

10 Reasons To Avoid Acidosis

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.**

It is thought that an **acid pH immediately signals the powerful genetic response to an impending famine**, directly interacting with the all important and very sensitive, Insulin-Glucagon Axis. This makes the body produce more insulin than usual, and in turn, produce more fat and store it. In general, the more insulin is available to the body, the higher the probability that fat will be produced and stored, rather than used and burned as energy.

Thus, an acid pH will probably alert the genetic response to famine, **directing more insulin to be produced and storing more fat than usual.** Conversely, a healthy, slightly alkaline pH, will be more likely to yield normal fat burning metabolic activity, making no demands on the body to overly produce insulin and make fat, allowing fat-weight to be burned and naturally lost. And, with a healthy pH, there's less likely to be any yo-yo effect, or rebounding from a diet with additional weight gain. 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, and further, survive. 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 calibre 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.**

Also, positive Ca and positive H (Hydrogen) regulate the activity of intracellular proteins and are driven out of cells, because of the "Sodium-Potassium pump" (Na-K pump), which provides a strong incentive for sodium to be driven into cells. There are some 10 times the amount of positive Na in extra cellular fluids than in cells. The Sodium-Potassium pump regulates the amount of sodium and potassium each cell in the body stores, and uses up as much as 25% of our caloric input per day to run. Positive Ca exchanges the positive Na, being forced out of cells, but naturally, the electrochemical gradient for positive Ca favours both positive H and positive Ca entry into cells, as there is less calcium and positive H in cells than in the extra cellular fluids.

Therefore, **in acid solutions, less sodium will be present, slowing down the processing and induction of nutritional items going into cells. (Calcium may become inordinately leached from bone mass, causing osteoporosis.) An acid pH drains us of energy and disallows stored energy reserves to be used. Furthermore calcium may become inordinately leached from bone mass, causing osteoporosis.**

8. Inhibits Cellular Regeneration & DNA-RNA Synthesis

For DNA-RNA synthesis and healthy cell proliferation to occur, cell pH must **not** be acidic. However, **cancerous cells grow well in acidic mediums, 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 cardiovascularly,

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.

An Acid pH Is The Seed-Bed Of 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

Understanding pH Level and Why Many People Have Disease / Cancer

According to the research of Dr. Enderlein, total healing of chronic illness only takes place when and if the blood is restored to a normal, slightly alkaline pH. In case you missed it, let me say it again...

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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.**

Information Compiled by:

Dr Francis Low, PhD (Alternative Medicine) Nutritionist ,
Shangri-La Natural Therapy Centre,
Medi Ozone Centre
016-6682000, 016-6116433

Email: healthwellnesscentre@gmail.com

Website: www.ozonewellnesscentre.com