

The Importance of Having an Alkaline pH in Your Body and How To Achieve It.

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**By Andy Long**

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WHAT MOST PEOPLE DON'T REALIZE; WE ARE BIO ELECTRICAL ENGINES

In order to accomplish all the many millions of complex functions that occur over the course of the day, your body has to be able to communicate with itself... all the way down to the cellular level. And do you know how it does this? Through pulses of electricity. That's right, electricity.

Your body operates on an electro magnetic current. Believe it or not, all of the organs in your body emit these fields of electrical current. In fact, nerve signals are nothing more than electrical charges.

What creates this electrical power in your body is a very fine balance that exists in your bio chemistry. And of all the systems in your body that depend on this delicate, bio chemical balance, one of the most important is your blood stream. This is where pH comes into play. But what is pH?

WHAT PH IS AND WHY IT IS IMPORTANT TO ALL YOUR BODY FUNCTIONS

PH is a scale that measures how acidic or alkaline a substance is. The scale ranges from 1 to 14 with 1 being very acid, 7 neutral and 14 very alkaline.

So what does pH have to do with you and your blood? Well, the pH of your blood is extremely important. The ideal pH level for your blood is right around 7.35 and your body goes to enormous lengths to maintain this level.

Why? Because if your blood pH were to vary 1 or 2 points in either direction, it would change the electrical chemistry in your body, there would be no electrical power and in short order you would drop dead. As you can see, maintaining the right pH level in your blood is pretty important!!

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With this in mind a good way to avoid upsetting this delicate bio chemical balance would be to take a look at those things that can compromise the maintenance of the ideal pH level in your body. And what is the main culprit in this case? The answer is the creation of acid in your body.

Before we look at what causes acid, here's a graphic example to give you an idea of what can happen in the blood when your pH drops to less than ideal. Red blood cells are how oxygen is transported to all the cells in your body.

As red blood cells move into the tiny, little capillaries, the space they have to move through gets pretty small. In fact, the diameter of the capillaries gets so small that the red blood cells sometimes have to pass through these capillaries one red blood cell at a time!

Because of this, and because it's important for the red blood cells to be able to flow easily and quickly through your body, they have a mechanism that allows them to remain separate from each other. This mechanism comes in the form of the outside of healthy red blood cells having a negative charge. This

causes them to stay apart from each other, sort of like when you try to push the negative ends of two magnets together. They resist each other and stay apart.

Unfortunately, acid interferes with this very important mechanism in a pretty frightening way. Acid actually strips away the negative charge from red blood cells. The result is that your red blood cells then tend to clump together and not flow as easily. This makes it much more difficult for them to flow easily through the bloodstream.

But it also makes it harder for them to move freely through those small capillaries. This means less oxygen gets to your cells. Acid also weakens the red blood cells and they begin to die. And guess what they release into your system when they die? More acid.

I could describe a whole list of processes that occur when your system becomes and remains acid but I think you get the idea. The point is that aside from the acid that is secreted into your stomach to aid digestion, acid in your body is bad. Really bad.

In regard to producing energy in the body, here's an easy question for you. What do you think happens to a person's energy level if over time their system becomes more and more acid, their biochemical balance is disrupted and their red blood cells can't deliver oxygen and nutrients as efficiently to all their cells? The answer is simple. Their energy level drops. Dramatically. Are you beginning to get the picture here as to the importance of pH in your body? Good. Now let's take a quick look at what causes acidity in your body and then look at steps you can take to get your body pH back to an ideal level.

### WHAT CAUSES ACID IN THE BODY

The primary cause of an acidic condition in your body is from what you put in your mouth. In other words, what you eat and what you drink. And it isn't how "acid" something may seem when you eat or drink it. It has to do with what is left over when you digest it.

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Specifically, does eating or drinking something leave behind an acid or alkaline "ash". For example, I don't know about you but I love seafood. Scallops are one of my favorites. However, when your body digests scallops, it leaves an extremely acid ash. In fact, scallops are one of the most acid foods you can eat.

