
pH (Acid/Alkaline Balance)

What is pH? Do you know what your pH is? Do you know that your health can be negatively affected if your pH is out of balance? pH is the measurement of acidity, neutrality or alkalinity of a substance. Your saliva should be on the neutral side of the scale neither too acidic nor too alkaline. If you are out of balance, your cells and organs can be stressed. Some of the symptoms might include:

- Fatigue
- Irritability
- Mood Swings
- Sleep Disturbance
- Joint or Muscle Pain
- Chronic Inflammation
- Osteoporosis
- Lowered resistance

You probably don't realize the wide range of effects an altered pH can have on your overall health. Unfortunately the Standard American Diet (SAD) is not conducive to maintaining a healthy pH. It takes awareness and effort in order to maintain a healthy acid/alkaline balance.

If you have any of these symptoms, you should have your pH tested. It's a very simple test and can be done in 5 minutes or less. Come in for a free pH test. It is wise to test your pH regularly.

I also have an educational packet on acid/alkaline balance which you can purchase. It contains more information, pH paper and instructions on how to monitor your pH. The cost of the packet is 10.00.

If you have questions, please call or email me at gbirdsley@msn.com.

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