Symptoms That the Body Is Too Alkaline

All chemicals, natural and otherwise, have a pH level, which is a measurement of hydrogen. The pH scale ranges from zero to 14, with zero being purely acidic, 14 being purely alkaline and seven being neutral. According to "The Complete Book of Enzyme Therapy" by Anthony J. Cichoke, the human body's optimal pH range is between 7.35 and 7.45, only slightly alkaline. While the kidneys and other organs work to maintain a healthy pH, some circumstances can lead to too-high alkalinity levels, a condition called alkalosis. Alkalosis has multiple symptoms, but because these symptoms can have many causes, you should consult a doctor in cases where alkalosis is suspected but not clinically confirmed.

Consciousness Problems
The National Institutes of Health reports light-headedness as a common alkalosis symptom, as well as confusion. In extreme cases, such symptoms can worsen to the level of catatonic stupor and even coma. Arthur Greenberg and Alfred K. Cheung's "Primer on Kidney Diseases" states that alkalosis may also cause a predisposition to seizures, and Cichoke's book adds that severe cases can also put victims in a state of shock and could cause death. These symptoms, taken together, are very similar to the range of symptoms caused by hypocalcemia, and in isolated cases the milder symptoms could suggest dozens of different health issues. To be sure that the cause of one or more of these symptoms is an elevated level of alkalinity, blood tests administered by a physician are required.

Involuntary Muscle Spasms
Other symptoms cited by the National Institutes of Health include hand tremors, involuntary muscle twitching and sensations of numbness or tingling in the face, arms or legs. It may also lead to tetany, a condition involving prolonged and involuntary muscle spasms, particularly in the hands and feet, as well as cramping, spasms of the larynx and hypersensitive reflexes, according to MedicineNet. Once again, hypocalcemia is another common cause of this collection of symptoms, so a diagnosis of alkalosis should only be declared following the appropriate blood tests.

Nausea
The University of Maryland Medical Center reports nausea and vomiting as another typical alkalosis symptom, but again, these symptoms by themselves cannot lead one to the conclusion that elevated alkalinity is the root cause. Interestingly, prolonged vomiting can also cause alkalosis, according to the National Institutes of Health. Such instances are specified as hypochloremic alkalosis, brought on by extremely low levels of chloride due to the loss of stomach liquids and other contents.
Becoming Too Alkaline

The pH of the urine can be alkaline in response to the body being too acidic and this is when we hear people say that they are too alkaline and therefore they do not need to be on an alkaline diet. The opposite is true, this is the body adapting to being bombarded with a diet of high protein acidic foods which has finally run out of organic sodium required to neutralize these strong acids. In a last ditch effort to protect the cells and tissue the kidneys produce a greater supply of the hormone glutaminase that causes ammonia to be released from the amino acid glutamine. Ammonia is very alkaline and in this situation the pH of the urine will be high. This is the emergency backup system to make up for the insufficient sodium reserve for neutralizing the strong acids from the high protein diet. This is a signal to get on an alkaline diet with vegetables high in sodium because you are too acid.

The odor of ammonia is usual in the rooms of patients who are in the final stages of cancer. The baby diaper that smells of ammonia is the body adapting to a diet of excess nitrogen.

The body is a wonderful machine with backup systems to respond perfectly to each situation. When we call on these backup systems over and over again with our lifestyle of excess protein and other acidic food intake, then these systems finally break down.
Being too alkaline is a sign that this breakdown is already underway

*All ingested substances and all situations (physical, emotional, or mental) that affect the body, leave either an alkaline or acid ash residue in the urine.* Sulfur, iodine, chloride, phosphorous, bromine, copper, silicon and fluoride are acid-forming minerals because they have a negative charge. The body uses various minerals, many of which leave behind acid ash when they are used up. For instance, each heartbeat occurs due to magnesium firing. Nerves must fire in precisely the correct sequence to stimulate muscles that contract the chambers of the heart. As the magnesium is used, the acid ash from the reaction must be removed. The body removes ash efficiently when it is healthy, alkaline and its various systems are balanced. When mineral ash is not removed from the body, it accumulates and acidifies it.

Becoming Too Alkaline “The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.” Euripides

