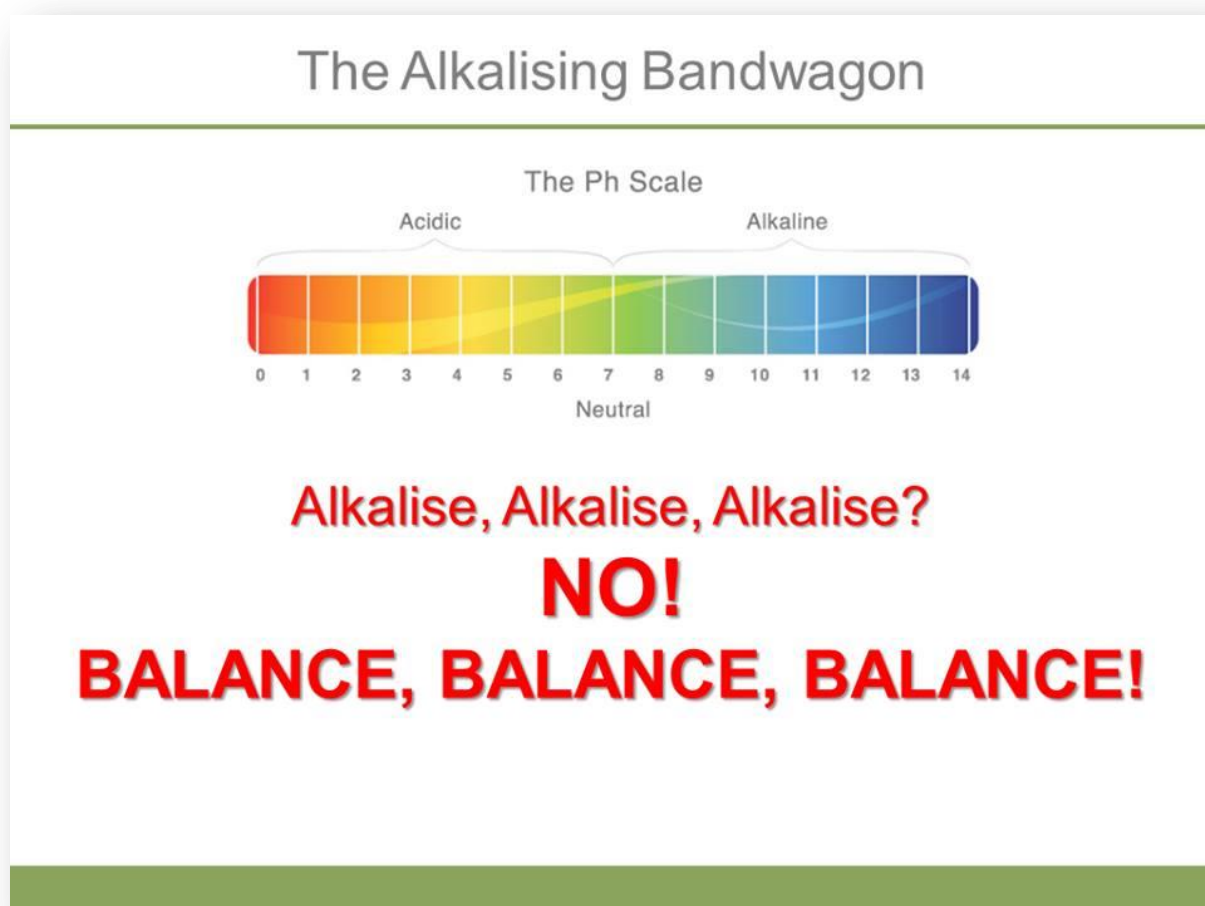


## Can we be too Alkaline? You bet we can!

To start off this article, I would like to first clear up some rapidly spreading misinformation regarding pH balance. It has become a popular health fad to promote the idea that alkalinity is somehow “better” than acidity. To this, I would like to respond by citing the astute words of Dr. Guy Schenker, D.C.:

*“In truth, excess alkalinity is just as harmful as excess acidity. To clear the confusion, all physiological systems are maintained through a negative feedback mechanism that operates in a dualistic manner. Dualistic means that for every normal condition, there are 2 abnormal – abnormally high and abnormally low. To say that there is only one abnormal with respect to pH balance is to display total ignorance of the most basic fundamentals of physiology.”-‘An Analytical System of Clinical Nutrition’, - Guy Schenker, DC, 1989-2010*



## Alkalosis imbalance.....

We've all heard about being too acidic, and there's a whole industry out there that has jumped on the 'alkalise, alkalise, and more alkalise' bandwagon, scaring everyone with the belief that we are all too

acidic. Essentially, (but not in all cases) this is nonsense and very few people realise that being too alkaline is as bad, if not worse than being too acidic.

The blood stream has a very narrow pH value that it must stay within in order for our body to function properly. If it moves too far acid or too far alkaline, we can literally die. The body doesn't want this to happen so it does whatever it can to keep the blood stream at a balanced pH level.

Alkalosis is an imbalance where the blood stream is too alkaline. When the blood leans alkaline, oxygen can't leave the bloodstream and go to the tissue level where it needs to be to help your body create the energy it needs to run properly. In science, this is known as the "Bohr effect".

If a doctor checked your oxygen levels, he would put a pulse oximeter on you and say, your oxygen is great... you have plenty. But because the blood stream is too alkaline, the oxygen cannot be released from the blood stream and go into the tissues where it needs to be and we can often feel wiped out.

So, when the blood stream is too alkaline, the body will slow the rate at which you breathe. Carbon dioxide (Co2) is acidic so the body tries to reduce the amount that you breathe so it can hold on to more Co2 allowing it to acidify the blood stream so that some oxygen can be released from the blood stream and make it to the tissue level.

The opposite occurs when your blood starts to lean acidic - it will speed up your breath rate in order to 'vent' Co2 and maintain blood homeostasis.

This is why when I do my testing, I never assume anyone is either too acidic or too alkaline without confirming by measuring breath rate. So, if your urine tests acidic (below 5.5), check your breath rate - if it's more than 16 breaths per minute, odds are you metabolically acidic. If however, your breath rate is less than 13 bpm, you are NOT metabolically acidic - there's other stuff going on (potassium handling issues) and in fact you are probably too alkaline. Why is this so? I will leave that to another post :-

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