

# Controlling the pH of Poop

Therese Morris November 13, 2018



The best way to go about promoting a healthy internal state is to test the body's pH balance on a regular basis to establish its average pattern and assess what lifestyle changes may be necessary.

**Doing a number 2 doesn't seem like a big deal but if it is the pH of what comes out is all wrong, it's a sign of your body's inner workings.**

([Newswire.net](#) -- November 13, 2018) -- Chemistry class isn't the only place where the terms acid and base apply. Acid and base are terms most people reserve for chemistry class but it's a very practical and important matter when it comes to the human body. While waste isn't something particularly flowery to discuss, it is a natural byproduct of consuming and living so might as well understand how it works for and against the body under different conditions. There's excretion, sweating and various discharges to name a few functions but they all depend heavily on the body's pH balance because for the most part, all metabolic waste is acidic.

"If our internal environment is not maintained in a state of pH balance, our body's ability to eliminate the waste products slows down," explains Aqua Health. "To protect itself, the body converts acidic waste into solid waste and stores it in less critical areas of the body. The accumulation of solid waste can contribute to many health problems including excess weight, clogged arteries, arthritis, kidney stones, and various other chronic illnesses."

There are several of things that can be done to help regulate and maintain pH balance and the easiest one to start with is a change of diet. Closely tracking how much acid rich food is consumed is an important start and loading up on more of the foods that encourage an alkaline state is most effective.

"An acidic state causes a lack of oxygenation at the cellular level," explains Atlantic Classical Homeopathy. "When the pH level falls below 7.4, there is less than the maximum oxygen in the blood. Blood carries the most oxygen at pH 7.4 (alkaline). Without proper oxygenation, unfriendly bacteria, mold, and viruses will prosper."

Alkaline water serves as the most effective way of altering pH levels as liquids are absorbed in the blood stream the soonest. But the whole aim of becoming more alkaline is to be monitored carefully because the body should only be slightly alkaline, overdoing it can cause another set of issues.

The best way to go about promoting a healthy internal state is to test the body's pH balance on a regular basis to establish its average pattern and assess what lifestyle changes may be necessary. HealthyWiser™ offers an excellent pH Health Test Strips for Saliva & Urine which provide accurate results from the comfort of one's home.

HealthyWiser™ is a recognized and flourishing personal health and premium dietary supplement brand offering products that are diligently tested to meet industry standards. Passionate about good health and innovation, the HealthyWiser™ brand is committed to delivering quality to customers. Learn more about pH Health Test Strips for Saliva & Urine on [Amazon](#).

For further information, contact:

Therese

HealthyWiser LLC

[therese@healthy-wiser.com](mailto:therese@healthy-wiser.com)

<http://www.healthywiser.com>

Source: <http://newswire.net/newsroom/blog-post/00105451-controlling-the-p-h-of-poop.html>