Unfortunately, a lot of the things most people put in their mouths create an acid ash. These include alcohol, coffee and a lot of flesh protein in your diet. Interestingly enough, stress also tends to create an acid condition in the body.

### STEPS YOU CAN IMMEDIATELY TAKE TO IMPROVE YOUR PH

Fortunately, it is pretty easy to immediately change your pH for the better and make it more alkaline. The first step is to understand which of the foods you are eating and the drinks you are drinking are acid and which are alkaline. Then it's simply a matter of eliminating some of the more acid foods you are eating and adding in more alkaline foods.

However, before you start, it's important to get a baseline of what the pH is in your body so that you can see how you are improving or if you need to continue to eliminate more acid foods and add in more alkaline ones.

You can do this by testing the pH of your saliva on a regular basis. This is really simple to do. More details on how to do this are provided on some web pages I have created for you to help you out. A link to these pages is provided below.

In addition to decreasing the amount of acid foods you eat and increasing the amount of alkaline foods you eat, one of the best ways to immediately begin changing your pH is to drink "green drinks". You can make these by simply adding a powder that is made up of a whole host of vegetables that are highly alkaline to a glass of water. Information on suggested green drink powders to use is included on pages that I have a link to below.

### RESOURCES WHERE YOU CAN LEARN MORE

Clicking on the following link will take you to some pages I created that have more information on alkaline and acid foods, how to test your own pH and what to look for in green drinks.

Start taking the steps described above and you may very well find your energy levels increasing over time. They certainly did for me.

– Andy Long

After years of being extremely fatigued, suffering severe digestive problems and being sick all the time, Andy Long now enjoys energy levels that allow him to windsurf in 30 mph winds for 3–4 hours at a time.

Andy was able to completely regain his health and more by learning in detail how the human body really works and then applying what he learned to his own body.

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He now shares with others what he has learned about what it takes to produce lasting energy through his health related web sites.

"Learn about ways to create an alkaline pH in your body":

### **Importance Of Proper pH Levels In The Body**

**By Jerry Hall**

There is very basic explanation as to why pH balance is so important to our overall health.

Your body operates ideally within a narrow pH range of 7.36 to 7.44. It is naturally more alkaline than acidic; eventhough, some of the systems (like the digestive system) are acid. If the pH levels get too acid, a condition called acidosis can occur. Acidosis occurs when your blood pH level falls below 7.30. How does this impact you? In many way! One of those is fatigue. It has been stated that to be healthy the body cannot be acid. It must maintain the proper pH levels. So, What IS pH?

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14 — the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7, which is neutral.

pH measures the balance between positively and negatively charged ions in the body fluids, i.e. blood, urine and saliva.

A low pH number (below 7) indicates that your body fluid is on the acidic side. A high pH number (above 7) indicates you have alkalinity. A pH of 7.0 is considered neutral; this is the pH of distilled water. This delicate balance can be an important indicator of overall health.

In general, our body must maintain a near perfect pH balance. It is critical to the maintenance of good health. The symbol pH is used to represent the acidity or alkalinity level. pH stands for Potential for Hydrogen. Some have called it Potential for Health. Anything from 0–6.9 is acid and from 7–14 is alkaline. Essentially every function of the body is dependent on our bodies maintaining a precisely balanced pH in the blood, and other critical bodily systems.

One of the key systems, for example, is the enzyme system. The enzyme system, as well as the electrical functions of our body, is dependent on electrolytes. Electrolyte levels are dependent on pH. This would indicate that without proper pH levels, it should be difficult for the cells to incorporate the necessary nutrients and energy for good health.

Your body operates ideally within a narrow pH range of 7.36 to 7.44. There is very basic explanation as to why pH balance is so important to our overall health. Find out about Body Balance pH at

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