

The "pH Factor" The Real Silent Killer

By Dr. Gregory C.D. Young, Ph.D., (Oxon.)

What's The "pH Factor"?

The body is largely made up of water, a medium which is biologically useful in allowing nutrients and various chemicals to be transported from place to place. This water-based medium can have either acid or base (alkaline) properties. These acid-base properties are measured by what we call pH, and how pH affects the body is called the "pH Factor".

Is A Balance pH Important?

Exceptionally important! Since most of the body is water-based (making up 50-60% of our total body weight), the pH level (or acid-base level) has profound effects on body chemistry, health and disease. Extended pH imbalances of any kind are not well tolerated by the body. Indeed, the entire metabolic process depends on a balanced pH. The management of the "pH factor" is so important that the body has developed strict accounting procedures to monitor acid-base balances in every cell and biosystem. Fundamentally, all regulatory mechanisms (including breathing, circulation, digestion, hormonal production, etc.) serve the purpose of balancing pH, removing the normally metabolized developed acids and toxins from body tissues/systems without damage to living cells.

What's An "Acid pH"?

An acid pH, or "acidosis", is the term used to describe the imbalanced acidic condition of all our body fluids. Virtually all cellular functions of the body are sensitive to the pH of their fluids. If the pH deviates too far to the acid side, cells become poisoned in their own toxic acidic wastes and die.

Is An "Acid pH" Really That Dangerous?

Yes, it is! Nothing does well in an acid pH medium. For instance, "acid rain" destroys the natural environment, killing plants and trees, poisoning the life in all lakes and rivers. An acid pH is even more dangerous for your body, continuously corroding all body tissue, slowly eating into the 60,000 miles of our veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain... AN acid pH interferes with all life itself!

Can An "Acid pH" Cause Serious Health Problems?

Yes, many! An acid pH is the real "Silent Killer!" Although it may generally go unnoticed and undetected for years, an acid pH leads to the progression of most, if not all, degenerative diseases including Cardiovascular Disease (the #1 killer in the U.S.), Cancer (the #2 killer in the U.S.), and Diabetes, as well as the never ending frustration of excessive systemic weight gain. The U.S. National Center for Health Statistics estimates that if Cardiovascular Disease alone could be eliminated, it would add an additional 9.78 years to our life span! That's almost 10 years of additional life per person!

What Causes An "Acid pH"?

Diet appears to be the major influence in maintaining appropriate pH levels throughout the body. Research demonstrates that when food is metabolized and broken down, it leaves certain chemical and metallic residues, a non-combustible "ash" which, combined with our body fluids, yields either acid or base potentials of pH. Certain foods are "acid-forming" in nature, whereas others are not.