



ACIDOSIS . . . The Underlying Cause of Degenerative Diseases and Premature Aging

Health Crisis Caused by Excessive Intake of Acid-Forming Substances

We're currently in the midst of a serious health crisis . . . that's caused by the way we eat and live. It's called "**Acidosis**" . . . **too much acidity in our bodies**. The vast majority of people in Western nations suffer from health problems because they eat too many acid-forming foods such as:

- fast food and highly-processed foods
- carbonated soft drinks
- animal products (meat, eggs and dairy)
- alcohol
- tobacco
- sweets and sugar
- coffee and black tea

In addition ~ our stress levels are higher than ever before. All these factors contribute to an excess of acid in our bodies . . . and that can lead to a wide variety of minor to major illnesses.

Acidosis: The Excessive Build-up of Acid Waste in the Body

All metabolic functions within the body produce acid waste. A healthy body is able to neutralize acid waste ~ then eliminate it from the body and thereby resist disease. A health problem is created when too many acid-forming substances are routinely taken in. When the body's lungs, kidneys, liver and cells constantly struggle to handle the build-up of acid waste ~ some toxins get reabsorbed into general circulation and gradually accumulate in the joints, tissues, muscles, glands and organs. Corrosive acid waste literally attacks these areas of the body ~ causing minor to major dysfunction. Excessive acid waste causes blood vessels to clog up and impairs normal function of organs and cells. Eventually an overly acidic internal environment weakens the entire immune system and encourages the breeding of fungus, mold, bacteria and viruses. **The condition of Acidosis is the root cause for a wide range of degenerative diseases and premature aging.**

The Symptoms of Acidosis

Beginning Symptoms: The beginning symptoms of an over-acid internal environment can include lack of energy, cold hands and feet, muscular and joint pain, acne, food allergies, and mild headaches.

Intermediate Symptoms: As acid waste accumulates in the body ~ symptoms can get more severe and can include depression, migraine headaches, swelling, cold sores, gout, viral infections (cold, flu), bacterial infections (staph, strep) and fungal infections (candida, athlete's foot, etc).

Advanced Stages: The advanced stages of Acidosis can include serious diseases such as multiple sclerosis, rheumatoid arthritis, tuberculosis, Hodgkin's lymphoma, leukemia, and other cancers.

An overly acidic body is a body full of chronic pain and illness. That's what you have to look forward to if you're not dealing with the accumulation of acid waste in your body.

Your Internal Environment is Everything to Your Health.

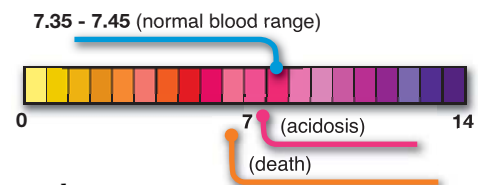
Louis Pasteur, the Father of Germ Theory, recognized the importance of keeping the body's internal environment strong and healthy. As an early generation microbiologist, Dr. Pasteur demonstrated that micro-organisms are the cause of many diseases. He went on to invent the pasteurization process to kill off micro-organisms. However, he never lost sight of the overriding importance of a healthy internal environment.

On his deathbed, Pasteur is quoted as saying **"The germ is nothing ~ the inner terrain is everything."** Build a strong internal environment and your immune system can fight off infection and disease. Allow your internal environment to weaken and you create a breeding ground for disease.

To see the effects of the inner environment for yourself, try this . . . unplug your refrigerator ~ keep the door closed and wait for two weeks. Watch what happens . . . your food will start to breakdown and mold, bacteria and microscopic bugs will start growing and crawling around. Where did those parasites come from? The refrigerator door was closed the entire time. *Those parasites were always there ~ it's just that they were encouraged to breed by the change in the environment.* It's the same with your own internal environment. Maintaining an acidic internal environment encourages the breeding of fungi, mold, bacteria, and viruses that can seriously endanger your health.

The Acid / Alkaline Balance

Acidity and alkalinity is measured on a pH scale that ranges from 0 (very acidic) to 14 (very alkaline) with 7 representing neutral pH. The pH of our blood is slightly alkaline and strictly maintained within a very narrow range from 7.35 to 7.45. Outside this normal range, cells do not function properly and serious disorders quickly appear. If blood pH goes under 7.0 ~ you die. Your body will do *whatever* it must do to maintain the blood's pH within this narrow range.



If too much acid-forming food is consumed, the body is forced to react in self-defense by either:

1) Eliminating the excessive acid waste

The lungs, kidneys, liver and skin work to eliminate acid waste regularly, however, even working at maximum capacity, these organs can only eliminate a certain amount daily. The body will not release too much acid waste through the bloodstream at any one time since that would upset the all-important acid/alkaline balance . . . or . . .

2) Neutralizing the acid waste

The remaining acid waste needs to be neutralized into harmless neutral salts by being combined with alkaline-forming substances. When acid-forming and alkaline-forming substances combine ~ their respective properties cancel each other out. Neutralization of acids by alkaline substances is a process that occurs routinely in the body.

