

the series



"The first thought of any doctor who treats any kind of disease should be, what is the pH of this patient?"

Dr. Carson E. Pierce



Dr. Desiree Edlund

Our bodies are living laboratories. We are alive and breathing right now because of our complex nervous system in addition to the foods we eat and drink. This fuel we take in along with the oxygen from our lungs is "burned" in our cells, causing numerous chemical reactions to occur...until the products that are left are carbon dioxide (CO₂), water (H₂O) and an ash residue. This is similar to how our automobiles and fireplaces work, except their food is gasoline and firewood respectively. The question is...how does our ash residue measure up, and how does it affect our health? The answer depends on whether this ash residue is acid or alkaline.

First of all let's explore what it means to be acid or alkaline. What is pH?? No, we are not talking about how well your swimming pool is doing on a hot summer day. In the scientific world, pH stands for "potential of Hydrogen." Instead, we'll just say that, in your body, pH stands for your potential for Health.

pH is the value given to indicate the acidity or alkalinity of a substance. pH values are to acid and alkaline what temperature degrees are to heat and cold. It is merely a way of measuring the state of our ash. As we measure heat with degrees, ash residues that are acid, neutral or alkaline are measured by a "thermometer" called pH. The human body is

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