

Baritz Wellness Center, P.C.

450 Pleasant Street, Brockton, MA 02301 • 508 583-2565 • www.baritzchiro.com

Bone Health and pH

03/17/11, 04/01/11

Good bone mineralization is essential to living a healthy life. 99% of the body's calcium is contained in the bones and teeth. Calcium makes up about two-thirds of a bone weight, with collagen (a protean matrix), water and other nutrients making up the remainder. Bone cells called osteoblasts produce 85% of the collagen contained in the bone and this collagen is more essential for bone health than calcium! The remaining 1% of the body's calcium is involved in multiple functions, including neutralizing acids to help keep the body in balance. This is important because if lifestyles are too acidifying the body will attempt to neutralize the acid by dumping calcium from the bones into the blood. Acid excess over time contributes to demineralization and osteoporosis.

The skeleton is a dynamic system and studies show that any one time, about 10% of the system is in the process of being formed or destroyed. In adult humans, the skeleton is completely replaced once every 10 to 15 years.

Understanding pH

pH is a measure of the acidity or alkalinity of a solution. pH is measured on a scale of 0 to 14. A pH of 7 is neutral with the numbers below 7 progressively more acid and the numbers above 7 progressively more alkaline. Battery acid for example has a pH below 1 and bleach, being very alkaline has a pH of about 13. Human blood has a slightly alkaline pH of 7.34 – 7.45. In test rats a pH reduction of just 0.2 caused a 500-900% increase in bone calcium losses. Human studies show that venous blood pH reduction from 7.37 to 7.33 resulted in significant calcium release from bone.

A seven-year study conducted at the University of California - San Francisco on 9,000 women showed that those who have chronic acidosis are at greater risk for bone loss than those who have normal pH levels. The scientists who carried out this study concluded that many of the hip fractures prevalent among middle-aged women are connected to high acidity caused by a diet rich in animal foods and low in vegetables. This is because the body borrows calcium from the bones in order to balance pH. *American Journal of Clinical Nutrition*

The message is clear: to improve bone health we need to maintain a healthy acid/alkaline balance by limiting acid ash foods, the worst of which is sugar and sugar-forming foods like starches. And ensuring we are eating a good supply of protein which can contribute to bone health. Currently osteoporosis and related problems have become the third leading health issue and expense. It makes sense to attempt to balance the underlying causes of this condition naturally. Bones remodel according to stresses placed upon them; this is called Wolf's Law and dictates that we should do weight-bearing exercise to promote healthy bone growth. If we consider the principles of pH and bone health and align our lifestyle accordingly osteoporosis no longer needs to be so devastating for so many people.

Test pH at about the same time each day

Normal Ranges: Urine = 6.75 – 7.25; Saliva = 7.0 – 7.5

Testing Urine: Quickly pass the strip in the urine stream, shake off excess, wait 15 seconds and asses with color chart.

Testing Saliva: Gather saliva in your mouth and swallow; moisten tongue and hold strip with the colors against your tongue for 3 seconds; take it out; wait 15 seconds and then asses with the color chart.

pH strips: \$19.95/100; scientific grade pH strips selected for reliability and ease of use.

To have a custom program created for you or for a free consult call 508 583-2565

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Day of month	Urinary pH (6.75 – 7.25)		Saliva pH (7.0 – 7.5)		Quantity of sleep	Foods eaten the day before
	1 st in AM	PM	AM	PM		
1						
2						
3						
4						
5						
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<i>Most Alkaline</i>	<i>More Alkaline</i>	<i>Low Alkaline</i>	<i>Lowest Alkaline</i>	<i>Food Category</i>	<i>Lowest Acid</i>	<i>Low Acid</i>	<i>More Acid</i>	<i>Most Acid</i>
Baking Soda Table salt (NaCl) Mineral water	Spices/Cinnamon Sea salt Kumbacha Molasses Soy sauce	Herbs (most) Green or Mu Tea Rice syrup Apple cider vinegar	Sulfite Ginger tea Sucanat Umeboshi	Spices/Herbs Preservatives Beverages Sweeteners Vinegar	Curry MSG Kona coffee Honey/Maple syrup Rice vinegar	Vanilla Benzoate Black tea/Alcohol Balsamic Vinegar	Nutmeg Aspartame Coffee Saccharine	Pudding/Jam/Jelly Yeast/Hops/Malt Sugar/Cocoa White/Acetic vinegar
Umeboshi plums		Sake	Algae	Therapeutics		Antihistamines	Psychotropics	Antibiotics
			Ghee Human milk	Processed Dairy Cow/Human Soy Goat/Sheep	Cream, cow Yogurt, cow Goat/Sheep cheese	Cow milk Aged cheese Soy cheese Goat milk	Casein 30-day cheeses Soy milk	Processed cheese Ice cream
		Quail eggs	Duck eggs	Eggs Meat Game Fish/Shellfish	Chicken eggs Gelatin/organs Venison Fish	Lamb/Mutton Turkey Shell fish	Pork/Veal Crustaceans	Beef/flesh Lobster
				Fowl	Wild Duck	Goose	Chicken	Pheasant
			Oats 'Grain coffee' Quinoa Wild rice	Grains Cereal Grass	Triticale Millet Kasha Amaranth Brown rice	Buckwheat Wheat Spelt/Teff Farina/Semolina White rice	Maize Barley grots Corn Rye Oat bran	Barley
Wakame Pumpkin Burdock/Lotus root Hydrogenated oil	Poppy seed Chestnuts Pepper/Taro Ginger root	Primrose oil Sesame seed Cod liver oil Almonds/Ginseng Sprouts	Avocado oil Linseed oil Coconut oil Olive oil Seeds (most)	Nuts Seeds/Sprouts Oils Roots	Pumpkin Seed oil Grape seed oil Sunflower oil Pine nuts Canola oil	Almonds oil Sesame oil Safflower oil Tapioca Seitan	Pistachio seed Chestnut oil Lard Pecans Palm kernel oil	Cottonseed meal Hazelnuts Walnuts Brazil nuts Fried foods
Lentils Yam Onion Daikon Seaweed sea veggies Sweet potato/Yam	Kohlrabi Parsnip Garlic Kale/Parsley Endive Mustard Green Broccoli	Potato/Bell pepper Mushroom/Fungi Cauliflower Rutabaga Eggplant Pumpkin Collard green	Brussels sprout Beet Chive/Cilantro Okra Turnip greens Squashes Lettuces	Beans Vegetables Legume Pulses	Spinach Fava beans Kidney beans String/ wax beans Chutney Rhubarb	Tofu Pinto beans White beans Navy/red beans Adzuki beans Lima beans Chard	Green pea Peanut Snow pea Legumes Carrots Chick pea	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine	Grapefruit Cantelope Honeydew Citrus Olive Dewberry Loganberry Mango	Lemon Pear/Avocado Pineapple juice Apple Blackberry Cherry Peach Papaya	Orange Apricot Banana Blueberry Currant Raisin Grape Strawberry	Citrus Fruits Fruits	Guava Pickled fruit Pineapple(dry) Figs Persimmon juice Cherimoya Dates	Plum Prune Tomatoes	Cranberry Pomegranate	

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