

Acid or Alkaline = Disease or Health?

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1) Prevalence, about 75% of us are too acidic. Acidity is associated with irritations & DZ of all kinds. Alkalinity is associated with relaxation, rejuvenation, and healing.

It is nearly impossible for the blood chemistry to get too far out of balance, **yet urine can reflect larger swings in pH.**

2) Overly acidic environment. Radiation, pollution, acid rain, industrial chemicals, additives, dyes, cause free radical excess.

3) Too much processed food. Not enough freshly prepared wholesome foods in diet. Also, deficient levels of alkaline minerals (Ca, Mg, Zn, Na, K) due to malabsorption or reduced content in diet b/c commercial produce grown in mineral deficient soil.

4) Protein consumed in excess. Meat, fish, eggs, beans, grains are all acid forming elements.

5) Alkaline deficit. Lack of alkalizing buffers to neutralize acids. **The major alkalizing foods are fruits and vegetables.** These foods are grossly deficient in typ diet.

6) The result is an acidic accumulation in the tissue and cells. Removal of acids occurs through the lungs, kidneys, liver, and skin

The body attempts to remove excess acidity via:

a) Bicarbonate buffers in the blood especially NA (sodium) and K (potassium).

b) When these nutrients are lacking, the body turns to calcium and magnesium as buffers, **taken from bones. This contributes to osteoporosis.**

c) Blow off CO₂ as we breathe. This is one reason why exercise is so critical.

d) Urinate as much acid as we can without causing harm to the kidneys and urinary tract. **Number one deficiency is pure water. Shoot for ½ body weight in oz.**

e) When these systems are taxed the cells begin to store excess acid which affects their metabolism and slows down cellular functions. Many of these acids are byproducts of normal metabolism. (lactic acid, Co₂, nitrogen to urea)

ACID / ALKALINE BALANCE AND ITS EFFECTS ON THE BODY

a) Digestion of food is incomplete, digestion becomes compromised. Enzymes needed.

b) Antacids and acid neutralizing medications interfere with this natural mechanism.

Hypochlorhydria (low levels of stomach acid- HCL) results in the loss of minerals (i.e., calcium) which require **acid secretion for absorption**; the stomach will not secrete proper levels of HCL if the system is too acidic. Often the use of Betaine HCL (stomach hydrochloric acid) will help even an overly acidic person. When stomach HCL is reduced, pathogens are allowed access into the body. See below.

c) Ability to reduce inflammation is inhibited when acid is elevated, or alkaline buffers are deficient. Inflammation is now recognized as the major contributor to all chronic diseases. **Result: soreness, aches, pains, arthritis, auto-immune DZ, fatigue, CVD, cancer, etc.**

d) Acidic conditions cause the cells and tissues to become **oxygen starved which leads to anaerobic conditions**. It becomes difficult for nutrients to get in and toxins (cellular waste products) to be removed. Cells tend to swell and hold H₂O to dilute toxins resulting in edema and lymphatic congestion. Cellular functions deteriorate.

e) What thrives in an anaerobic environment? **Yeast, Bacteria, Viruses, Cancer cells.**

pH Values of the Body	
Tissue or Fluid	pH
Saliva	6.0-7.0
Stomach Acid	1.0-3.5
Pancreatic Secretion	8.0-8.3
Arterial Blood	7.4-7.45
Venous Blood	7.3-7.35
Urine	4.5-8.0

How to determine if body chemistry is too acidic

1. Get pH paper (p-Hydrion is popular in HFS)
2. Check first morning urine
3. Should avg about 6.5-7.5. If below 6.5, too acidic.
4. Monitor daily fluctuations with dietary changes & supplements: < or >?

What can increase alkalinity? (See chart)

1. Lots of fruits and veggies. Esp broccoli, cauliflower, dark salad greens, seaweed (dulse), citrus fruits (?), pineapple, etc.
2. High mineral foods: molasses, most seeds, almonds, avocado/guacamole, apple cider vinegar, quality sea salt, mineral water.
3. **Supplements: green super foods: alfalfa, spirulina, chlorella, barley grass, and green food powders with these.**
4. **Minerals: calcium (esp Coral Cal), magnesium citrate, potassium gluconate, zinc, trace minerals from Salt Lake (liquid or caps)**
5. **Homeopathic Cell -Tissue Salts: Nerve Tonic or Nat Phos 6x**
6. **Digestive Enzymes- by helping to break down food, reduces food sensitivity reactions which could be otherwise acid-irritation forming.**

What things to avoid? (See chart)

Excess meat, cheese, ice cream, beer, jams and jellies, white bread, fried foods, regular salt, soda pop, processed, frozen, microwaved foods, etc.

