

## **Is your body's pH keeping you in pain?**

### **What is pH?**

The pH of a fluid tells you how acidic or basic (alkaline) it is. This is based off of a scale from 0 -14. Scores from 0-6.9 are considered acidic, 7 is neutral and 7.1-14 is alkaline. (See chart below.) The body is designed to stay within a very narrow pH range around neutral but slightly alkaline. Fluctuating into an acidic pH can lead to issues from heartburn to arthritis. Even inflammation and premature aging have been linked to acidic pH. When the pH of the muscles and joints are acidic, free radicals are created. If these free radicals are not quenched with antioxidants they will wreak havoc on your body.

### **Why does pH imbalance lead to inflammation and pain?**

Metabolic acids in the musculoskeletal tissues leads to an inflammatory response. A small amount of inflammation is necessary for tissue healing. However, uncontrolled inflammation from an acidic environment is detrimental to healing. Again, when the body is acidic, more free radicals are generated causing further acid build up. This creates a vicious cycle that without intervention is difficult to stop. As this cycle spins along out of control your body's muscles and joint begin to deteriorate. As you can imagine, deteriorating body tissues lead to *PAIN!*

### **Which is better acidic or alkaline?**

As previously mentioned, the body fluids should be in a neutral zone that tips more in the alkaline or basic direction. This environment means that the damaging free radicals are kept at bay. They are being quenched with antioxidants to prevent further harm. Acidosis, or the state of constant increased acid, leads to many health issues. They include but are not limited to weight gain, lack of energy, muscle cramping and aches, joint pain and stiffness and poor immune system function. If you are experiencing any of these symptoms it may be time to test your saliva pH.

### **What causes us to become so acidic?**

Many factors can contribute to an unhealthy and acidic body. Most of our diets are filled with fast foods, processed foods with preservatives and sugar filled drinks and snacks. Poor diet in combination with lack of exercise and a stressful lifestyle is the perfect storm for acid creation.

### **How does my diet effect pH balance?**

Decreasing the amounts of over processed foods and adding alkalizing foods to the diet

can tip the scales in your favor. Changing the diet is essential in making a difference. We realize that life is busy and eating healthy can sometimes have its challenges. This is why we use a special alkalizing program that takes into account your values and goals. Greens First is super-food powder that is packed with fruits, veggies, vitamins and minerals. Adding these antioxidant shakes to your diet quenches free radicals and restores the alkaline environment that your body so desperately needs.

### **How can a chiropractor help?**

Chiropractors are trained to specialize in the musculoskeletal and nervous systems. When injury occurs there is an imbalance in these structural systems. Free radical are created due to stress which causes an acidic environment. That environment leads to increased pain. If the nutritional aspect is not addressed healing can be limited and even halted.

At Allegany Chiropractic Center, we strive to treat the body as a whole. This includes nutritional counseling. Altering one's diet as well as nutritional supplementation can make a world of difference in the war against pain. This, in addition to chiropractic therapy, can create faster healing rates and less time suffering in pain. If you are interested in pain relief we would be happy to assist you in your journey toward alkalization and total health. Saliva pH testing is available in our office. Each plan is tailored to patient's pH reading and agreed upon goals.

Health and Happiness,

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For more information on our alkalizing product, Greens First, call 301.777.0110 or visit our website at [www.alleganychiropractic.com](http://www.alleganychiropractic.com). Additionally, I would be happy to give you a personal review; I use and love Greens First!

[Greens First](#) is a “nutrient-rich, anti-oxidant super food” that quenches free radicals and alters the body's pH in favor of alkalinity. This decreases stress and promotes overall health.