

# Control Body-PH for Disease Free Life

## Introduction

The pH value of any liquid indicates its acidic or alkaline nature depending on presence of hydrogen ion (H<sup>+</sup>) and hydroxyl ion (OH<sup>-</sup>). Pure water pH is taken as 7.0 when there is a balance of H<sup>+</sup> and OH<sup>-</sup> in equal quantity, any other material is alkaline if the pH value is more than 7.0, i.e. more OH<sup>-</sup> ions in solution and acidic if less than 7.0, i.e. more of H<sup>+</sup> ions in solution. The pH range is measured between 1.0 which is highly acidic and 14.0 which is highly alkaline. The human blood pH varies between a very close range of 7.35-7.45, slightly alkaline. Human body is a mini power plant which is extracting energy from organic inputs through biochemical reactions. The biochemical reactions are best performed within a pH range of different liquids. The pH range for saliva is 6.5-7.5, stomach-4.0-6.5, small Intestine-7.0-8.5, colon-4.0-7.0 and urine 5.8-8.0 Basically, blood pH is the ultimate criteria to be maintained under close limits so that full body reactions continue as defined. Blood pH parameter is so important that Body will die beyond the blood pH value range of 6.8-7.8. Very low pH liquid dissolves tissues giving pain to local area and can cause infection. Similarly high pH liquid also gives pain and infection to the neighbouring tissues.

## Symptoms of Body pH Changes

The whole-body functions keep working well if blood pH remains within range of 7.35 to 7.45. If the blood **pH goes below 7.35**, it is called acidosis. The body gives indication of reduced digestion, acidity, migraine, vomiting sensation, headache, low body metabolism, fatigue, confusion, low body energy, low blood pressure, low body temperature, etc. This may happen due to high acidic fruits intake, stress, etc. which triggers sodium excretion from the body. The body will try to recover on its own but frequent acidosis can lead to a weak body.

Similarly if the blood **pH goes above 7.45**, the person feels high blood pressure, reduced digestion, stomach cramps, reduced appetite, lack of carbon dioxide in blood, hyperventilation, lack of oxygen, high pulse rate etc. This may happen due to excess use of antacids, diuretics, high sodium intake, excessive vomiting. If not treated properly, it may lead to coma.

## Body pH mechanism

Our body tries to maintain blood pH at all costs by controlling various secretions as per food pH input. Like saliva controls the pH at the entry and prepares the food good for entry to stomach. The saliva range of 6.5 to 7.5 shows that mouth can produce saliva at variable range of minimum 6.5 to maximum of 7.5 so that the food Ph may be controlled at the entry of stomach which can carry the Hydrochloric acid as per requirement so as to make the pH between 4.0 to 7.0 within the stomach cavity. The stomach should not have pH more than 7.0, it means it should not be alkaline. Suppose by any chance the stomach pH goes beyond 7.0, the stomach muscles shall feel cramps to excrete more HCl so as to bring pH within acceptable range. Similarly in case pH goes less than 4.0 in stomach cavity, the stomach shall stop further passage of material to duodenum and start reflex action to eject the acidic material through mouth in the form of vomiting.

## Food pH changes

After the food goes to intestine it is mixed with bile and other enzymes to make it good for digestion and the digestive activities take place within the pH range of 7.0 to 8.5 in the small intestine. It shows that the material again becomes alkaline in the intestine. In case it becomes acidic, the intestine feels irritated and diarrhoea is caused. Similarly, colon pH is controlled at 4.0 to 7.0 and any variation in pH will show its effect on the colon water absorbing capacity to make semi solid stool. The urine pH is also result of blood pH because kidney directly filters blood and passes acidic matter to control pH of blood in acceptable range.

## Blood pH control

Now think about blood pH range of 7.35 to 7.45, it shows that it can never be acidic and slight alkaline nature is a must. To maintain blood in such a close range, urine pH is the fast method to

predict the blood pH. For example if urine pH is near 5.8 or less, it shows the blood pH is near to 7.35 and similarly urine pH of 6.8 and higher will indicate a blood pH of 7.45. So urine pH can be taken as an easy parameter to indicate the body reactions and state of health. So our effort should be aimed at maintaining urine pH in the acceptable range.

### **Food/ fruit controlled blood pH**

Urine pH can be maintained easily by taking variety of foods according to their pH value. If urine pH is 5.8 or below, the person should take food and fruits of higher pH value say more than 6. Similarly, if urine pH value is near 8.0 or higher, then one must take foods and fruits having lower pH say less than 5.0. the food/ fruit intake has fast and long-lasting effect on our blood pH and health. The food/ fruit control can enhance our healthy condition for a longer time and reduce ageing process speed.

### **Foods/fruits pH values**

**Alkaline pH 10-** Alkaline ionised water, Lettuce, Spinach, Radish - recommended for Low pH/ acidity, Low blood pressure;

**Alkaline pH 9-** Banana, Apple, Cabbage, Carrot - recommended for Low pH/acidity, Low blood pressure

**Alkaline pH 8-** Egg plant, Potato, Papaya, Cucumber, Onion- recommended for Low pH / Acidity, Low Blood Pressure

**Healthy body pH range 7.35 -7.45-** Bean Curd Milk, Normal food

**Neutral pH 7-** Bread, Cheese, Beer, Pure water, Coconut water, Normal intake

**Acidic pH 6-** Octopus, Beef, Sugar, Pork, Eel, milk, recommended for Alkalinity, High blood pressure

**Acidic pH 5-** Raw salmon, Chicken, Whiskey, Rice, Tomato juice, recommended for Alkalinity, High blood pressure

**Acidic pH 4-** Persimmon, Rice wine, Caviar, Egg yoke, Orange juice, recommended for Alkalinity, High blood pressure

**Acidic pH 3-** Vinegar, Lemon juice, recommended for Alkalinity, High blood pressure