10 Reasons To Avoid Acidosis

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Acidosis - Acidosis is the result of Extreme Low pH Levels. It is an accumulation of more acid than the body can effectively process and is generally seen by medical science as a part of the pathology of several different diseases including impaired liver function. These diseases are rampant enough to be considered epidemic in our country.

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♦ An Acid pH is the Seed-Bed to Many Degenerative Diseases

- **Cardiovascular Disease: Arteriosclerosis, Heart Attacks, Stroke, High Cholesterol, and High Blood Pressure**
- **All Forms of Cancer**
- **Diabetes, Insulin Sensitivity, Obesity**
- **Neurological Diseases, MS, MD, ALS and Parkinson's disease**
- **Liver & Kidney Disease**
- **Senility, Dementia, Alzheimer's**
- **Immune Deficiencies**
- **Osteoporosis, Osteoarthritis & Tooth Loss**
- **Hormonal Imbalances**
- **Premature Aging, Male Prostate Problems**

1. **Corrodes Arteries, Veins and Heart Tissues** Like acid eating into marble, ***acidosis erodes and eats into cell wall membranes of the heart, arteries and veins, weakening cardiovascular structures and inter connective tissues*.**

2. **Accelerates Free-Radical Damage and Premature Aging** **Acidosis** causes partial lipid breakdown and destructive oxidative cascades. **This accelerates Free Radical Damage of cell walls and intracellular membrane structures, which then unravel, killing cells in the process.** Acidosis is thus thought to be the first step toward premature aging, accelerating oxidative cascades of cell wall destruction, ***creating wrinkling, age spots, dysfunctional hormonal systems, interfering with eyesight, memory, and a host of other age-related phenomena*.**

3. **Causes Weight Gain, Diabetes and Obesity** An **acid pH** has considerable influence over the majority of ***weight problems, including Diabetes and Obesity***. It seems that a habitually acid pH can directly cause immediate weight gain. Here's what happens when a system is too acid. A condition known as **Insulin Sensitivity or Syndrome X** results, which forces too much insulin to be produced, and the body is flooded with insulin so that it won't waste any calories, ***it diligently converts every calorie it can into fat***. As long as nutritional stores are maintained, a healthy, slightly alkaline pH allows fat to burn normally for energy, rather than being hoarded under the mistaken biochemical belief of an impending famine.

   With increased pressure to produce insulin under the worst conditions, beta cells lose phase with one another, **cellular communication is thwarted and the Immune System begins to over-respond**. Stress within the cells increases, making it difficult for them to perform adequately for survival. In a very real sense, they simply burn out! Acidosis is thus thought an important yet often underestimated precursor to **Diabetes Mellitus**. Interestingly, before the advent of synthetic insulin, diabetes was treated historically by buffering the system with base or alkaline causing powders.

4. **Causes Cholesterol Plaque to Form** **LDL-Cholesterol is laid down at an accelerated rate within an acid chemical environment of the cardiovascular system**, inappropriately lining the vascular network, and clogging up the works! ***The amount of cholesterol in the diet has not been found to be a major factor in cholesterol plaque formation*.** Rather, pH status appears to be the factor more directly involved, binding cholesterol with heavy metals and other cellular debris.

5. **Disrupts Blood Pressure** ***With acidosis, (pH<7.20) arteries become dilated*.** Yet, severe lowering of blood pH also causes persistent venous vasoconstriction (a disease in the caliber of blood vessels). When this happens, peripheral blood is shifted more centrally: the more acidic the patient, the greater the fractional redistribution of blood to the central vessels. **This central redistribution of blood adds to the heart's workload when its contractibility is compromised.**

6. **Disrupts Critical Lipid and Fatty Acid Metabolism** Acidosis disrupts general lipid and fatty acid metabolism within the body. Fatty acids are intimately involved in nerve and brain function. **When fatty acid metabolism is disturbed, neurological problems may arise including Multiple Sclerosis, Macular Degeneration and others**, as well as problems with hormonal balance within the endocrine system.

7. **Inhibits Metabolism of Stored Energy Reserves** An acid pH inhibits efficient cellular and body metabolism. Acidosis causes chemical ionic disturbances, interfering with cellular communications and functions. Acidosis reduces Ca (calcium) binding of plasma proteins, reducing the effectiveness of this intracellular signal. ***Acidosis also leads to a disease of calcium cations*** (positive Ca) entry through positive Ca channels, ***resulting in reduction of cardiac contractibility, or the ability of the heart to pump efficiently and rhythmically.***

8. **Will cause for Cancerous cells to grow in acidic mediums. Inhibits Cellular Regeneration** For DNA-RNA synthesis and healthy cell proliferation to occur. Cell pH must ***not*** be acidic, **therefore an acid pH actually accelerates and increases the possibility of cellular mutations (Cancer)** ***CANCEROUS CELLS DO NOT CONTAIN HYDROGEN ATOMS. WHEN HEALTHY CELLS HAVE PLENTY OF HYDROGEN THEY CANNOT BECOME CANCEROUS. IF WE CAN GET HYDROGEN INTO ANY UNHEALTHY CELLS, THEY CAN HEAL.***

9. **Inhibits Oxygen Getting to the Tissue** Acidosis or an **acid pH decreases the amount of oxygen that can be delivered to cells, making normally healthy cells unhealthy so eventually they die**.

10. **Inhibits Life Giving Electrolyte Activity** **Life-essential functions**, like electrolyte Potassium (K plus) and Sodium (Na plus) channels, **are inactivated by acidosis**. This has far reaching effects cardiovascular, since without sufficient electrolyte management, heart attacks are likely to occur. Without appropriate electrolyte management, **our heart literally stops beating**. Inhibition of electrolyte activity also affects the way we feel and behave, and is intimately involved in the energy levels we experience, because of the nature of the Na-K Pump and cellular metabolism.

The solution! Increase your pH = Better Health & Longevity

pH: What does it mean? **pH is the abbreviation for potential Hydrogen**. 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 considered acidic. Soda drink has a pH reading of 2.0**

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