

pH Balance Test

The pH of any solution is the measure of its hydrogen-ion concentration. The higher the pH reading the more alkaline and oxygen rich the fluid is. The lower the pH reading, the more acidic and oxygen deprived the fluid is. The pH range is from 0 to 14, with 7.0 being neutral. Anything above 7.0 is alkaline, anything below 7.0 is acidic.

Human blood pH should be slightly alkaline (7.35-7.45). Below or above this range mean symptoms and disease. Our glands and organs function properly in proportion to the amount of alkaline and acid levels in our system.

The current typical Western diet is largely composed of acid-forming foods (proteins, cereals, sugars). Alkaline producing foods such as vegetables are not eaten enough. Stimulants like tobacco, coffee, black tea and alcohol are extremely acidifying. It is important to consume at least 60% alkaline-producing foods in our diet in order to maintain health.

If you have health problems, most likely you are suffering from acidosis. Acidosis will decrease the body's ability to absorb minerals and other nutrients, decrease energy production in cells, decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness.

An extended time in the acid pH state, can result in rheumatoid arthritis, diabetes, lupus, tuberculosis, osteoporosis, high blood pressure, most cancers and many more.

For all these reasons, it is highly recommended that you have your pH levels tested to determine if your body's pH needs immediate attention