The problem occurs, however, when there's a sudden intake of more acids than can be handled with normal processing. To neutralize these excess acids, the body is forced to draw upon its reserves of alkaline minerals, such as calcium, potassium and magnesium, found in the tissues of internal organs and bones. ***The body will rob calcium from your bones and teeth to protect you from high acidity !*** As minerals are depleted from vital tissues and bones ~ problems affecting the skeleton and teeth (osteoporosis) and inflamed joints (rheumatism) can develop. And, eventually ~ as the supply of essential nutrients to cells is diminished, a host of serious health issues can occur.

The Relationship between Acidosis and Degenerative Diseases / Aging

The gradual accumulation of acid waste impairs the normal function of your body. Acid waste clogs your blood vessels, impairs the normal function of organs and cells, weakens your immune system and creates an internal environment that's conducive to disease. In the attempt to counteract high acidity ~ your body may use up vital minerals from your tissues and bones. ***In effect, over-acidification (Acidosis) is the foundation for a wide range of health problems.***



Excessive Weight

Your body may actually be producing fat cells in order to protect you from over-acidification. Your body creates fat cells to store acid waste and keep it a safe distance from vital organs. People have found that returning to a healthy alkaline state helped them to lose excess fat.

Low Energy and Chronic Fatigue

When our cells are in an overly acidic environment, the oxygen level in our blood drops, leaving us feeling tired and fatigued.

Osteoporosis (reduced bone density)

Calcium is used by the body to neutralize acid waste. When there's too much acid waste and not enough calcium readily available ~ your body will take it from wherever it can get it, including your teeth, bones and tissues ~ leaving them weak and brittle.

Gout (one of the most painful forms of arthritis)

Gout is caused by an excess accumulation of uric acid in the blood and is extremely painful. The uric acid crystallizes and deposits in joints, tendons and surrounding tissues. The crystallization of uric acid is amplified in an acidic environment.

Heart Attack and Problems with Circulatory System

When our internal environment is exposed to excessive acidity ~ bacteria, fungi and viruses can attach themselves to the inner walls of arteries. This attracts white blood cells that cause a build-up of plaque in the arteries and restrict the flow of blood, nutrients and oxygen to the tissues supplied by that artery. If the coronary artery is involved ~ a heart attack can occur.

Poor Athletic Performance

As we exercise lactic acid builds up in our muscles and slows down exercise recovery time. By maintaining an internal environment that's alkaline, lactic acid tolerance can be increased and exercise recovery time reduced.

Cancer

One theory of the basic cause of cancer is the Oxygen Deficiency Theory by a German Biochemist, Dr. Otto Warburg. He won the Nobel Prize in 1931 for his discovery that oxygen deficiency is part of the cancer process. When cells are deprived of oxygen, they can turn cancerous. As the acidity of the body rises, it's more difficult for cells to use oxygen normally.

Premature Aging

As each cell in our body respire, it secretes metabolic wastes that are acidic. When acid waste accumulates, it circulates around in the blood and eventually clogs up blood vessels. As a result ~ the supply of oxygen and essential nutrients to cells is diminished. The oxygen and nutrient-deficiency impairs the cells normal function, making them unable to reproduce. That's the main reason we age. ***The answer to living a longer life is in reducing the accumulation of acid waste in our bodies.***

Staying Healthy . . . by Alkalizing Your Body

As varied as the health conditions may appear ~ the remedy is always the same . . . the de-acidification of the internal environment. In our society, the typical diet is far too high in acid-forming foods and far too low in alkaline-forming foods.

To counterbalance the intake of acids . . . alkaline-forming substances are recommended.

ACID-Forming	ALKALINE-Forming
<ul style="list-style-type: none">• fast food and highly-processed foods• carbonated soft drinks• animal products (meat, eggs and dairy)• alcohol• tobacco• sweets and sugar• coffee and black tea• cereal grains• canned or glazed fruits	<ul style="list-style-type: none">• green vegetables• colored vegetables (except tomatoes)• potatoes• fruits (except for certain people unable to metabolize acids properly)• bananas• alkaline water

The fundamental way to protect against an over-acidic internal environment is to maintain a healthy lifestyle and follow these basic principles . . .

- **Eat plenty of fresh vegetables daily** (especially green leafy vegetables.)
- **Avoid the highly acid-forming foods** such as carbonated sodas, red meats, sweeteners and sugars.
- **Exercise moderately.** Moderate exercise is alkalizing and enables your body to eliminate acid waste through sweat glands. However, avoid over-exercising as it builds up lactic acid.
- **Drink plenty of water daily.** Water assists with the transportation and elimination of acid waste. Drink at least eight 8-ounce glasses of pure water daily.
- **Supplement your diet with an alkalized concentrate** to assist your body in counteracting acid waste build-up. For most people ~ it's hard to eat enough green vegetables daily to counteract all the acid-forming foods consumed.



Ideally ~ alkalize and energize the liquids you drink by adding an alkaline concentrate ~ to neutralize the acids you consume. Along with an alkaline diet ~ it's one of the best ways to keep your body's acidity in balance.

An Alkaline Body is a Healthy Body !

The information mentioned in this article is not intended to diagnose, treat, cure, or prevent any disease. Information and statements made are for educational purposes and are not intended to replace the advice of your family doctor.