

Ph balance in human body

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As we all know every solution is either acid or alkaline.

Alkaline is often called base. These solutions can be anything from body fluids, to fruits, vegetables, seawater, beverages you name it. Acid and alkaline is measured in pH. It starts as low as zero being very acidic and works its way up to fourteen being the most basic. The pH of our stomach is 2, obviously to digest food, wine is 3.5, water is 7 (neutral), arterial blood is 7.4, and seawater is 8.

5. Baking soda is 12. Virtually all-degenerative disease including cancer, heart disease, arthritis, osteoporosis, kidney and gall stones and tooth decay are associated with excess acidity in the body. The amazing self-healing body will always work to neutralize the pH in the body by withdrawing acid and alkaline minerals from other locations including bones, soft tissues. The pH of saliva offers a window through which you can see the overall pH balance in your body. Acid rain, which is rain or any other form of precipitation that is unusually acidic and can destroy an entire forest, so you can only imagine how much acid solution can destroy our delicate internal organs of the muscles and tissues. When we drink and eat alkalized foods we are making deposits in our bodies that work as antioxidants.

When we eat or drink acidic food we are making withdrawals from the body. The goal is to eat 80% alkalized foods versus 20% acidic food, which is the reverse of the standard American today. Point being you can see where the problem lies here in our country. It's become a lifestyle to eat highly fat, high sugar diet, also including unlimited amounts of prescription and non prescription drugs which are one of the most highly toxic substances you can

put in your system. Another one of the leading causes to acidity in the body is emotional stress. Negative emotions cause so much acid in the body that its one of the leading causes to illness. Not to mention all sorts of meats that are highly processed with growth hormones and antibiotics, to milk that is pasteurized and homogenized being extremely acidic causing inflammation in the colon to not enough exercise, to not getting the proper amount of daily sunlight that provides you with the highest level of necessary vitamin D.

The list can go on forever. What is the only food that has the ability to absorb light and energy from the sun and transmit this energy to our bodies? If you were to observe the molecular structure of the human blood and chlorophyll you would see that they are almost exactly the same, just the chlorophyll has magnesium in the center, and the hemoglobin is iron. When the sun hits the plants, the energy is captured into the chlorophyll in to green food energy. That brings us to nature's simple formula, when we eat green food and drink green drinks; this becomes a part of our blood. Its so out of our habit to go and eat the necessary amounts of fruits and vegetables today due to how convenient fast food has become for us. Its more difficult to eat healthier now, and that's why when you see people around the world who come to America instantly start to gain weight, even though they were eating the exact same diet back in their home country. My goal is to try and influence as many people as I can to try and take care of their bodies, for that's our way of showing thanks to our existence to this beautiful life we have.

To be able to live life in freedom of health to have the ability to experience the wide range of opportunities that is out there for us.