CLEANSHIELD FUTO SEMINAR

CAUSES OF ACIDOSIS AND PREVENTION

BY

DR. OKORO, E. C.

AFRICA HEALTH SOLUTION LTD
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What is PH? The term pH stands for” potential “of Hydrogen. it is amount of hydrogen ions in a particular solution. Furthermore, it is a scientific way to measure the quality and condition of water. PH is measured on a scale of 0 to 14 with seven being neutral. The lower the pH number the more acid it is and higher the number the more alkaline. for example , a pH of 3 is more acidic than a pH of 5 and a pH of 9 is more alkaline than pH of 8.

PH scale

Normal body pH: Normal pH of all tissues and fluids of the body (except the stomach) is slightly alkaline. The most critical pH is in the blood. All other organs and fluids will fluctuate in their range in order to keep the blood at strict pH between 7.35 and 7.45.(slightly alkaline) . This process is called homeostasis. The body makes constant adjustments in tissue and fluid pH to maintain this very narrow pH range in the blood.

Acidosis is an increased acidity in the blood and other body tissue. As we allow the level of acidity within the body to increase, we let a “destroyer “of health within us. Our amazing body constantly fights to control acidity with very complex acidic waste management’s system.

However, these systems can be overwhelmed . when this happens, the result is called Acidosis, a dangerous internal acidic pollution of the ocean within.

Our internal organs are weakened as they become increasing acidic. Our inner terrain with its inner ocean begins to invite and promote the growth of harmful pathogens of bacteria, viruses, fungi and mold . as these harmful pathogens begin to multiply, an internal metabolic nightmare is created ,result in sickness, disease or poor health.

SYMPTOMS OF ACIDOSIS IN THE BODY

- Bloating
- Constipation
- Rapid heart beat
- Irregular heartbeat
- Metallic taste in mouth
- Panic attacks
- Rapid panting breath
- Cold hands and feet
Dizziness
Low energy
Heartburn
Strong smelling urine
Diarrhea
Muscular pain
Hypoglycemia
Acid reflux
Mineral deficiencies
Fatigue
Lack of sex drive
Difficulty losing weight /weight gain
Frequent urination
Hormonal imbalance
Inflammation
Poor metabolism, etc.

RESULTS OF BEING TOO ACIDIC

1. To be too acidic in the body can have far reaching consequence. For example, if the blood becomes too acidic, it takes some of the alkaline forming elements from the enzymes in the small intestine to stay balanced. The small intestine then becomes too acidic to digest food optimally. The pancreas, gallbladder and liver are then forced to make up for this deficiency in order to metabolize foods properly. This has a direct bearing on metabolic enzyme production, which is literally involved in every biochemical reaction in the body. The result is lowered immune function, fatigue, hormonal imbalance, absorption and digestive problem, etc.

2. The bones will leach calcium, the most alkaline mineral. This can lead to reduced absorption of supplemental minerals and bone density problem.

3. Insulin levels increase and fat is stored instead of being metabolized. When malnutrition or starvation sets in, the body becomes acidic and as a safety, insulin is over produced so that all available calories are stored as fat for future use. As a result, weight gain is common and weight loss becomes difficult.

4. Respiratory System - When the tissues and organs are overloaded by acidity the transport of oxygen is strangled. This suffocation means the cells cannot breathe properly. Every cell in our body needs to breathe new oxygen and to clear acidic carbon dioxide to function correctly. When the ratio of acidity is too high then wastes in the form of mucus and infections and viruses build up in our lungs, which leads to colds, bronchitis, asthma, etc.

5. The kidneys perform the task of filtering fluids and purifying our blood. If the body is overwhelmed by excess acids, compensatory mechanisms spring into action, one of them is pulling of alkaline minerals from your bones and dumping them in the blood. If this occurs frequently enough, the minerals build up in the kidney in form of painful kidney stones.

