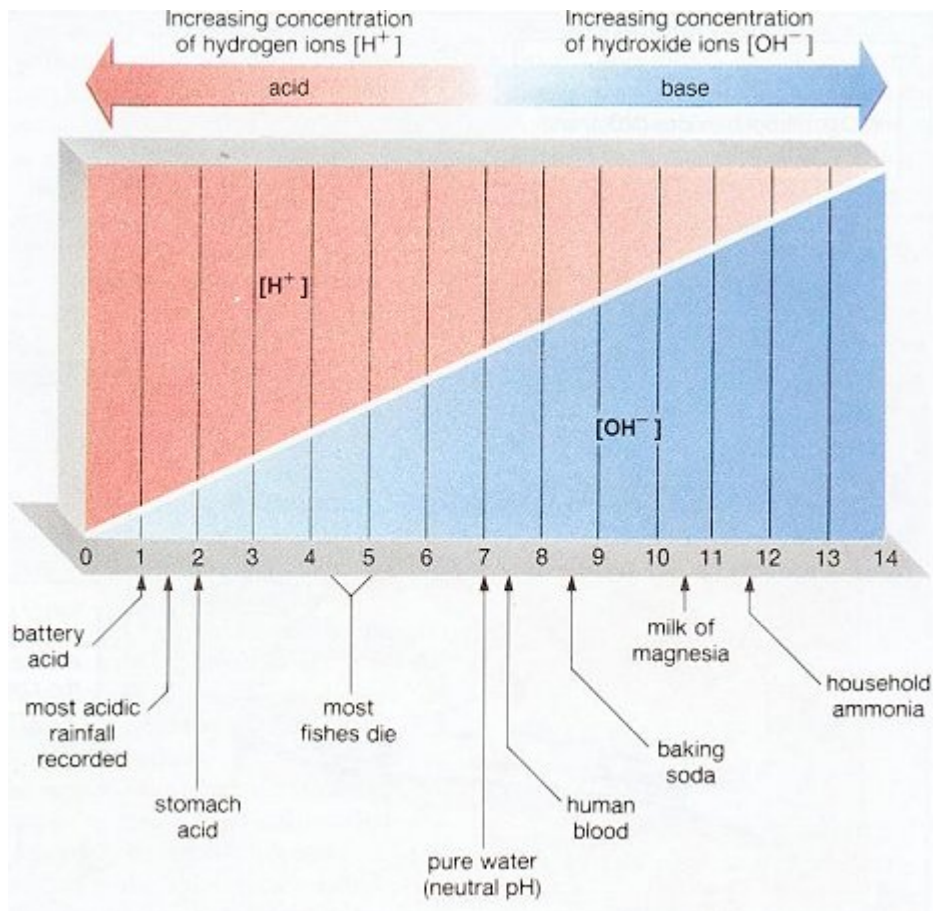


Is Your Body Too Acid?

You're probably aware that the body only functions well in a very narrow range of body temperature. A body temperature of 98.6 degrees is normal. If it goes lower, you don't feel so good, if it goes even a couple of tenths of a degree higher, you don't feel well. Three or four degrees higher might bring about convulsions and death.

Well, the body also has another small range in which it can operate and that is its pH. The optimum pH for the body fluids is 7.0.

What is pH? It's a rating system. pH an acronym for "potential of hydrogen" and is a value that indicates the acidity or alkalinity of a liquid. The measurement of the hydrogen ion concentration in a liquid determines the pH value. Every liquid has a pH value which falls on a scale between 0 and 14, with 7 being neutral. A pH value less than 7 is acidic; a value greater than 7 indicates alkalinity. Examples: Battery acid and vinegar - two very acidic liquids - have pH values on the lower end of the scale, while baking soda and ammonia, both of which are very alkaline, are on the higher end of the pH scale. Pure water, meanwhile, has a pH value of 7 - it's neither acidic nor alkaline.



