

25 Biological Cost of Acidosis

1. Loss of Calcium in urine,
2. Dissolution of bones
3. Osteoporosis
4. Reduced bone formation
5. Increased levels of blood parathyroid hormone, a hormone that can cause bones to become brittle and prone to fracture.
6. The loss of potassium and magnesium stores from the body, with a tendency toward high blood pressure and inflammation.
7. Protein catabolism (the breakdown of protein) resulting in muscle wasting and age related loss of muscle mass.
8. Depressed protein metabolism, resulting in inability to fully repair cells, tissues and organs.
9. Irritation in the urinary tract and bladder which can lead to frequent and painful urination.
10. Suppression of growth hormone, insulin-like growth factor and other pituitary hormones.
11. Accelerated aging and accumulated acid waste products.
12. Increased production of free radicals. Unstable molecules that cause cellular damage, which increase pain & inflammation and lowers immunity.
13. Impaired multi-oxidant activity, which increase the risk if degenerative disease and premature aging.
14. Weakens connective tissue further increasing the aging process.
15. Increased risk if kidney stones.
16. Decreased efficiency if cellular ATP energy production, causing impaired cellular function and eventually impaired organ function.
17. Increased fluid retention resulting in swelling of body tissues.
18. Disrupted balance of intestinal bacteria with related digestive problems.
19. Encourages the growth and spread of yeast and fungi, which thrive in acid terrain.
20. More fertile breeding ground for viruses including HIV.
21. Reduced size if the brain's energy pool reserves, causing weekend mental capacity.
22. Increased acidity in the mouth, leading to imbalanced oral bacteria and dental decay and periodontal (gum) disease.
23. Creation of hypothyroidism (low thyroid function) and chronic over production of the stress hormone cortisol.
24. Develop low blood phosphorus levels, which result in loss of appetite, anemia and muscle weakness.
25. Suboptimal liver detoxification causing buildup of toxic residues in the body.