

Excess Acidity Symptoms

ACID-producing foods and beverages adversely affect health and longevity, diagnosed as ACIDOSIS (Excess Acidity). ALKALINE-producing foods and beverages alleviate or reverse *acidosis*, many chronic diseases and the aging process.

Early Symptoms of Excess Acidity

Acne; agitation; muscular pain; cold hands and feet; dizziness; low energy; joint pains that travel; food allergies; chemical sensitivities to odors/gas heat; hyperactivity; panic attacks; pre-menstrual and menstrual cramping; pre-menstrual anxiety and depression; lack of sex drive; bloating; heartburn; diarrhea; constipation; hot urine; strong smelling urine; mild headaches; rapid panting breath; rapid heartbeat; irregular heartbeat; white coated tongue; hard to get up in morning; excess head mucous (stiffness); metallic taste in mouth

Intermediate Symptoms of Excess Acidity

Cold sores; (Herpes I and II); depression; loss of memory; loss of concentration; migraine headaches; insomnia; disturbance in smell, taste, vision, hearing; asthma; bronchitis; hay fever; earaches; hives; swelling; viral infections (cold, flu); bacterial infections (staph, strep); fungal infections (candida, athlete's foot, vaginal); impotence; urethritis; cystitis; urinary infection; gastritis; colitis; excessive falling hair; psoriasis; endometriosis (abnormal uterus tissue developing elsewhere in the female body); stuttering; numbness and tingling; sinusitis

Advanced Symptoms of Excess Acidity

Crohn's disease; schizophrenia; learning disability; Hodgkin's disease; systemic Lupus Erythematosus; multiple sclerosis; sarcoidosis; rheumatoid arthritis; myasthenia gravis; scleroderma; leukemia; tuberculosis; all forms of cancer.

SOURCES: "Alkalize or Die," Dr. Theodore A. Baroody; "The 80/10/10 Diet," Dr. Douglas N. Graham; "The pH Miracle," Robert O. Young, PhD and Shelley Redford Young

Contact Dr. Carol Ann Fischer, BS, DC, ND to learn more about reducing excess acidity or acidosis in the body with simple dietary and lifestyle changes. Dr. Fischer, a molecular hydration specialist, uses a holistic wellness approach with diet, whole food nutrition, herbs and water.

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