



What You Should Know About Acid Alkaline Diet: Learn How To Detect Acidification and How To Get Acid-Alkaline Balance, Meaning of Free Radicals and Antioxidants

Russell Dawson

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The natural balance in the body is called homeostasis. If the body is too acidic, different types of minerals such as calcium will be leached from the bones to work on helping the body get more alkaline. Additionally, the body will also try to protect you from too much acidity by buffering the fats and keeps it inside your body. Once the pH balance is compromised, the body will suffer from different types of diseases

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Alice Lawson:

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