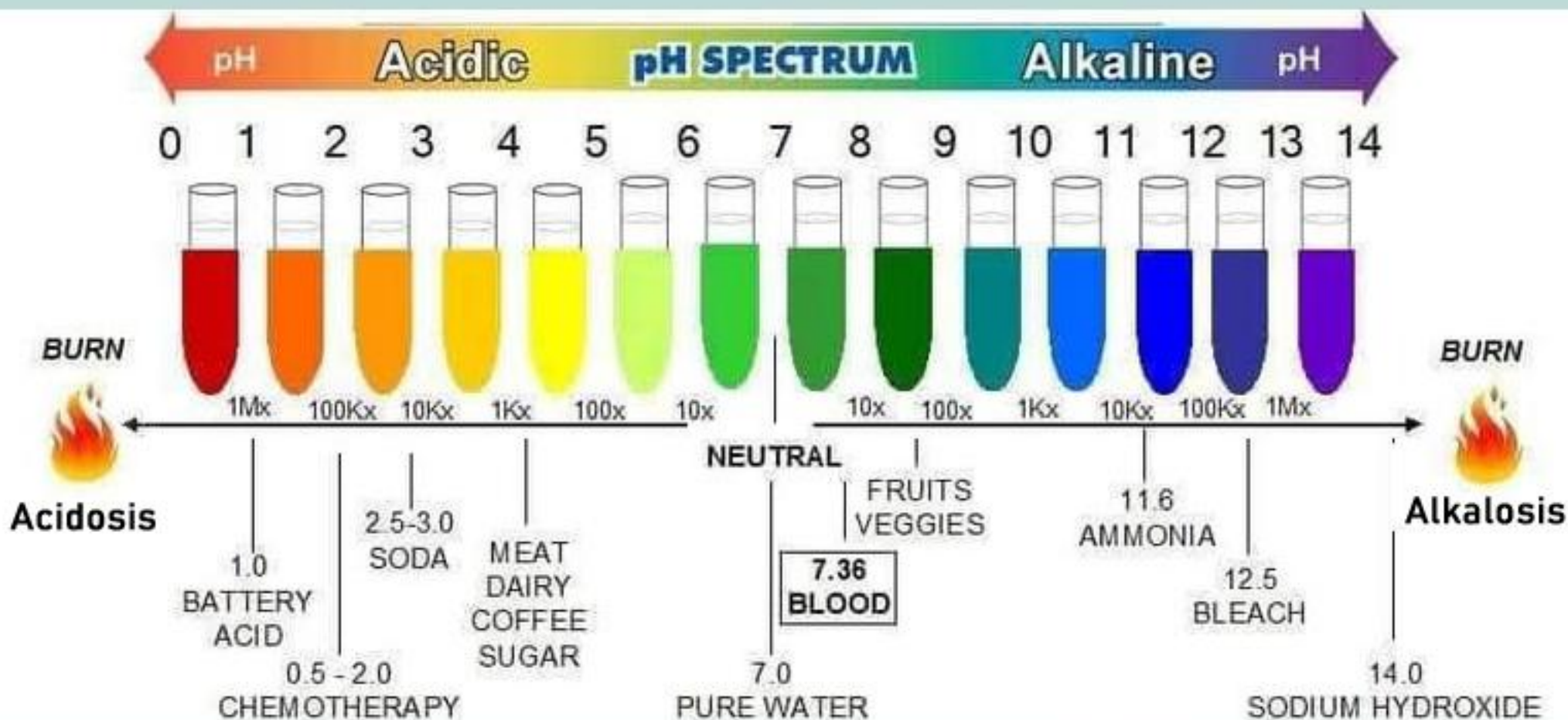


Understanding Acid & Alkaline pH Balance



The best pH range for the human body is considered to be between 7.35 and 7.45, which is slightly alkaline, meaning the body functions optimally within this narrow range. Going significantly below or above this pH level can lead to health complications and can be life threatening. When the body becomes too acidic, one of its buffering mechanisms is to utilize stored calcium from bones, releasing it into the bloodstream to neutralize the excess hydrogen ions, effectively acting as a base and helping to restore pH balance. This process is often referred to as "bone buffering." Research indicates that acidosis can contribute to elevated cholesterol levels. Acidosis can also trigger an immune response, increasing white blood count, inflammation, and edema.