

Quick Tips – Acid-Alkaline Balance

Source:

The pH Miracle

By Robert O. Young, Ph.D., and Shelley Redford Young

The importance of the body's acid-alkaline balance to overall health is being recognized by an increasing number of patients and therapists.

Diet is the principal source of the acid and alkaline substances that determine the acid-alkaline balance or imbalance of the body.

To maintain a balanced pH in your blood and tissues, your diet should consist of at least 70 to 80 percent basic foods (by vision, not measuring or weighing). That means no more than 20 to 30 percent acidifying foods.

It is only when it is acidic that the body is vulnerable to germs - - in a healthy base balance, germs can't get a foothold. Furthermore, acids are the expression of all sickness and disease.

A healthy plant-based diet and low-stress lifestyle will keep you in acid/base balance and housing only helpful microforms.