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| **[Over acidity, inflammation, toxicity and how to improve your health](https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fdrsusanshealthyliving.com%2Fover-acidity-inflammation-toxicity-how-to-improve-your-health%2F&data=02%7C01%7Cgestoka%40sutterhealth.org%7C17ad4b55e5ce4a7334de08d569156250%7C4529a81c4fb64d48bcb0b9604c1cb0ae%7C0%7C0%7C636530462925732462&sdata=IDBQR1wa81TMCECpH%2Fy%2FhrWyuip729DgZMGrj8Sy28w%3D&reserved=0" \t "_blank)**by [Dr. Susan Richards](https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fdrsusanshealthyliving.com%2F%3Fauthor%3D2&data=02%7C01%7Cgestoka%40sutterhealth.org%7C17ad4b55e5ce4a7334de08d569156250%7C4529a81c4fb64d48bcb0b9604c1cb0ae%7C0%7C0%7C636530462925732462&sdata=DCkrvf9%2FW1Ro701muQMTp4YQQSYyI0mFiUViYBjWI4M%3D&reserved=0) |

**Determining your body's natural affinity to Acidity**

Before we talk more about what to do with over acidity we have to help you determine what your body’s natural affinity is.

**Signs of Acid-Alkaline Imbalance to look out for:**

One sign of acidity is feeling noticeably stiff upon arising. Another is feeling either extremely tired or energized after a day of physical exercise. You may find that having red wine with dinner gives you a runny nose or a headache the next day. At least once a month, you have a sore throat.

Over acidity also dramatically increases the frequency of colds, flu-like symptoms, allergies, canker sores, heartburn, alternating constipation and diarrhea, insomnia, inflammatory conditions, parasites, fungal conditions, and bone loss. You may also find yourself recovering more slowly from illnesses, cuts, minor surgery, or even normal physical exertion.

**The Highly Acidic Standard American Diet**

The typical American diet is composed mainly of foods that are either highly acidic in their chemical makeup or, once eaten, cause an acidic reaction within the body. These foods include red meat, poultry, dairy products, most fruits, nuts, refined sugar, corn sweeteners, chocolate, refined flour products, soft drinks, beer, wine, coffee, and black tea.

There are many reasons why these foods tend to be acidic. Many of them contain large amounts of acidic minerals such as sulfur, phosphorus, chlorine, and iodine. Some of these foods also contain acids such as the carbon dioxide used to create the carbonation in soft drinks and beer, the tannic acid found in black tea, and the acetic acid found in vinegar.

Examples of acids found in fruits are the malic acid in apples and citric acid contained in oranges, lemons, limes, and grapefruits.

Some of these foods also cause an acidic reaction within the body. For example, red meat, dairy products, and wheat all contain tough and difficult to-digest proteins such as the casein found in milk and the gluten found in neat.

**Warning signs your body is overly acidic**

When these foods are ingested, the stomach must secrete large amounts of hydrochloric acid in order to begin the breakdown of these proteins. This puts a significant stress on the pancreas, liver, and small intestine, which must then produce copious amounts of highly alkaline digestive juices and bile to neutralize the excess acid produced by the stomach.

Other foods, such as coffee and alcohol, also trigger excessive acid production by the stomach. Caffeinated coffee contains many volatile acids, which are particularly abundant in gourmet blends and provide coffee with its desirable rich flavor.

In addition, as food is metabolized within the body, it is converted into a number of acidic waste products such as uric acid, lactic acid, and acetic acid. These acids will lower the pH of body fluids and must be neutralized by the buffer systems contained within the blood; their residues must then be eliminated from the body.

Furthermore, acidic by-products derived from the sulfur, chlorine, and phosphorus in foods produce toxic acids such as sulfuric, phosphoric, and hydrochloric acid, which must also be neutralized to avoid damaging the kidneys and other organs of the body. When the liver's ability to detoxify is impaired, many toxic and highly acidic by-products are formed. These acidic by-products must also be neutralized and eliminated from the body.

**Inflammation and over acidity**

Finally, many people are allergic to the proteins found in a variety of foods, including dairy products, wheat, peanuts, corn, soybeans, and the milk and nuts used in the preparation of certain chocolate products. Food allergies cause an acidic, inflammatory reaction in Sensitive individuals. Some individuals are also sensitive or intolerant to various foods.

Common examples are the sugars found in milk (lactose) or fruit (fructose) and the amines found in tomatoes, oranges, wine, chocolate, and Parmesan cheese. Individuals with these sensitivities either find these foods irritating to their systems or lack the enzymes to digest them, thereby leading to over acidity. Many of these same foods also tend to aggravate autoimmune conditions such as rheumatoid arthritis.

The inflammation that results from these conditions causes the production of acidic chemicals within the body that must be constantly buffered if the blood is to remain at a slightly alkaline pH.

**Toxicity and acidic reactions in your body**

In summary, over acidity caused by the normal ingestion and breakdown of foods as well as toxic by-products caused by foods can greatly stress our buffering capability. Whether these foods are highly acidic or cause an acid reaction within the body, they must all be neutralized and any acid residues from the food eliminated from the body to keep the pH of the blood slightly alkaline.

If you want the complete take about the Acid-Alkaline imbalance and how you can take help your body restore itself to a balanced health, you can check out my book, The Acid-Alkaline Balance. Or stick around and I will be posting more articles on the the acid-imbalanced body, the symptoms and treatment of a highly acidic body and how you can take charge and reverse acidity to achieve a more alkaline body.

[**Dr. Susan Richards**](https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fdrsusanshealthyliving.com%2F%3Fauthor%3D2&data=02%7C01%7Cgestoka%40sutterhealth.org%7C17ad4b55e5ce4a7334de08d569156250%7C4529a81c4fb64d48bcb0b9604c1cb0ae%7C0%7C0%7C636530462925732462&sdata=DCkrvf9%2FW1Ro701muQMTp4YQQSYyI0mFiUViYBjWI4M%3D&reserved=0) | January 31, 2018 at 5:44 pm | Tags: [alkaline diet](https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fdrsusanshealthyliving.com%2F%3Ftaxonomy%3Dpost_tag%26term%3Dalkaline-diet&data=02%7C01%7Cgestoka%40sutterhealth.org%7C17ad4b55e5ce4a7334de08d569156250%7C4529a81c4fb64d48bcb0b9604c1cb0ae%7C0%7C0%7C636530462925732462&sdata=TBbicaUHeQpE%2BRI4qa3Gy4mR1cZKRVDv%2FZZ6Hz3tpNY%3D&reserved=0), [anti-cancer](https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fdrsusanshealthyliving.com%2F%3Ftaxonomy%3Dpost_tag%26term%3Danti-cancer&data=02%7C01%7Cgestoka%40sutterhealth.org%7C17ad4b55e5ce4a7334de08d569156250%7C4529a81c4fb64d48bcb0b9604c1cb0ae%7C0%7C0%7C636530462925732462&sdata=jMUeP6jeSyJA5oBUKtIQP%2B8UyuyIHGmjY7PYS9Au92c%3D&reserved=0) | URL: [https://wp.me/p4JTYH-1aC](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwp.me%2Fp4JTYH-1aC&data=02%7C01%7Cgestoka%40sutterhealth.org%7C17ad4b55e5ce4a7334de08d569156250%7C4529a81c4fb64d48bcb0b9604c1cb0ae%7C0%7C0%7C636530462925732462&sdata=D1zmOZlYEYeO%2F0N3EkLXkgwOZCkEKdxtRE%2Ba4tSjDBk%3D&reserved=0)