

Symptoms of Acidosis

Due to fast paced daily lifestyles, eating on the run, people have to face a constantly growing endangerment: the over-acidification (**Acidosis**) of the body cells, which will interrupt cellular activities and functions. It is a major root of sickness and disease. Having our cells constantly exposed to an **acidic environment** leads to **Acidosis!**

Studies have shown that an acidic, **anaerobic** (which is also the lack of oxygen) body environment encourages the breeding of fungus, mold, bacteria, and viruses. As a result, our inner biological terrain shifts from a healthy oxygenated, **alkaline environment** to an unhealthy acidic one (acidic pH scale).

It is a lot of "hard work" for our body to neutralize and **detoxify** these acids before they can act as poisons in and around the cells, ultimately changing the environment of each cell.

When our **body pH** becomes more and more acidic it starts to set up defense mechanisms to keep the damaging acid from entering our vital organs. Unhealthy conditions which can be caused directly by Over-Acidification / Acidosis are:

Symptom Overweight

It is known that acid gets stored in fat cells. As a defense mechanism, your body may actually produce fat cells to protect you from your overly acidic condition. To protect itself from potentially serious damage, the body creates these fat cells to store the acids and carry them away from vital organs. Those fat cells and cellulite deposits may actually keep acid wastes at a safe distance from your vital organs. Many people have found that a return to a healthy alkaline inner biological terrain helps them losing excess fat.

Symptom Joint Pain and Arthritis

All substances left by the metabolizing process are acidic and toxic; therefore these have to be neutralized by alkalizing elements, e.g. calcium ions, sodium ions, and lithium ions, among which calcium is the most important. Calcium ions are positively charged ions which are constantly looking for acid, to form calcium carbonate in our body. Calcium carbonate is harmless and will be moved out of the body, providing our body fluid pH is alkaline. Otherwise, it is being deposited around body joints. If the calcium ion level is low in the blood and body, excess acid will remain in our body and will lead to numerous health problems, like Joint Pain or Arthritis.

Symptom Osteoporosis

Many people think they can eliminate osteoporosis by increasing their consumption of milk and dairy products. But in fact the instances of osteoporosis are rare in countries where the consumption of dairy products is very low. So osteoporosis is an acidosis problem. As the body becomes more acidic, our body tries to remain healthy to protect us against heart attacks, illness, strokes or even cancer. In doing so, it takes calcium from the teeth, bones and tissues, making them weak and brittle.

Symptom Underweight

Yeast and fungus produced in an acidic environment can feed on our nutrients and thus reduce the absorption of everything we eat by as much as 50%. Without protein the body can't produce enzymes, hormones or other chemical components necessary for cell energy and organ activity. This causes people to become very thin, which is not healthier than being overweight. As alkalizing and oxygenating takes place, the body naturally begins to seek its own ideal weight.

Symptom Low Energy and Chronic Fatigue

When having our cells constantly exposed to an overly acidic environment our biological terrain's oxygen level drops, leaving us tired and fatigued. This will allow parasites, fungus, bacteria, mold and viral infections to flourish and gain a hold throughout the body.

Symptom Heart attack

If our internal biological terrain is exposed to excessive acidity, bacteria and/or fungi and/or viruses can attach themselves to the inner walls of arteries. This can attract white blood cells, causing proteins and cells to clot. In this way a plaque forms in the artery, thus narrowing the artery and restricting the flow of blood, nutrients and oxygen to the tissues supplied by that artery. Should that happen to the coronary artery, a heart attack can occur.



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