

# pH Balance

The pH scale goes from 0 to 14, with 0 equaling the most acidic point, and 14 equaling the most alkaline point.

A pH of 7 is considered neutral and indicates a perfect balance between acidity and alkalinity.

Our body functions best when we are slightly alkaline. The optimal pH range is approximately 6.75 to 7.4. The lower our pH (acidic), the harder our body has to work to neutralize the acid in our system.

It is much less common for people to be too alkaline with a pH above 7.4, although it is certainly possible. Individuals with an acidic pH below 6.75 are far more prevalent.

## How do we become too acidic?

### *1) Internal acid creation:*

Consuming too much refined sugar can result in yeast overgrowth throughout the digestive system.

This situation can lead to a chronically acidic pH. As the microscopic bugs feed off the sugar in the food you eat, they release acidic waste. This may lead to chronic pH problems.

### *2) Decreased acid elimination:*

The more acidic you become, the harder it is for your body to neutralize and eliminate the acids. Similar to a garbage can, your body can only handle a certain amount of acidic “trash” before it begins to spill over and affect your health.

### *3) Eating too many acid-forming foods:*

By far, the most common contributor to an acidic pH level is our food.

Eating too many acid-forming foods each day can directly lead to excess acidity.

Fortunately, we have control over what we eat. Combating a chronically acid pH problem is as easy as knowing which foods to limit and which ones to stock up on.

As is the case with many modern health conditions and diseases, your lifestyle plays a major role in your longevity and overall fitness levels.