

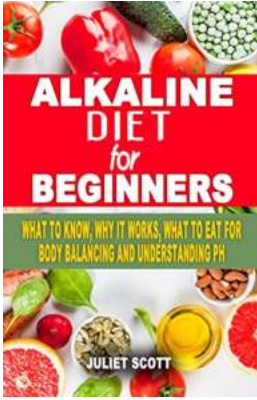
What To Know, Why It Works, What To Eat For Body Balancing And Understanding Ph



Maintaining a balanced pH level in our bodies is crucial for overall health and well-being. By understanding how pH works and what to eat for body balancing, we can optimize our internal environment and enhance our energy, immunity, and longevity.

pH stands for "potential of hydrogen," which measures the acidity or alkalinity of a substance. Our bodies have a specific pH range to function optimally. The pH scale ranges from 0 to 14, with 7 being neutral. A pH level below 7 indicates acidity, while a pH level above 7 indicates alkalinity.

ALKALINE DIET FOR BEGINNERS: What To Know, Why It Works, What To Eat For Body Balancing And Understanding pH - Saving The Planet With



An Alkaline Plant Based Diet

by Stephanie Quiñones (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 413 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 53 pages

Lending : Enabled



It's important to note that different parts of our bodies have different pH levels. For example, our stomach is highly acidic (around 1.5 to 3.5) to aid in digestion and kill harmful bacteria. On the other hand, our blood maintains a slightly alkaline pH of around 7.35 to 7.45.

So, why is maintaining a balanced pH important? The answer lies in our body's delicate equilibrium. When our pH levels are imbalanced, it can lead to various health issues, including fatigue, inflammation, weakened immune system, and even chronic diseases.

Fortunately, we have the power to influence our body's pH through our diet. The foods we consume can either promote acidity or alkalinity. Consuming a diet rich in alkalizing foods can support body balancing and promote optimal health.

Here are some essential tips to know about maintaining a balanced pH:

1. Alkalizing Foods

Consuming more alkalizing foods can help balance our pH levels. These foods are typically fresh fruits, vegetables, nuts, seeds, and legumes. Some examples include kale, broccoli, spinach, cucumber, green apples, lemons, almonds, flaxseeds, and lentils. Incorporating these foods into our daily meals can support body balancing and overall well-being.

2. Acidic Foods

While some acidic foods are necessary for our bodies, consuming too many can tip the balance towards acidity. It's essential to limit the intake of acidic foods such as processed meats, refined sugars, sodas, alcohol, caffeine, and processed foods. These foods can promote inflammation and disrupt our pH levels, leading to various health problems.

3. Hydration

Drinking enough water is crucial for maintaining a balanced pH. Water helps flush out toxins, support kidney function, and enhance overall bodily functions. Aim to drink at least 8 glasses of water daily, and consider incorporating alkaline water or herbal teas for additional benefits.

4. Stress Reduction

Chronic stress can also affect our body's pH levels. Incorporating stress reduction techniques, such as meditation, deep breathing exercises, yoga, or spending time in nature, can help restore balance to our internal environment.

5. pH Testing

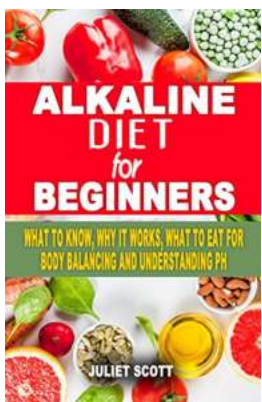
If you suspect an imbalance in your pH levels, it's recommended to consult a healthcare professional. They can perform tests to determine your pH levels accurately and provide personalized advice on how to restore balance.

6. Supplementation

Sometimes, incorporating supplements such as alkaline minerals or green powders can assist in maintaining a balanced pH. However, it's essential to consult a healthcare professional before starting any supplementation regimen.

By understanding the importance of pH balance and incorporating the right lifestyle changes, we can optimize our health and well-being. Remember, food is our medicine, and making conscious choices about what we eat can have a significant impact on our body's pH levels and overall vitality.

So, start incorporating more alkalizing foods into your diet, reduce stress, stay hydrated, and support your body balancing journey!



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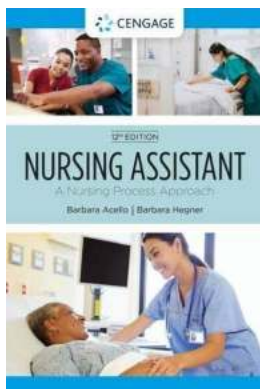
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A number of health benefits are associated with an alkaline diet, such as weight loss, reduced blood pressure, and acid reflux relief.

This book explains how this diet is both healthy and sustainable for a lifetime, and what makes it so.

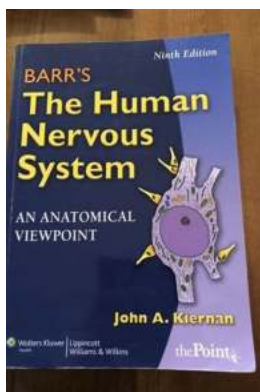
In this book, you'll learn exactly what to eat, as well as how to transition to a whole-food, plant-based alkaline diet that really works.

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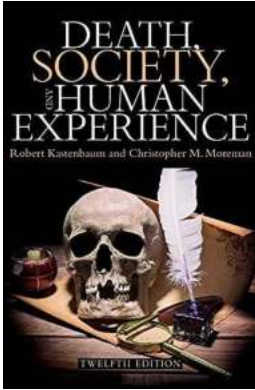
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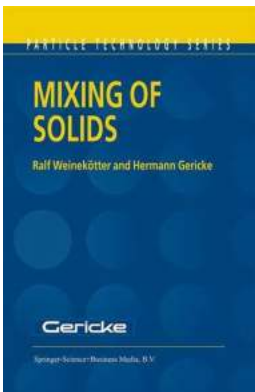
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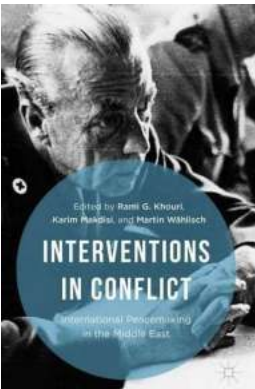
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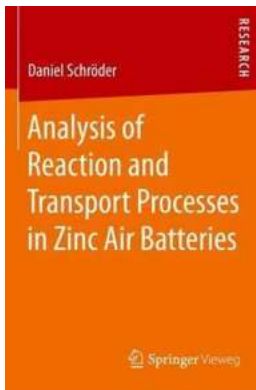
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