



Antacids Could Be Your Worst Enemy

The body needs to maintain a delicate acid-alkaline balance – or pH balance – to function normally. Normal blood pH has a very small window – 7.35 to 7.45 – to allow sufficient oxygen to be present for circulation. Except for the stomach, the body's internal environment is usually more alkaline than acidic. Unfortunately, we force an imbalance via our diet, which is crammed with processed and refined foods. To compensate, the body borrows minerals and electrolytes from various organs to maintain homeostasis in blood pH.

Here's an example of what could happen. If the bowels and intestines are robbed of electrolyte minerals, it leads to an imbalance in the bacterial environment, which can leave the bowels and intestines vulnerable to pathogens, irritation and other disturbances. Before you know it, you're suffering from irritable bowel syndrome or leaky gut syndrome.

Finally, another common source of acid is pharmaceutical drugs. These are highly acidic, and as they break down in the liver, they release vast quantities of acidic toxins.

And here's another shocker. Did you know that antacids dry up almost all the acid in your stomach, so much so that there is too little left for digestion? So not only does your acidity problem vanish; so does your ability to metabolise your food!

Woes still, suppressing chronic acidity could lead to backache, cervical spondulosis, hypertension and diabetes. The body is formed of seven different layers and suppressing disease in one layer (the stomach is a part of the third layer or endoderm) forces the disease process deeper and deeper into the body.

Homeopathy is a powerful but gentle system of medicine that can easily address acidity. Not only does it align with the body's natural biochemical channels; it also refreshes mind and body, sweeping your mind clean of acidic thoughts and leaving you rejuvenated.

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Look up the dictionary for 'acerbic' and you will find: harsh or severe, as of temper or expression. For many acidity victims, this is the source of their problem. No, don't blame the gut. The body merely reflects a state of mind – acidic thoughts lead to an angry and acidic stomach and gut.

Mind and body are much more closely related than you think. People who are constantly stressed are always in a 'state of readiness', a state of high alert characterised by the release of stress hormones, which over time turn the body acidic. Thus feelings that 'gnaw away' at you also gnaw away at your gut and other internal organs.