



Healthy Blood pH Levels

By: Kirk on January 19, 2011

Lately I've been hearing a lot about blood pH levels. I clearly remember the pH chart back in cosmetology school. I never paid any attention to its relevance to our bloods healthy condition. The basic pH chart ranges from 0-14 with 7 to 7.5 being considered the neutral area. This is considered balanced and where you want your blood levels to read. Most Americans have levels of 7.2 to 7.4. When your pH is out of the normal range it opens up the doors for disease and sickness in several ways. **Acidic conditions cause affects at the cellular level and leads to degenerative diseases.** Also, this condition blocks the bloods ability to absorb vitamins and minerals which can ultimately lead to toxic buildup that slows down organ functions and speeds up the aging process.

What causes this? There are several contributing factors to pH blood imbalances, but the main reason is a poor diet and a stressful lifestyle. A diet that contains processed foods, pre-packaged foods, sugary foods, pastas, meats, dairy, etc are some of the acidic foods. On the other hand living a stressful life also plays a significant role. It's been said that those who live in tense conditions like a loss of job, divorce, geographical change, etc. are more than likely to be more acidic. High acid also affects blood pressure negatively by allowing faster buildup plaque from LDL-cholesterol (bad cholesterol) in the arteries.

Restoring the balance in your blood pH can be achieved by changing your diet. Eating more fresh fruits and vegetables and something raw everyday is a good way to start. If you must have cheese, sodas, sugary juices, or alcohol, do it in moderation. Add more alkaline producing foods such as green leafy vegetables and fruits. Stress reduction methods such as meditation, more rest, deep breathing exercises or anything else that reduces everyday stress. And please exercise daily, even if it's just a 20 minute walk.

The verdict is still out with me on pH testing. While I have mainly heard of pH testing sticks, available in most health food stores, I have also read conflicting reports of its accuracy. What do you think about pH levels? Have you had yours checked lately?

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