

tailor distributes once more the other landing

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at home, (or see order form on last page).

The tendency to overacidity is called acidosis which can be caused by such things as kidney, liver or adrenal disorders, improper diet, starvation, anger, stress, fear, fever or excess vitamin C, aspirin or niacin. Symptoms may include insomnia, water retention, migraine headaches, frequent sighing, abnormally low blood pressure, dry hard stools, alternating constipation and diarrhea, sensitivity of the teeth, difficulty swallowing and recessed eyes. Alkalosis (when the body is too alkaline) can be caused by such things as excessive use of antacids or by poor diet, excessive vomiting (bulimia), endocrine imbalances, high cholesterol, osteo-arthritis, or diarrhea. Symptoms may include drowsiness, protruding eyes, creaking joints, sore muscles, bursitis, edema, night coughs, menstrual problems, allergies, night cramps, chronic indigestion, or asthma. The first and easiest methods that you can use to correct pH are to increase relaxation, rest, fresh air, and exercise, decrease stress and make dietary adjustments. If you're too acid, decrease acid foods in your diet and eat more alkaline foods; if you're too alkaline, decrease alkaline foods and eat more acid foods. (For a list of acid or alkaline foods see the Appendix at the back of the book).

It's extremely important to monitor your pH levels during urine therapy because if your urine is too alkaline, it may decrease its antibacterial activity. On the other hand, if the urine is consistently excessively acidic, urine therapy could create too much of an acid burden in your body. In this case, make certain that your diet is primarily alkaline-promoting foods, so that you are balancing your pH and not adding