

# How Important Is pH In Your Health?

## Can You Really Change Your Acidity Level To Change Your Health Potential?

by Dr. Bill Hemmer



*"A healthy body is determined by the health of each of its single cells. All disease originates at the cellular level and not at the organ or system level. Healthy cells create healthy tissues. Healthy tissues create healthy organs. Healthy organs create healthy systems like the endocrine system or the immune system and healthy systems make up a healthy body." — Dr. Gary Tunsky*

**T**here has been much confusion about the healthy acid/base balance the body needs. Your stomach has to be extremely acidic to work properly. Your small and large intestines are slightly more alkaline but not much. Muscle pH is usually just above 7 (neutral) and blood pH is usually about 7.4. So why is all of this so important for your health?

Think of your body as a community of over 500 trillion cells. Each cell has its own power plant, waste disposal system, energy delivery system and communication system with the other cells in the body. Every one of these cells as well as parts of cells have to work together to make your body work effectively. The regulatory authority for all of this communication is your tissue pH.

Your tissue pH should be between 7.35 and 7.45. The closer it is to 7.45, the higher your level of health is. At this level your cells are working at their optimum and your immune response is able to fight off almost any invader. Your Innate Intelli-

gence does everything possible to keep your tissue and cellular pH in this very narrow range.

Your body has seven different ways to maintain your tissue pH. First is using alkaline body fluids like water to neutralize acid residue. Second is pulling bicarbonate from the pancreas into the blood. Third is the use of protein as a buffer. The fourth way is sodium; calcium and potassium bind acids to remove them through the urine. Fifth, calcium and magnesium are pulled out of skeletal muscle and bone to neutralize blood acids. Sixth is elimination of acid residues through the skin, urine and respiratory tract. The final way is pushing acid residue into outer extremities to keep the toxins away from vital organs. Your wrists, joints, fingers and toes are all common target areas.

When all of these seven protective mechanisms are overwhelmed, acid starts to build up at the cellular level. This acidity allows oxygen levels to drop and cellular metabolism to start slowing down.

As the cells slow down, the immune response also begins to weaken allowing fungus, mold and other parasitic microbiota to attack. These organisms invade and eat parts of the cells themselves. They create their own acidic by-products called mycotoxins. This makes the cells around the infected cell become more acidic and this becomes a vicious cycle of cell death and destruction.

So how can you change your internal toxic acidic environment to a healthy alkaline environment? By using whole food supplementation and eating an alkaline food based diet. There are many different ways to decrease your daily acid intake. There are many lists describing the whole foods and products that help get your body out of an acidic state.

Examples of acidic foods and beverages are red meat, poultry, coffee, carbonated soft drinks, alcohol, nicotine, eggs, grains, sugar, white flour, seafood, cheese and shellfish. All of these foods increase the acidity of the tissues.

Examples of alkaline foods and beverages are fruits, vegetables, nuts, seeds, legumes, water, milk, yogurt and herbal tea. The general rule of thumb to remain in the alkaline state is to eat 80% alkaline

food and drinks and 20% acid food and drinks.

As long as there is a high amount of alkaline minerals found in reserve in the body, toxic acids can be neutralized. Sodium, potassium, calcium and magnesium all exist as salts in the body and all help to neutralize

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acids. When these different minerals are not taken in consistently, the body will begin to take these minerals from the reserves. Calcium is taken from bone. Magnesium is taken from muscle tissue. This causes muscle and bone weakening and can lead to arthritis and injury.

An example of a condition related to too much acid is Diabetes Type 2. The pancreas produces pancreatic fluid with a pH of 8.8. A shortage of alkaline calcium ions will impair the

production of insulin. When insulin production is lowered it allows acid by-products to coat insulin receptor sites on the beta cells of the pancreas and insulin is further compromised.

Another example of a condition related to too much acid is kidney disease. The kidney is the main

blood stream filter and when the blood becomes too acidic kidney stones can develop. Calcium and magnesium can often be found in the stones, but they are present to neutralize the poisonous effects of uric acid and phosphoric acid. If the acidic condition of the blood is corrected, often the stones will dissolve from the inside out.

The final example of a condition related to an acidic environment in your body is obesity. When you

ingest too many acidic foods and beverages, too many fatty acids are produced. When there is too much fat in the blood it is taken to fat storage areas, usually around the waist, hips and thighs. The increase in acidity in these areas of fatty acid storage irritates and clogs the capillaries around the storage area and makes it almost impossible for this fat to come back out of storage and be used as fuel at some later date.

With all the confusion about pH in your body, most of us don't know what to eat and drink. So if you eat real food, drink plenty of water, take your extra minerals every day and live a good clean lifestyle including daily exercise, rest, stress reduction and family activities you can keep your acid levels low and your life span can equal your health span.

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