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The lack of staying power a sub -  
Emotional instability, irritability, a sub -  
Susceptible to mosquito bites a sub -  
Susceptible to skin a sub -  
Easy cold two minutes  
High blood pressure, low blood pressure 3 minutes  
Diabetes, kidney disease or gout 3 pm  
Feel a headache, leg pain, sore shoulders, waist acid, 2 pm  
I like to drink 3 points  
Likes to eat sweets a sub -  
Feel like smoking 3  
You brothers and sisters, you can be the basis of this measurement at the side, if you score higher, congratulations you, you can contribute to the hospital å! ! ! Hehe  
In fact, I wish you all are able to perfectly healthy to!

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Acidic  
ECH Societies

World-renowned MD, Japanese experts, Mr. Shinohara Hidetaka a report that shocked the world, the report pointed out: the acidity of the human body are numerous and the source, when the acid hormone in the body more and more, constantly accumulation, quantitative qualitative changes caused by the disease will be generated.

Body pH test

How acidic is generated

However, the need to point out that the mother and the baby inside the amniotic fluid are mostly alkaline, why do over time lead into the acidic

Acidification caused by the human body there are five main reasons:

1. Diet structure is irrational
2. And lack of exercise
3. Too heavy psychological burden on
4. Bad habits
5. Life is not the law of

How to prevent acid system

The body "base" to come back

Sports

Eat more alkaline foods

Everyday life, we should try to eat more alkaline food.

Alkaline foods such as seaweed, white radish, tofu, red beans, soybeans, apples, onions, broccoli, tomatoes, spinach, bananas are all less likely to arouse the appetite but good things to the body.

People often think that something is eating sour Acidic foods, such as one would drool to see the grape, strawberry, lemon, etc. In fact, these things is typical of alkaline food.

Because fruit contains organic acids in the body will be oxidized to carbon dioxide and water, do not

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generate acidic metabolites, but also vegetables, fruits, such as potassium ions in the alkaline substances and acids can be in maintaining the body balance.

Common acid-base nature of the table of food

Drink plenty of water

If you have a major drinking water is boiled water, then this little trick Might be useful to you: We always used to boil the water will not go off when the fire, let the water and then burn for a while. This is true, but should pay attention to in the water burning lid should open, open burning about 3 minutes to allow the water acidic and harmful substances evaporate with the steam and boiling water is best not to drink the day overnight.

Bed early

After 1:00 at night without sleep, the body's metabolism by endocrine burning, burning with the endocrine toxins will be a lot of physical changes will make acid, usually those who stay up all night were the chances of chronic diseases than those who smoke or drink alcohol are far more high. So, as far as possible every day to sleep before 12 o'clock, do not often stay up all night, if not to stay up all night, one week to only once!

One day three meals a day, breakfast accounts for 70 hours, 0 minutes lunch, dinner and 30 minutes. Visible breakfast the most important, but many students were generally do not eat breakfast, early in the morning on an empty stomach, the body is not power, will automatically use the thyroid, parathyroid, the next pituitary gland, etc., to burn tissues, causing the gland hyperactivity, physical change acid, a long-term will lead to chronic diseases.

Any 8:00 pm and then eat supper on the called. Midnight snack and the next day will be tired, which could not get up, sleeping in a rest state, so stay in the intestines where food becomes acid, fermentation, produce toxins bodily harm.

Little movement all day long sitting, but also a deliberate choice of some fine food to eat. However, the lack of cellulose, will lead to functional deterioration of the intestines, so that the food we eat into a toxin, so that physical changes acid, chronic diseases are also started.

Summary

Acidic body has become a global common problems.

First of all, to correct the unhealthy way of life so that the body in good condition.

Second, to conduct a scientific exercise, moderate exercise, your special in-kin, promoting acid exclusion.

Again, but also a reasonable diet. Ensure that the human body a balanced diet.

Finally, the emotional impact of acidification of body fluids is also great, so maintain a good mood but also preventive human acidification of effective measures.

"Acidic" is riddled with the source of

Healthy person's blood weakly alkaline, the general body of newborns are weak alkaline environment. However, according to an urban population health survey found that a higher standard of living in large cities, more than 80% of the human body showing an unhealthy acidic.

Human cells in the acidic environment of reduced life expectancy, functional decline. In this way, the body's metabolism will slow down, the waste can not easily be discharged, kidney, liver, the burden will be increased. Therefore "acidic," who often feel physical fatigue, memory loss, lumbar acid, leg pain, limb weakness, dizziness, tinnitus, insomnia, diarrhea, constipation and so on. If you do not attach importance to, pay attention to improving the formation of acidic body will continue to

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develop the disease. For example, the acid or acid salt deposited on the joints or organs within the corresponding inflammation caused by, resulting in arteriosclerosis, kidney stones, arthritis, gout and other diseases; acid with calcium, magnesium and other alkaline minerals together to form salts, leading to bone loose Huntington's diseases; the gastrointestinal tract caused by too much acid constipation, chronic diarrhea, uric acid, limb pain, hyperacidity lead to heartburn, acid reflux, ulcers, etc.; acidic waste accumulation, so that the nearby capillaries blocked, blood circulation poor, leading to nephritis and various forms of cancer. In addition, the acidic body will also affect the child's intelligence. Acidic people can easily gain weight. This is why life is better, suffering from osteoporosis and cell proliferative diseases, human hand, has increased. According to statistics, 85% of gout, hypertension, cancer, hyperlipidemia patients, are acidic. Why are our in vivo environment will be changed by the alkali-acid do? Firstly, it is unreasonable diet. Some experts felt that the science of food eating habits is the acid-base ratio of 1:3, but the modern diet is often the staple food of milled rice flour, poultry meat and eggs, which are acidic foods, phosphorus, sulfur, chlorine and other elements more; in the process of the body's metabolism will become a carboxylate anion, so that the body slowly soured. After analysis, the current eating habits of their acid-base percentage is just the opposite, to 3:1. Thus, long-term intake of excessive acidity of acidic foods cause the body of one of the reasons;, followed by inadequate exercise. A survey shows that in the sun to do more exercise, more sweat, can help rule out the excess acidic substances in the human body. But now the people's physical activity significantly reduced the long run, will lead to acidic metabolites, the long-term stay in the body, causing the acidity of body mass; In addition, bad habits, tobacco and alcohol are all typical of acidic foods, if the tobacco, alcohol addiction , easily leading to the acidity of the human body. Some people think that the psychological burden is too heavy one of the reasons. When the pressure is not released when the body would be affected, leading to the acidity of body mass. If you want young, beautiful, healthy, it is necessary to improve their in vivo environment, prevent the emergence of "acidic." In peacetime, we can eat some acidic foods, and photography into a number of basic foods, to neutralize acidic, such as fruits, vegetables, legumes, seaweed, coffee, or calcium, magnesium, potassium, sodium food. Take part in more physical activity, enhance the metabolism of tissues and organs function, the metabolites excreted in a timely manner. The bad habit of giving up smoking.

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