It is difficult for the body to become over-alkalized, a condition known as *alkalosis*, which is extremely rare and is caused by unnatural imbalances in the body as a result of poor diet. Nearly everything the average person consumes, including cooked and processed foods, acidifies the body tremendously. Nearly all recreational beverages are acidic, including coffee, black tea, commercial juices, milk, soft drinks and alcohol. Stress adds tremendous amounts of acidity to the body, as does pollution. Industrialization has toxified and acidified our environment since its inception. Toxins have concentrated at the north and south poles because of air currents and prevailing weather patterns. Given the amount of acid that is added to the average person on a daily basis, it would be extremely difficult for anyone to overalkalize their body. I have consumed 1.5—2.0 gallons of Ionized Water everyday for 10 years at a pH 9.5 or higher. I live on a 99% raw food diet, which is alkalizing, and my body pH is always balanced at close to 7.0. I have never measured my body pH and found it to be too alkaline. Over-alkalizing your body will not occur if your approach to health is completely natural. Nature always puts the body into balance when its laws are followed and at the core of homeostasis is a neutral pH. If we wish to determine a person’s overall health, the first determination that should be made is their body pH. Drinking Ionized Water with a high pH of 9.0—9.9 can sometimes induce a feeling of nausea in the stomach, especially when consumed first thing in the morning. This is not harmful nor is it an indication that you are consuming Ionized Water at too high a pH level. If the stomach remains acid with a pH of 5.0 or lower, the sudden introduction of an extremely alkaline substance such as Ionized Water can cause a gag reflex in the body. This is a natural reaction because the body views any radical change in pH as something potentially dangerous or poisonous to it, thus its instinct is rid the body of it. Relax, breathe slowly and deeply and the feeling of nausea will likely subside in a short period of time.

Measuring Body pH Body pH is measured through the saliva or urine. Many things can cause the pH of urine or saliva to quickly rise or fall. For instance, consuming extremely alkaline substances such as asparagus or Ionized Water can turn the urine acidic because they effectively remove acid waste from the body. With persistence, however, consuming alkaline
substances will turn body’s overall pH more alkaline. Saliva is an accurate measurement of pH as long as you haven’t drank or eaten anything for 45 minutes before measuring it. Litmus pH paper is the most accurate measurement of saliva’s pH. Color pH test drops (phenol red) are a little more accurate than litmus paper, but both rely on matching color with the eye, which can be somewhat subjective. It’s difficult to determine the exact pH of any liquid within a single logarithmic point, meaning the difference between 9 and 10, let alone a tenth of a point.

If your Body is TOO Alkaline

Forget the Coffee! Start and End Your Day with the Following Healthy, Energy Drink:

6 oz of Cranberry Juice and add
2 oz Blue Berry, Cherry, or Prune Juice
1 or 2 teaspoon Bragg’s Apple Cinder Vinegar
1/2 teaspoon of honey
1/4 teaspoon of Cinnamon
1/4 teaspoon of Cayenne Pepper

Hold on tight and drink for a healthy, high-energy day!

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Your body's acidity or alkalinity may be a symptom of an underlying illness. You can find out if your body is acidic or alkaline by measuring its pH. The pH scale ranges from 0, which is very acidic, to 14, which is very basic. Pure water has a pH of 7, which is completely neutral. A healthy pH is neutral or slightly alkaline at approximately 7.0 to 7.2. Testing the pH of your urine will reveal the presence of any unusual acidity or alkalinity, which may indicate that your kidneys are working hard to neutralize your blood.

**Step 1**
Wait until you have urinated once or twice before capturing your urine for testing. Morning urine typically contains more particulates, as it has been collecting in your bladder for a longer period of time.

**Step 2**
Capture the middle of your urine flow in your plastic cup for testing. Both the beginning and end of a urine stream will contain different levels of particulates, so capturing the middle of your flow is important in collecting an accurate sample.

**Step 3**
Tear off a one inch strip from your roll of litmus paper. Submerge one end of the litmus paper in the urine, and hold it for approximately five seconds.

**Step 4**
Remove the litmus paper from your urine and compare its color to the chart printed on the roll of litmus paper. The color may vary between yellow and dark blue, indicating a pH between 4.5 and 9.0. Ideally, the litmus paper will turn bluish green, which indicates a pH around 7.0 to 7.2.

**Step 5**
Test two more times during the day, ideally once in the morning, once in the afternoon and once in the evening. Average your results for the most accurate pH reading, as the body's pH fluctuates throughout the day.
Warnings

- Only a doctor can properly analyze your urinary pH to make a proper diagnosis. Do not make dietary alterations or medical determinations based on your urinary pH without input from a physician.

Tips

- According to the U.S. National Library of Medicine, "Acidic urine is associated with xanthine, cystine, uric acid and calcium oxalate stones. Alkaline urine is associated with calcium carbonate, calcium phosphate and magnesium phosphate stones."

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**ALKALINE / ACID FOOD CHART**

Most high protein foods (such as meat, fish, poultry and eggs), nearly all carbohydrates (including grains, breads and pastas) and fats are "acid-forming." And most fruits and vegetables are "alkaline-forming." Although citrus fruits, such as oranges and grapefruit, contain organic acids and may have an acid taste, they are not acid-forming when metabolized, leaving no acidic residue. Similarly, Free Form Amino Acids are not acid-forming, but instead offer unique buffering capabilities to the body to help offset acidic wastes.

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*The colors used for this chart are not directly relative to the pH scale.*

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.
What We Think Determines How We Interpret What Happens to Us, so if We Want to Change our Lives, We need to Stretch + Change our Minds.

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