



## Metabolic Acidosis Test

*“Metabolic acidosis is a factor in the creation of ill health. With a modern diet that is overwhelmingly acidic and a natural tendency toward more acidic status with aging, Americans face a significant challenge to maintaining acid/base homeostasis.”*- Jeffrey Moss, DDS, CNS, DACBN, Moss Nutrition

### What is metabolic acidosis?

Our bodies work best when our internal pH is equal to 7.39, or slightly alkaline (basic). A good range is pH 7.36 to pH 7.42 and when it is lower than this range, the body is considered to be in a state of acidosis. More than half the American population suffers from the condition of acidosis and one of the most influential factors that causes this condition is **nutrition**.

The usual diet ingested by Americans—highly processed acid-forming diets—will create an environment in your body that alters the pH and the optimal levels of fluid and electrolytes such as potassium, bicarbonate, and magnesium. Long term low-grade acidosis and electrolyte depletion can lead to *bone loss* and a *shift toward muscle protein breakdown*—essentially your body is being broken down.

Foods can be classified as acid or alkaline, according to the residue left after they have been metabolized in the body. In general, proteins, cereal grains and processed foods (sugars!) are metabolized to *acidic* residues. Many fruits and vegetables are metabolized to mostly *alkaline (basic)* residues. Most people will find that they will be able to balance their pH with diet changes and supplementation of potassium bicarbonate and magnesium, while others may benefit from different mineral supplements to balance their internal pH.

During pH balancing, Epsom salt baths are important as they provide essential minerals and improve mineral absorption. Use 1 cup of salt in a full bath for 15 minutes daily.

### Metabolic Acidosis Test

The goal of this test is to identify and correct possible dietary metabolic acidosis. Correcting this imbalance often leads to enhanced energy in a short period of time. The protocol includes a 5 day recording of the first morning urine pH. Appropriate mineral supplementation will be suggested based on findings. We will send you the pH paper for the test.

1. Measure first morning urine pH and record number.
2. Repeat for 4 more days—on consecutive days.
3. After you have collected 5 pH readings, please email us with the results.
4. Depending on your average pH, we will suggest dietary changes, Epsom salt baths, and appropriate mineral supplementation.