



NSIPM & Sano Wellness Center

pH Balance

Leading research institutions and medical journals agree that balancing your pH can help put an end to many age related health problems. In short, poor pH balance, **too much acid in our body, makes you old and sick before your time.**

To do its all-important work, every cell in your body absorbs nutrients and excretes waste products that are extremely acidic. Over time, unburned waste piles up inside of you. Add to this the acid burden created by stress, manufactured processed foods, sugar, environmental toxins, modern medicines and prescription drugs, unbalanced diets, and high fat and mucous forming foods, and you create a breeding ground for **poor health** and **accelerated aging.**

Excess acid in the body not only damages vital alkaline minerals but can cause **damage to your DNA.** Excess acidity also forces your body to steal essential minerals from your bones and joints as well as from your heart, your brain, and other vital organs, leaving them starving for the nutrients they need to heal you and keep your healthy, vibrant, and young. Thus, pH can be used as an indirect screening tool for mineral deficiency. Excess acidity is a trend of disharmony and therefore can also be viewed as indicative of a trend towards disease long before symptoms emerge.

pH Balance and Specific Consequences of Imbalances

1. A balanced pH is important for thousands of **enzyme** and other chemical reactions that happen within the body.
2. **Hormone levels fluctuate** when there is an imbalance in pH. For example, levels of hormones like epinephrine and aldosterone will increase as the body becomes more acidic.
3. **Sugar regulation** requires a balanced pH. The ability of the cell to recognize insulin is greatly affected by pH regulation. The brain is one organ that is especially vulnerable to this phenomenon because it cannot store glucose and as such relies on the second to second supply of glucose from the bloodstream.
4. The **digestive system functions** in a very specific pH range. Since the pH of blood has to be very tightly regulated, **hypochlorhydria can occur** when the body needs to use acidic stomach secretions to buffer too much alkalinity in the blood rather than use these acids for digestion. Whereas **pancreatic secretions can be less available** for digestion as the body may need to use these alkaline secretions to buffer an acidic blood. As a consequence, less than optimal digestion will result.

5. Every cell needs a balanced pH for the **movement of nutrients into the cell** and **metabolic waste and toxicity out of the cell**. When the pH of the blood begins to drift absorption and assimilation of the alkaline minerals is impaired as the body uses these minerals to buffer the blood.

6. Glycolysis, the Krebs's Cycle and Oxidative Phosphorilation, **the energy producing systems of the body**, require a balanced pH for optimal production of ATP. If the pH is less than optimal, oxygen delivery mechanisms become compromised.

The body will store excess acidity in the spaces around the cells (the extra cellular matrix). The blood, in order to compensate for this, becomes increasingly alkaline. With rising alkalinity, the red blood cells can saturate themselves in oxygen. However, there is a point where the blood cells cannot release the oxygen into the body's cells. The result will be tissue hypoxia and reduced production of ATP. Low oxygen in the cells is a major contributor to disease. It is also widely known that cancer grows in oxygen deficient environments.

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