Keeping your Body's pH in Balance Your body also has a pH value. In fact, all your body fluids each have a pH value. The adult body is about 60% fluids. This fluid fills every cell, the spaces between cells, and so forth. This fluid can be neutral, acidic or basic. As far as can be determined the body functions best when these fluids are neutral which is to say neither acidic nor basic. (7.0)

The blood that is a small proportion of the total body fluid is an exception being significantly more basic (7.3-7.4 pH), don't get confused by stomach acidity or colon acidity as this is a totally different system than the internal system of the body.

Setting aside the blood and the digestive system, the internal fluids of the body (60% of the total body weight) should be neutral. When these fluids are acidic, they are irritants. If 60% of the body is irritating the other 40% there is a chronic non-optimum situation.

How does the body get acid?

The body has natural mechanisms to eliminate acids. It can handle the natural acids created by the body which are created in energy production and the process of rebuilding cells. However, the extra acidity created by a poor diet has the body systems overwhelmed with a backlog of acids. This pH (acidity/alkaline) is important to the health of living organisms.

What are the results of too much acidity?

Many feel that the degenerative diseases as osteoporosis, cancers, arthritis, etc. are primarily due to acidosis (the system being too acid). Yet, not having a low enough acidity in the stomach can cause improper digestion resulting in Heartburn, reflux and GERD. (See **Natural Heartburn Treatment**)

It is critical that our bodies achieve a proper acid/base balance in order for our internal chemistry to be maintained.

When the general pH of the body is acidic, it creates a welcoming environment for viruses and bacteria to come in and begin to flourish. As viruses and bacteria continue to flourish inside our body, we experience lack of energy, frequent illness and pains. If a person doesn't do anything about changing the acidic state of the body, the situation can get worse. Virus or bacteria can mutate into a serious illness.

Conversely, bacteria and viruses perish in alkaline environment, because a pH balanced, or alkaline body doesn't create the environment for viruses and bacteria to thrive and flourish. Thus, no bacteria or virus will enter an alkaline body, grow and mutate into serious illness or disease.

The bottom line is that we need to handle the reasons the body becomes acidic and there are some things that can be done. It's not only the poor nutrition but the constant bombardment of the body by pollutants and poisons, chemicals that we ingest, breathe or put into our body daily.

Daily poisons that bring about acidity

Have you looked at the chemicals that you put in your body? Read the labels on the processed foods we eat. Aspartame, phosphorus (as in soda), and caffeine (binds up calcium so it can't be used in the body), all create an acidic state in body.

Clothing, towels and bedding washed with this chemical retain it in the fabric. Our body's are wrapped in underwear and clothes impregnated with chemicals. When we take a bath and have open pores we dry ourselves with towels laden with chemicals. We wash dishes with these chemicals. Carpets are cleaned with chemicals, glass windows and doors, floors that baby's crawl on.

Many people exercise, follow a good diet, take nutritional supplements, control stress and do detoxification regimes, but they don't look at the chemicals that they're exposed to or using such as household cleaners, personal hygiene products, at home and in the work place.

Look at what you're using and see how many products contain any of these chemicals (there are more but below are the most prevalent)?

Sodium Lauryl Sulfate - known to be carcinogenic - found in toothpaste, shampoo... etc. etc.

Cocamine DEA - know to be carcinogenic to animals - found in even the "natural" soap powders because it's made from coconuts?

Propylene Glycol - this is in antifreeze - implicated with contact dermatitis, etc.

Phenol - coal tar causes nausea, convulsions, coma, etc.

Iodopropyl Butyl Carbamate - adversely affects liver, etc.

Organophosphate is an insecticide actually used to kill spider mites from agricultural fields. Farmers, their families and pets are warned to stay out of a sprayed field for a minimum of forty-eight hours. So why is this vigorous insecticide in our laundry powder?

Blue #1, Yellow #5, and Red #40 - all coal tar derivatives.

How do we get these chemicals into our system - we brush our teeth with them, wash our face with them, they are found in our deodorants. They are found in hairspray, perfumes, makeup and cleansers, moisturizers, etc. We dry clean our clothes in them. .

Even common *soap* is made from cattle and pigs (animal fats). The antibiotics, hormones, which are in the animal systems, are then transferred into your body system. In addition, your skin also can get plugged up using these animal fats and cannot get rid of wastes through this system of detoxification - the skin.

