

ACID-ALKALI BALANCE: critical for good health!

Did you know that acid-alkaline balance is critical in preventing and combating the following diseases?

1. Immune deficiency
2. Joint pain, aching muscles, stiffness, and lactic acid build-up
3. Low energy and chronic fatigue
4. Osteoporosis, weak brittle bones, hip fractures, and bone spurs
5. Weight gain, obesity and diabetes.
6. Cardiovascular damage
7. Free radical damage, possibly contributing to cancerous mutations.
8. Premature aging
9. Bladder and kidney conditions
10. Chronic diseases of the respiratory tract
11. Heartburn, flatulence, gastritis, ulcers

How do you know if your pH is too acid?

There is no 100% accurate way of measuring the pH of your body tissues. The closest indicator is the **first urine of the morning**, because this shows what the body has tried to detoxify overnight. Eg: 5am – 7am – the first urine after waking.

If this urine is between 6.2 – 6.8, then things are looking good. **If the first morning urine pH is 5.0 – 6.2, then your body tissues are too acid.**

How does the body maintain pH?

The blood always remains in a narrow pH range or else we would die. The body constantly tries to maintain a blood pH of 7.35-7.45.

1. Using alkaline body fluids such as water as a solvent to neutralize acid residues.
2. Using bicarbonate from the pancreas into the blood.
3. Protein buffers of glutathione, methionine, cysteine, and taurine act as buffers inside the cells to bind or neutralize acids.
4. Electrolyte buffers of sodium, calcium, magnesium and potassium work in the blood, lymph, and the fluids inside and outside the cells to bind acids, which are then removed through the urine.
5. Calcium and magnesium from bones and teeth is pulled into fluids to neutralize acids.
6. Filtration and elimination of acidic residues through the skin, urinary tract, and respiration.
7. Blood acid residues and accumulated toxins are shoved into the outer

extremities as a storage away from vital organs.

When all seven protection mechanisms are overwhelmed the end result is accumulated acid residues, which:-

- Depletes oxygen
- Pollutes our internal fluids
- Prevents assimilation of minerals and nutrients, so you may be taking healthy nutrients but be unable to use them.
- Cell metabolism suffers – like trying to drive a car that has never had its oil changed

What causes me to be acidic?

The typical western diet is high in acid producing foods like meat, fish, grains, sugar, tea, coffee, alcohol, and legumes, and far too low in alkaline-producing foods like fresh vegetables, fruits, and spices.

Even the water we drink can have an acid pH. (Natural Spring water is often more alkaline which is probably why people would have benefited from “taking the healing waters”.

To maintain a neutral pH it is estimated that 80% of our diet would have to be alkaline forming foods (see the list below).

Alkalisating therapy:

An easier way to alkalise the body is with the Sanum Therapy:

Product	Function:	Dosage:
Alkala N –	Alkalisating salts	Place 1/3 scoop into a 2litre jug or bottle of water. Drink throughout the day.
Sanuvis –	Regulates pH of the blood and tissues	
Citrokehl	Activates cellular metabolism	
Fortakehl	Repairs damaged mucosal lining associated with systemic hyperacidity	

To Test:

Measure urine pH twice a week. Must be the first urine of the morning. PH

strips and colour chart are found in the Alkala N container.

Alkalising Foods

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Acid foods

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Neutral foods

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