

Is Your Body Dangerously Acidic?



The Alkaline Diet Newsletter #3

www.TheAlkalineDiet.org



PREVENT THE HARM ACIDITY DOES TO YOUR BODY!

If you have taken basic biology lesson, you will know that cells require certain conditions to function normally.

Temperature and pH must be precisely engineered in order to support simple life. Our body, though it seems sturdy and above this law, it is of no different. It requires basic conditions in order to have optimal performance.

When our human body is functioning at its optimal level, human body fluids and tissues exist in a slightly alkaline state (not acidic).

The food we eat often becomes the raw material to rebuild its tissue. Our pH balance can quickly become unbalanced if our diet consists largely of "acidifying" foods.

These acidifying foods would result in our blood and body tissues to become bathed in an acidic solution. Of course it won't kill you right away, but if left untreated, **this acidic condition leads to diseases such as heart disease, high cholesterol and even obesity.**



How do you know whether your body is acidic and requires your attention?

You would first need to ask yourself whether you experience any of the symptoms on the next page.

[Find Out More About The Acid Alkaline Balance Diet HERE](#)

Symptoms of Acidosis

Central

Excess head mucous (stuffiness)
Light headedness & dizziness
Exhausted easily and low energy
Headaches & migraines
Hard to get up in morning
Pre-menstrual and menstrual cramping
Hyperactivity

Digestive

Excessive gas
Bloating
Heartburn & acid reflux

Mental and Emotional

Pre-menstrual anxiety and depression
Agitation

Oral

White coated tongue
Mouth Ulcers



Heart

Rapid heartbeat
Irregular heartbeat
Rapid panting breath

Muscular

Muscular pain
Seizures and muscular weakness

Skin, Hair and Nail

Pimples & acnes
Dry or irritated skin
Dull and lifeless hair
Easily cracked nails

Hands and Legs

Cold hands and feet
Joint pains that travel
Arthritis

Others

Food allergies
Lack of sex drive
Yellow & strong smelling urine



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If you experience more than 2 of the symptoms listed here, there is a high chance that your body is acidic and you may want to take precaution and change your diet before it accumulates and turn into deadly diseases or cancer one day.

Understanding the link between your daily diet and is crucial in reversing the ill effects of acidic environment in your body and restoring it to a more alkaline state.

Identifying the symptoms and its relation to acidosis is just a first step. When followed religiously, the Alkaline Diet is able to help your body rid of acidic waste.



Besides these symptoms of acidosis, there are other ways to confirm your body internal conditions, for example using a self urine test.

A slightly alkaline pH result reflects that you are in the pink of health, but anything out of the range of pH 7.35-7.45 means that it's time for you to take charge of your health, starting from today.

Ready to Take the Leap Forward?

“Do you know that many people around the globe suffer from acidosis? However, it IS possible to improve your health by embarking on the Alkaline Diet!”

[Click HERE to find out more about the Acid Alkaline Diet!](#)

Warmest Regards,

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