The products with chemicals in them are very easily assimilated into the person using them. Deodorant's chemicals are very easily absorbed into the lymphatic passages and to your body's systems. Aluminum can get into the brain since it can pass the blood brain barrier - and aluminum products researchers say may be a contributing cause of Alzheimer's. The more "natural" deodorants have propylene glycol in them and that is a petroleum product found in many products including makeup.

What does the body need to balance its pH?

The acids build up in your system thus causing your body's pH to be out of balance. When this occurs, your body will restore its optimal pH by depleting certain minerals, such as potassium, calcium and magnesium, from organs and bones. You can help your body neutralize acids in the blood and maintain a balanced pH by taking some simple steps like eating the right foods, exercising and lessening the amount of chemicals you put in your body.

Calcium. One of the diseases believed to be created by too acid a system is osteoporosis. Why? Calcium is needed by the body to balance out the acid and bring about a neutral pH. Where can the body get calcium? Well, it takes the calcium from the bones and creates the condition of osteoporosis. The condition can be counteracted by eating a diet rich in organic produce and taking whole-food supplements that contain balanced minerals like calcium, Vitamin D, phosphorus, magnesium and other trace minerals.

What can we do?

First educate yourself about the toxins you are exposed to everyday. Use soaps and ingredients that are not full of poisons and toxic chemicals. Use the natural "mineral stones" for deodorant that can be found in the health food stores - they are effective and last a long time.

Find your Body's pH

It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. If you're urinary pH fluctuates between 6.0 to 6.5 in the morning and 6.5 and 7.0 in the evening, your body is functioning within a healthy range. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within a healthy range. The best time to test your pH is about one hour before a meal and two hours after a meal. Urine pH is most accurate 12 hours after your last meal, or first thing in the morning. Test your pH two days a week.

pH Balance Chart

| Most Alkaline | Alkaline | Lowest Alkaline | FOOD CATEGORY | Lowest Acid | Acid | Most Acid |
|---|--|---|--------------------------|--|---|--|
| Stevia | Maple Syrup, Rice Syrup | Raw Honey, Raw Sugar | SWEETENERS | Processed Honey, Molasses | White Sugar, Brown Sugar | NutraSweet, Equal, Aspartame, Sweet 'N Low |
| Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas | Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears, Raisins | Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados | FRUITS | Plums, Processed Fruit Juices | Sour Cherries, Rhubarb | Blackberries, Cranberries, Prunes |
| Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic | Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob | Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu | BEANS VEGETABLES LEGUMES | Cooked Spinach, Kidney Beans, String Beans | Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans | Chocolate |
| | Almonds | Chestnuts | NUTS SEEDS | Pumpkin Seeds, Sunflower Seeds | Pecans, Cashews | Peanuts, Walnuts |
| Olive Oil | Flax Seed Oil | Canola Oil | OILS | Corn Oil | | |
| | | Amaranth, Millet, Wild Rice, Quinoa | GRAINS CEREALS | Sprouted Wheat Bread, Spelt, Brown Rice | White Rice, Corn, Buckwheat, Oats, Rye | Wheat, White Flour, Pastries, Pasta |
| | | | MEATS | Venison, Cold Water Fish | Turkey, Chicken, Lamb | Beef, Pork, Shellfish |
| | Breast Milk | Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey | EGGS DAIRY | Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese | Raw Milk | Cheese, Homogenized Milk, Ice Cream |
| Herb Teas, Lemon Water | Green Tea | Ginger Tea | BEVERAGES | Tea | Coffee | Beer, Soft Drinks |

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic; however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.

For quality "Whole-food" Nutritional Support, contact our office so we can suggest the nutritional products that best fit your lifestyle.

Go to www.DrMcKinzie.com and click on Nutrition link.

Be careful of taking "processed, synthetic, isolated" vitamins and nutritional supplements. Whole-food based nutrition is a complement of all the naturally occurring vitamins, minerals, phytochemicals and "unknown" beneficial compounds found in raw, vine-ripened fruits and vegetables.