



HealthQuest
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pH: Why You Need To Know

Did you know that balancing your pH can help reduce your risk of most illnesses and help you feel more energy? Interested? Here's what to know about pH: It's a relative measurement of how acidic or alkaline something is compared to something else. It's based on a 14-point scale, from the most acidic (0) to the most basic (14), where 7 is neutral. The farther below 7 you go, the more acidic something is, and the higher above 7, the more alkaline or basic something is. Technically, it's defined as the negative log of the hydrogen ion concentration, and what pH is actually measuring is the concentration or activity of hydrogen ions in any given solution. Remind you of high school chemistry class? How does this affect you?

Most people are too acidic. In fact, most chronic and degenerative diseases can trace an acid pH as part of the problem. Opportunistic microbes & bugs thrive in an acid environment, so does inflammation, pain & stiffness. How do we get this way? Here are some major causes of acidity:

1. Too much animal protein in the diet. This creates a net 'acid load' or 'ash' when metabolized, like nitrogen, phosphorous and sulfur-based acids that need buffering.
2. Acidic tap water. Most municipal tap water (and many bottled sources) is too acidic.
3. Excessive coffee, alcohol, sugar, as well as recreational and prescription drugs.
4. Environmental toxins.
5. Poor digestion and malabsorption. Eating right doesn't matter if we don't absorb it.
6. Lack of adequate fresh fruits & vegetables. These are the alkaline/buffer foods.
7. Stress.
8. Low-level, chronic infection. This is often overlooked with conventional medicine.
9. Poor drainage by the kidneys, bowel and liver. Acidic toxins can build up in the body.
10. Medical conditions (less common) such as respiratory, renal or diabetic acidosis.

The bottom line is an acid pH can create fatigue, lowered immune function, weight gain, pain, stiffness and many other conditions that are difficult to medically diagnose.. How? The more acidic our body, the less oxygen is delivered into the

cells (called the Bohr Effect in chemistry), which means more acidic wastes and less energy produced.

What is normal pH in the body?

Here's a table of normal pH values in the body:

<u>Tissue or Fluid</u>	<u>pH</u>
Saliva	6.0-7.0
Gastric Secretion	1.0-3.5
Pancreatic Secretion	8.0-8.3
Bile	7.8
Small intestine	7.5-8.0
Urine	4.5-8.0
Arterial Blood	7.4-7.45
Venous Blood	7.3-7.35
Feces	4.6-8.4

What is ideal pH and how do I check it?

There are a number of opinions on what is ideal pH, however we've found over 20 years of clinical experience, using both simple and sophisticated testing methods, that the **urine and saliva are most revealing, with both values in the range of 6.4-7.0**. These are tested in the AM upon awaking, before you brush your teeth and start the day. Testing is simply done with a roll of litmus paper. Use the type with a range of at least 4.5-8.0, with small incremental measurements in the readings so you can determine subtle improvements.

How Do I Fix an Acidic pH?

For years, a balanced pH was the result of balanced activity with primitive and simple diets. Modern day living, with its fast food, depleted soils, environmental toxins, lack of adequate sunshine and fresh air, sedentary work habits, stress, poor sleep and a host of other factors now make pH balance challenging. However the reward for many is increased energy, better sleep, less colds & flu, strong hair and nails, lustrous skin, improved digestion and weight loss, not to mention a decreased risk of major chronic, degenerative diseases including arthritis, heart disease, diabetes and even cancer. To find out more, take advantage of my 20+ years of clinical experience to learn 'short-cuts' to successful pH balancing, additional cutting-edge resources as well as methods to balance even the most stubborn cases of an acidic pH.

For starters, simply eat **MORE fresh fruits and vegetables** for a week and check your pH. For many, adding fresh fruits and especially vegetables can be rewarding, as the cost is low and they're easy to prepare. If you have trouble with menu ideas, I suggest looking at my 'Suggested Reading and Books' list from the Learning Center library, go to Diet and cooking section, then consider the following books:

- 1) *Healing With Whole Foods*, by Paul Pitchford
- 2) *Juicing For Life*, by Marie Calbom and Maureen Keene
- 3) *The Ayurvedic Cookbook*, by Amadea Morningstar
- 4) *Vegetarian Cooking For Everyone*, by Deborah Madison
- 5) *Quick-Fix Vegetarian*, by Robin Robertson

For those needing extra help or nutritional support, try **NanoGreens** at 1-2 scoops a day as a super green food jammed full of alkalizing minerals and naturally occurring trace elements. Order through our website at www.mybiopharmacy.com/a/1312. Complete instructions and tasty recipes are found on the site. If still no improvement after 2 weeks, consider setting up a 30-minute phone or in-person consultation with Dr. Barsten.

* These statements have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease.

pH testing rolls are available through our office for a charge of \$10 each, plus \$4 shipping & handling in continental U.S. Each roll lasts for approximately 30-60 tests, depending on how much litmus paper you use for each test.