chance to neutralize all the acid we produced through stress and from eating very acidic foods.

So acid in our bodies build up until we begin to show symptoms -- digestive problems, headaches, overweight, bone pains, elimination issues, muscle tension and pain, heart problems, high blood pressure, and more.

We spend our lives giving ourselves to our jobs and families and never take the time to nourish our bodies, mind, and soul.

More Effects on Acid on our Body

Acidity is like rust. We have 96,000 kilometers of veins and arteries, all of which are corroded by acid. If nothing is done, acid interrupts all cellular activities and functions -- from our beating heart to the way we think.

Acid coagulates blood. Blood also can't flow around fatty acids so capillaries clog up and die. Our skin begins to wrinkle and isn't as stretchy. Even if you put out the money for a face lift or liposuction, the acid still remains and will do damage. As for our lungs and other organs, all are involved in the maintenance of correct blood pH so if all have to work harder to deal with excessive acid, all will stop functioning a whole lot sooner than we want them to. Did you know that if any substance changes from a 7 to an 8 pH, it has become ten times more alkaline? The opposite is also true, if it changes from a 7 pH to a 6, it has become ten times more acidic.

If our blood pH drops from its optimum level of 7.36 pH to 7 pH, you will lapse into a coma and die. This change represents our body becoming four times more acidic than it should be. In this environment, beneficial microforms will die and aggressive microforms sustained by an acidic environment begin to multiply and mutate, becoming parasitic and pathogenic agents. You would die from poisoning from your own blood. Because of this, our organs are totally subservient to blood pH meaning the body will destroy our organs before it lets our blood pH change too much.

Coca Cola gives us such a charge not just from the caffeine but because its 2.5 acidity sets off alarms all over our body and stored alkaline reserves are called in to fight the surge of adrenaline. Coca-cola, is 50,000 times more acidic than neutral water and it takes 32 glasses of neutral pH water to balance one glass of soda! The high you experience is your body screaming for help while you enjoy the thrill of its fear.

Dr. Theodore A. Baroody, author of "Alkalize or Die" says, "Too much acidity in the body is like having too little oil in the car. It just grinds to a halt one lazy Sunday afternoon. There you are --

stuck. The body does the same thing.”

Your Energy Levels

Our metabolic process is dependent on balance. Our 75 trillion cells are slightly acidic on the inside, while our outside inner sea should be alkaline. Without this acid/alkaline relationship, no chemical or energy interchange could happen because there isn't any pH balance. There needs to be polarity between our cells and inner sea or the energy of the cell has difficulty flowing into the surrounding tissues. Thus, we don't get the energy from the food we eat. In fact if its too acidic, it will make us tired-- the opposite process of what we need!

Parasites

More and more doctors are beginning to understand that disease is caused by an unbalance of nutritional, electrical, structural, toxicological, or biological systems of our body, allowing germs to flourish. Yeast, fungi, viruses, and moulds are all microforms that exist in our bodies. They feed off of glucose, fats, and proteins in our bodies. They deposit their toxic excretions in us, making us even more acidic.

Disease can only be cured when our blood is maintained and a normal, slightly alkaline level, where these germs can't thrive. We need to reestablish balance and work with our bodies, not against them.

Mineral Absorption

People spend a lot of money on supplements each year -- and most of it is wasted. The reason is there are many factors that influence which minerals are absorbed by the body and which aren't.

Every mineral has its own signature pH. When you look at a element chart, those at the lower end can be absorbed at a high range of pH. But those at the higher end like need a much smaller pH range to be absorbed. If you body is not balanced it will reject most minerals.

Iodine, for example, is high on the atomic scale and thus needs near perfect pH for it to be absorbed. Iodine is a requirement for a healthy thyroid. Thyroid deterioration has been linked to arthritis, heart attacks, diabetes, depression, cancer, obesity, and fatigue.

There has also been a depletion of minerals in our agriculture lands, leading to inadequate mineral supply in our diets. Minerals are important because they determine the conductivity of electricity in our bodies. Our nervous system uses electricity to monitor and report on our organs and subsystems. If our bodies aren't balanced, our nervous system cannot keep accurate information and our organs and subsystems won't get what they need to operate correctly.

Mercury and other Heavy Metals

The more acidic a body is, the more it holds onto heavy metals such as mercury. Heavy metals create a high oxidative stress that acidifies the body, making it even worse. A recent study of Alzheimer's disease identifies mercury as the prime suspect for being the cause.

The good news is alkaline water has been shown to have an immediate detoxifying effect on the body. People experience the normalizing of bowel movements and classic detoxification

symptoms such as itching, body aches, and head aches as the toxins leave their bodies.

Balancing with Alkaline Water and Food

To achieve balance, health practitioners recommend an 80/20 mix of alkaline and acidic foods. Problem is, most people don't like and don't normally eat enough alkaline food such as spinach, broccoli, and silver beets. (Here's a complete list of alkaline and acidic foods).

Alkaline water from a water ionizer, however, is much easier to adapt to your eating lifestyle. Not only does it help you achieve that 80/20 alkaline to acidic balance, it also hydrates your body as much as three times more effectively than regular water because the water molecule has been reduced. The minerals in the water are negatively charged making them much easier for your body to absorb. Also, alkaline ionized water is full of bound oxygen plus negative hydrogen ions that are nature's original antioxidant. Then you also have a state of the art nine stage water purifier working for you that will remove 99.9% of most organic and inorganic contaminants.

Just carry a water bottle around full of ionized, alkaline water while you're at work or school, and drink a glass in the morning and before bed.

If you can drink alkaline ionized water while also eating a sensible diet and incorporating alkalizing activities into your lifestyle such as meditation or prayer, your body will balance.

Sang Wang, scientist, inventor, and drinker of alkaline water for seventeen years says the problem with trying to alkalize with food is that unless you can afford organic, you will metabolize a large amount of pesticides, herbicides, fungicides, and other chemical residue. He adds that if drink too much alkaline water, it will simply pass through the kidneys and flush away any germs that might be there.

In summary, alkaline ionized water is used by millions of Japanese and Korean families and has been a part of their culture since the 1980s. Alkaline ionized water is found in hospitals, sanitariums, and clinics throughout these countries.

In South Korea, KYK Water Ionizers sells \$13,000,000 in water ionizers a year with six times less population than the USA. Alkaline ionized water is an effective tool to help your body achieve balance and right now with Richway's AlkaLife 300 sL, the technology is better than ever.