Count on Calcium to Maintain pH Balance

Therese Morris January 31, 2018

Every kid has been told to drink milk so they can have strong bones which is true but calcium is great at doing other stuff too.

(Newswire.net -- January 31, 2018) Cheyenne, Wyoming -- The now retired “got milk?” campaign was iconic, still is one could argue, with almost every celebrity who’s worth mentioning has pretty much had that milk mustache slapped across their lips for a personalized commercial. Promoting milk consumption may seem like not such a big deal, but the rich calcium benefits from milk and the deep rooted connection it has to one’s development, the society has placed it in a special pop cultural category, all on its own.

“Not only is it important for bone strength, but it plays an important role in blood pressure control, nerve function and blood clotting,” explains Aqua Health. “When the blood starts to become too acidic and the supply of alkaline buffers in the blood is insufficient to neutralize this acidity, however, the blood automatically seeks out other ways to reach pH balance. Since calcium is a very alkalizing mineral, the body will start drawing calcium from the bones and teeth in an effort to balance the blood’s pH levels.”

No matter how much calcium is consumed if the overall pH of one’s body is off balance, then an issue is bound to come up. A slightly alkaline state is best for humans so if left in a prolonged acidic state, the bones are among the first things to be leached for minerals in hopes of restoring pH balance. Adopting healthier eating habits is the quickest and easiest way of remedying internal pH issues.

“Milk, yogurt, and cheese are rich natural sources of calcium and are the major food contributors of this nutrient to people in the United States,” says National Institutes of Health. “Non-dairy sources include vegetables, such as Chinese cabbage, kale and broccoli. Most grains do not have high amounts of calcium unless they are fortified; however, they contribute calcium to the diet because they contain small amounts of calcium and people consume them frequently.”

Constantly replenishing one’s calcium intake builds bone density and minimizes the likelihood of developing osteoporosis as a person ages. With the availability of calcium fortified fruit juice, tofu and cereals ready accessible on the market, maintaining a steady intake of this bone healthy mineral should be a breeze.

Moreover, testing one’s internal pH balance on a regular basis will help determine if the body is too acidic or alkaline on average and consequently, inform of the type of dietary changes that are needed. The HealthyWiser™ pH Health Test Strips for Saliva & Urine is the ideal tool for staying up to date on how well the body is handling all it consumes.

About HealthyWiser LLC

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.

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