6. Digestive System - Most digestive disorders, such as indigestion, nausea, bloating, gastric reflux, are symptoms caused by excess acid in the gastric region and not enough alkaline minerals in the intestinal tract. If the alkaline minerals from enzyme rich foods are missing then the pancreas will become exhausted, and once the pancreas is exhausted, it loses the
ability to decode the food and tell the body what to do with it. This will lead to a degenerative spiral of entropy where organs become confused and inflamed.

7. Circulatory System - Acidity is the principal cause of heart disease. It is well established that many fats are extremely important and essential for cardiovascular health. Good fats can actually help heal the inflammation that underlies arteriosclerosis. When the arteries thicken with plaque it is not as a response to good fats, it is inflammation created by the internal acidic environment. The body responds to the acidity by lining the vessels with fatty plaques to prevent life-threatening leaks, which arrest imminent death, but strain the heart because the aperture for the blood to flow through is narrower. When the heart becomes completely exhausted, this is known as a heart attack.

8. Muscular System - When acidity increases in the muscle cells, it disrupts the metabolism breakdown of glucose and oxygen to energy. This means muscles perform poorly in an acidic environment. An alkaline system on the other hand allows for much better aerobic metabolism and energy for the body's recovery from strenuous exercise. Often observe when someone is acidic from their breathing because they take large gulping inhales while doing the simplest tasks like walking and talking, which suggests their body finds it difficult to adequately deliver oxygen into the cells - a symptom of acidosis.

9. Integumentary System - When the body's pH is out of balance then the build up of acid causes inflammation and the skin is less able to function as a natural barrier against infection. As a result, the skin tends to develop lesions and sores open to the surface of the body, and the formation of skin eruptions occur like pimples or rashes.

CAUSES OF ACIDOSIS IN THE BODY

TOO LITTLE DRINKING WATER

We drink other liquids like coffee, tea, soft drinks or alcohol. However, we simply do not believe or understand the importance of simply drinking clean water. Many other liquids we drink are diuretics and contribute to acidity.

TOO MUCH SUGAR

The ongoing trend of greatly increase sugar in the diet is very dangerous. Overconsumption of sugar not only leads to diabetic conditions but is also a huge contributor to internal acidity.

TOO LITTLE EXERCISE

The body has the ability to control acidity in many ways. However, this ability is seriously compromised by lack of physical fitness. We must resist a sedentary lifestyle. The body is constantly fighting to neutralize the onslaught of internal acidity produced by our wrong steps. As this important battle is lost, the amazing health defense system in our body begins to crumble.

NOTE: Strenuous exercise can actually contribute to acidic environment in the body because of the increase in production of lactic acid.
TOO MUCH OF THE WRONG FOODS

Much of what we eat is acids-forming instead of alkaline-forming within the body. Our internal pH balance is greatly affected by our dietary input. We need to eat more alkalinizing foods and less acidifying foods.

TOO MUCH STRESS

Internal acidity is also produced by emotion like anger, bitterness, and other negative emotions. We lose our peace and spiritual order negative emotions. We lose our peace and spiritual order in this modern lifestyle as we try to keep up with a fast-paced world.

STEPS OF CORRECTION

As we work our body in specific ways that bring this internal liquid “Ocean” into a healthy pH balance what we are actually doing is cleaning the inner ocean of our body.

The powerful healing system that are already in the body demonstrate an amazing response-and begin to raise our inner shield of defense against sickness and disease.

- BOOST ALKALINITY FAST WITH CLEANSHEILD
- DRINK MORE WATER
- EAT MORE ALKALINE FOODS
- TAKE TIME TO REST
- EAT MUCH LESS SUGAR
- EXERCISE MORE

BENEFITS OF HAVING A BALANCED PH:

Proper pH balance enables the body to perform at optimum levels.

- Fat Metabolism
- Healthy Insulin production
- Healthy Oxygen Flow
- Smooth Blood Flow
- Blood Pressure Regulation
- Access to Energy Reserves
- Proper Electrolyte Activity
- DNA-RNA Synthesis
- Cellular Regeneration
- Critical Lipid, Fatty Acid and Hormonal metabolism
REFERENCES


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