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Health Tip: Watch your body pH

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June 1 (foodconsumer.org) - Minerals are important to maintain one's health. Linus Pauling, winner of two Nobel Prizes, said each disease is associated with deficiency of certain minerals.

One vital function of minerals is to keep an alkaline body pH. When you do not feel good and you know something wrong, you go to see a doctor and he does not know there may be something wrong with your body pH.

Often times, when you feel down, your pH is too low or strongly acidic. You are supposed to have a slightly alkaline pH, anywhere between 7.1 and 7.4 roughly. PH 7 is neutral and below 7 is acidic. You need a normal alkaline pH to keep all cells functioning properly.

A low acidic body pH is one of the important causes for many diseases including cancer. 85% cancer patients are found to have a low pH between 5 and 6. At a normal pH, cancer cells can't grow. That is why some cancer patients get their cancer controlled after they change their lifestyle including diet.

How to maintain a normal pH? You need to have a balanced diet to keep your body pH alkaline. Some foods, known as alkaline food such as tea and seaweed, tend to generate an alkaline pH while others, known as acid food such as protein food, tend to make an acidic pH. Drinking water with an alkaline pH is good for your health.

Knowing this, you know how to prevent many diseases. Many diseases such as diabetes, cardiovascular disease and cancer, which are seen commonly in affluent countries, may be related to their high-fat and or high-protein diet. These diseases are much less common in developing countries where plant food is much more common than protein or food derived from animals such as beef and milk. High protein intake shifts the body pH toward acidic, which is the base for many diseases.

A news story reported lately says there are more than 20 people at age 100 or older in a small Chinese town with 80,000, which is rarely found elsewhere. The rate is high. Researchers found that the underground water the residents used to cook food is so alkaline that it smells a strange odor. Alkaline water helps keep the body pH alkaline.

Remember you may at least get the majority of diseases under control by adjusting your diet that tends to make an alkaline body pH. This is significant to many patients. Doctors use highly harmful treatments such as chemotherapy and radiotherapy because they want to kill each and every cancer cell while these treatments per se can cause new cancerous cells. As a matter of fact, you don't have to kill all cancer cells to be healthy. You can't kill all of them in your body any way.

A patient with nose cancer received surgery, but did not take any further treatment. He followed a healthy diet. 28 years later, he died from another cause. Biopsy revealed that there were a lot of cancer cells around the area where the tumor was removed. But the new cancer cells can't grow into any clinically significant cancerous mass, known as cancer. The patient lived so long peacefully with cancer cells (not cancer) probably because he maintained an alkaline body pH.

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