

### **Acids bring various symptoms (diseases).**

When diet mainly causes acid metabolic products, the body is forced to draw on its mineral reserve to neutralise the acids by producing salts. But this mineral reserve has its limits. As the body is getting more and more over acid the mucous membranes react. These membranes rich on minerals, enclose the organs of the body to protect against corrosion attacks, but are increasingly irritated when having to let go of more minerals.

If this process continues acids will be stored in the body, causing a lot of ailments, e.g. fibromyalgia, rheumatism, gout, fragility of the bones, renal ailments, adenoids and haemorrhoids. At continued intoxication stones will be formed in gall bladder and kidneys. Not only the stones cause pain at gallstone or renal stone attacks. Also acids invading the gall bladder or kidneys give pain. Gastric ulcer is suspected to be caused by acid excess as well as the decalcification of the skeleton, osteoporosis, an extraordinarily common disease causing a brittle skeleton.

The acid-producing diet has low sodium, calcium and magnesium content. Furthermore it lowers the level of potassium and magnesium in the nervous cells that may lead to a loss of mental clarity (dullness in thought), and may leave room for extremely serious diseases. A dull sense and reduced mental capacity is typical of people having a strongly acid-producing diet. Heavy metal poisoning has the same effect on the senses. When becoming aware of the reactions of your body to various kinds of food, you will be able to avoid symptoms such as food allergies and other ill-health.

We should maintain a good reserve of alkaline mineral salts to enable the body's neutralisation of acid excess in a critical situation. When being ill there is almost always acid excess (acidosis), meaning acidification to a certain extent. Symptoms of acidosis are liquid swelling, abnormally low blood pressure, insomnia, inflamed joints, nasty-smelling faeces, difficulty in swallowing and teeth sensitive to wine vinegar or sour fruit.

A reduced function of liver, kidneys or adrenal gland cause acidity. This in its turn may be caused by an unhealthy diet, overweight, vitamin deficiency and malnutrition added to the environmental acidification. Hard training, stress and feelings like anger, fright and anxiety also produce acids.