

ACID

We are alkaline bodies by design, but acid generating by function. Acid is produced by the parietal cells of the stomach to aid in digestion, and acid is consumed in organic form in fruit. However, other than the stomach, no part of the body should be acid.

Despite this, one of the most widespread and insidious causes of illness that plague our society is acidosis - an accumulation of more acid than the body can effectively process. Patients often initially consult a doctor seeking relief from symptoms of a chronic condition - arthritis, diabetes, emphysema, arteriosclerosis, or cancer. Regardless of the particular symptomatology, all of these conditions originate with an increase in the amount of acid in the body.

Acidosis is generally seen by medical science as a part of the pathology of several different diseases including impaired liver function. It is encountered often enough to be assumed to be normal, however, acidosis is definitely not normal. It is the forerunner of most, if not all, chronic degenerative diseases including cancer, diabetes, arthritis, and heart disease. These diseases are rampant enough to be considered epidemic in our country.

Acidosis is often a covert condition in that the patient feels good in the early stages of acid accumulation. In fact, he may boast of an exaggerated feeling of well-being and an unusually high level of energy. Unfortunately, this is an inaccurate perception resulting from the "stimulatory" reaction of the body's regulatory systems that are operating in high gear to process the excess acid. Both the good feeling and high energy level will disappear as more acid accumulates. In a continued effort to maintain alkalinity, the neutralizing alkaline reserves are depleted and the liver becomes increasingly congested and is unable to perform its function of detoxification. When the extra cellular and intracellular fluids lose their alkalinity, the person is considered to be in a condition of acidosis.

ATTITUDE AND ACIDOSIS

Prolonged periods of acidosis affect not only the physical condition but also the mental and emotional states of patients. Similarly, mental attitude can affect the physical state. It is possible for a person to maintain a diet high in fruits and vegetables and still be acid. Regardless of the diet followed, the person who is negative in his outlook on life is acid.

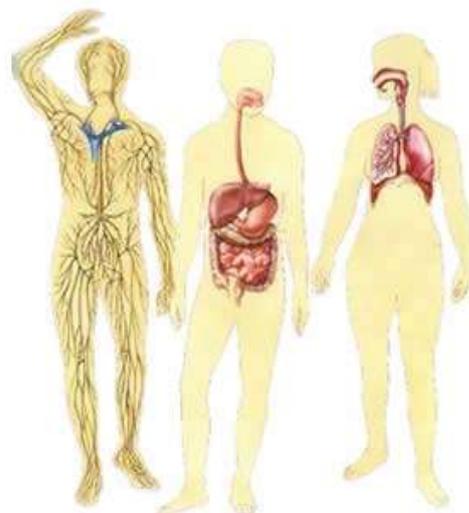
Negative thoughts act to stimulate the action of the adrenal glands that in turn speed up the body's metabolic activity. As this occurs, more acid is produced and since the process is continuous, the amount of acid overpowers the alkaline from the good food and the net result is acid. And the cycle can be perpetuated; the more acid we become, the more negative, defensive, argumentative and unpleasant we become. The pessimist who can find nothing good about anything is almost certainly in some degree of acidosis.

SYMPTOMS OF ACIDOSIS

Symptoms of prolonged acidosis that are caused by the consumption of excess protein can easily be mistaken for individual character or personality traits. However, definite attitudes and mannerisms develop as a result of the super-charged internal activity of the body as it works toward ridding itself of the damaging excess acid. The person who is on a high-protein diet moves through a progression of symptoms.

Initially, he . . .

- Has an exaggerated sense of well-being
- Is a high achiever, a "mover and shaker"
- Believes himself to be perfectly well
- Is overly ambitious and restless due to the irritation of the nerves.



Later he??

- Sees only the pessimistic side of issues and life
- Can't sleep restfully
- Wakes up as tired in the morning as he was when he went to bed
- Constantly finds fault with everyone and everything
- Is tired and experiences generalized aches and pains
- Becomes irritable, ill tempered, and difficult to please
- Shows signs of "aging" as the body removes alkalising substances from the muscles then calcium from the bones

Although everyone who is suffering from acidosis does not experience all of these symptoms, it is helpful for the practitioner to be able to correlate some "personality traits" with clinical findings and to recognize indications that the patient's body is over taxed and headed toward chronic degenerative disease.

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