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Effect of Acidic and Alkaline Food on Human Body

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Abstract : *Based on the belief that certain food affects the pH of body fluid including that of blood and urine, a study was conducted to find out the effect of acidic and alkaline food on human body. 40 subjects of different age groups were selected. 30 of them were considered as test group and rest 10 were taken as control group. Test groups were asked to follow acidic diet plan and control groups were asked to follow normal healthy diet and sufficient amount of water for two weeks. pH of blood as*

well as urine was taken as measuring parameters. The variation in pH of urine was found significant and that of blood was not significant.

Key words: *acidic food, alkaline food, acidic waste, pH of blood, pH of urine.*

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Introduction :

The pH balance of the human blood stream is one of the most important biochemical balance in human body. Acid -alkali balance is extremely important to normal physiology. The blood maintains a slightly alkaline range of 7.35 to 7.45. Extended pH imbalances of any kind are not well tolerated by the body. Body metabolism therefore depends on the body being in equilibrium and operating at the right pH level, so that every function can work harmoniously (Frassetto et. al., 2007). All regulatory mechanisms (including breathing, circulation, digestion, hormonal production) serve the purpose of balancing pH, by removing caustic metabolized acid residues from