HEALTHY TIPS

Your Body Is Acidic: Here Is what You Need to Do

By bestfolkmedicine · 14/11/2018 · 4 min read



As Longevity Box explain, Dr. Otto H. Warburg who received a Nobel Prize concluded that excessive acidity in the body is the main reason for cancer. An acidic body is the ideal environment for cancerous cells to grow and spread.

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On the other hand, since they are anaerobic, they cannot thrive in an alkaline surrounding where there is plenty of oxygen. An alkaline body is needed so that the healthy cells can multiply. A healthy body in ideal conditions has a balanced pH, i.e. a balance between alkalinity and acidity. A lot of

experts believe that the major contributing factor to this balance/imbalance is our diet.

"The food we eat can be the safest and most powerful form or medicine or the slowest form of poison." -A. Wigmore, founder of the Hippocrates Health Institute

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What Should Your Body's pH Level Be?

The optimal pH level is considered to be 7.3 and it is more alkaline than acidic. But, a lot of people today have acidic pH because they follow poor diets. Unhealthy diets are ones based on too much sugar, processed foods, GMOs, foods with chemicals and additives, etc. which encourage acidity.

An acidic body has a higher risk of serious health problems, including diabetes, heart illness, cancer, osteoporosis, and numerous others. Acidity will cause premature aging and elevate the level of parasites, viruses, and bacteria in your body.

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Major Symptoms that Your Body Is overly Acidic

- ***Cavities***
- ***Inflamed and sensitive gums***
- ***Immune deficiency***
- ***Stiff neck***
- ***Sciatica***
- ***Lumbago***
- ***Respiratory issues like cough and shortness of breast***
- ***Yeast overgrowth***
- ***Chronic tiredness***
- ***Low energy levels***
- ***Heart problems***
- ***Weight gain***

- ***Obesity***
- ***Diabetes***
- ***UTIs***
- ***Premature aging***
- ***Vomiting and nausea***
- ***Diarrhea***
- ***Osteoporosis***
- ***Headaches***
- ***Sleepiness***
- ***Joint ache***
- ***Acne***
- ***Allergies***

How to Put an End to Acidic Body

According to Curious Mind Magazine, these are the 10 best methods to make your body more alkaline and to prevent the damaging effects of high acidity:

1. **Eat this salad every day**

Fruits and veggies are abundant in alkaline minerals like calcium. Therefore, make sure you up your intake of numerous veggies and fruits to enhance the alkalinity. Make sure your daily menu almost always includes a green salad mixed with quality olive oil and fresh lemon juice.

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2. **Be more physically active and exercise regularly**

Remember, even a 10-minute daily walk can do wonders for your overall health. Working our regularly is an excellent method to help the body digest the acidic substances quicker and remove them faster.

3. **Consume more sprouts**

If you want to boost your health, sprouts are a must. This is because of their high alkalinity and abundance of vital enzymes and nutrients. There are numerous types of sprouts, including clover, broccoli, alfalfa green, mustard, radish, and wheat sprouts.

4. **Reduce the intake of potatoes**

Regular potatoes are not recommended for people who are trying to reduce the acidity in the body. If you enjoy eating potatoes, opt for the sweet ones. Consume them roasted with some quality olive oil and Himalayan salt. Avoid preparing them with butter. Feel free to eat other veggies like squash, peppers, and asparagus daily.

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5. **Stay away from artificial sugar and sweeteners**

Refined sugar and artificial sweeteners are one of the worst enemies to an alkaline and healthy body. These substances are deprived of nutrients and full of unhealthy additives. Therefore, read labels and stay away from these ingredients as much as you can.

6. **Go where the clean air is**

Nowadays, unfortunately, a lot of places in the world are struggling with extreme air pollution. Being regularly exposed to polluted air and the toxins in it can wreak havoc in the organism. Therefore, whenever possible, go into the country, climb a mountain or walk in a forest to breathe in some quality and clean air. Remember to also drink a lot of water so that you help your body expel waste.

7. **Opt for plant-based milk**

Plant-based milk like almond or coconut milk can be of great aid in boosting your pH. Make yourself a delicious berry smoothie mixed with almond milk and spirulina. Drink it for breakfast or as an afternoon snack.

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8. **Start your day right**

In the morning, avoid hitting the snooze button. Stretch a bit in bed and get up. Prepare yourself warm lemon water and drink it. Though acidic in taste, lemons have an alkaline effect on the body. This beverage will also help you remove acidic substances from the body.

9. **Eat healthy snacks**

Nuts such as almonds are great for you. They are abundant in minerals like calcium and magnesium which are necessary for pH and blood sugar balance. Opt for a handful or two on the daily.

10. **Avoid meat**

Eating meat and meat products frequently is not good for you. Meat is known to leave acidic residues in the body. Follow a more plant-based diet rather than making meat a priority.

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Sources:

LONGEVITY BOX

CURIOUS MIND MAGAZINE

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