

The Ability of The Human Body to Maintain a pH Balance

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Your body has a defense mechanism already in place to help maintain its pH balance. Certain substances found in our food are ALKALINE in nature such as Sodium, Potassium, Calcium and Magnesium.

Your body keeps minerals stored for when your pH levels start to turn acidic. When problems start, those stored minerals are then opened up and the body's pH level is returned to normal.

Many times your system will start pulling minerals from other areas of the body such as the bones for Calcium and the muscles for Magnesium. The problem is that those areas need the minerals too, and are weakened by the gleaning that your body is forced to do in order to maintain its pH Balance.

There is nothing complicated about eating and drinking to maintain good health, energy, vitality and fitness. Eat plenty of less acidic foods and avoid the acidic foods and drinks. You need to eat lots of green vegetables and drink good alkaline water. Eat frequently and stop eating when you are satisfied.

You can use Lemon and Lime in all the fluids you drink to help alkaline your Body.

pH Scale

