

## **Plain Talk About pH**

Our body operates on an electro magnetic current, *Energy*. We are all full of Energy and Vibrational patterns that work with both the functioning of the body and our Higher Source. Believe it or not, all of our organs and nerve signals emit fields of electrical current. This energetic part is a very fine balance that exists in our bio chemistry and *pH* levels are based on a bio chemical balance in the body.

By working with the Vibrational patterns and the physical functions of the body together we get to create 'wholeness' of health and wellness.

***What is pH? - Power of Hydrogen.***

*pH* is the measurement of hydrogen ions which measures the fluid of a solution. Increased hydrogen ions results in a drop of the *pH* (more acidic fluid), while a decrease results in a *pH* rise (more alkaline fluid). It is a value that indicates the acidity or alkalinity of a liquid.

***Body's pH in Balance -***

Our body has a *pH* value. The scale ranges from 1 to 14 with 1 being very acidic, 7 neutral and 14 very alkaline. The ideal *pH* level for our blood is right around 7.35 and for our urine between 6.8 and 7.

***What's the big deal about pH? -***

If our blood's *pH* were to vary 1 or 2 points *in either direction*, it would change the electrical chemistry in the body, there would be no electrical power and very quickly we could drop dead.

When acids build up in our system it causes our body's *pH* to be out of balance. A continually over acidic *pH* corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries, like acid eating through marble. If left unchecked, it will interrupt cellular activities and functions, from the beating of our heart to the neural firing of our brain. Over-acidification interferes with life itself, leading to sickness and dis-ease. Being over-alkaline can also create its own set of bodily issues.

Our body is set up to find ways to restore itself to an optimal *pH* level, even if it is harmful to us, by depleting certain minerals, such as potassium, calcium and magnesium, from organs and bones.

## ***What causes the body to be out of balance?***

Simple things that are done on a daily basis can cause the *pH* level to change. Imagine how much our body's internal fluids are subjected to every day toxins and acids from smoking and medications to excessive intake of foods and all the wrong kinds of foods. (i.e. acid producing foods like dairy, soda, coffee, sugar and animal proteins). The over consumption of acid forming foods, and any number of transgressions, will compromise the delicate balance of our internal alkaline fluids. Having either an *over-acidic* or *over-alkaline pH* level hinders our body from being in a healthy state.

## ***Ways to prevent this from happening –***

There are simple ways to keep our bodies in a healthy state;

1. Test our *pH* level.
2. Adjust our eating habits to a healthier diet.
  - a. Learn about *The Blood Type Diet* and its contributions to good health.
  - b. Learn about food combinations for the best digestion...*The Body Ecology Diet* by Donna Gates
3. Neutralize the system with products that aide in balancing the entire body's *pH* levels.
  - This website has a complete chemical free product line focusing on *pH* balancing. Their *Neutralizer* is a liquid taken daily to aide with the internal body and their household products are amazing...[Enhance.natureerick.net](http://Enhance.natureerick.net)

## ***Finding Your Body's pH -***

A practical and inexpensive method to determine the *pH* level of the body is with our urine using litmus paper. Because our urine *pH* varies with what we eat, measuring the *pH* first thing after getting up in the morning and before exercise, eating or drinking anything, is best.

## ***How to use litmus paper to test your urine -***

1. Use 2-4 inches of litmus paper. Avoid touching the end being used for testing.
2. Quickly dip one end of the litmus paper into your urine sample.
3. Shake off any excess at once and instantly compare the color of the paper to the chart that comes with the litmus paper. (Urine *pH* value is best when it is between 6.8 and 7.0.)
4. To best determine the body's *pH*, look at averages and trends over time.

Blessings to you and your good health!

*Nancy*

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