



CAUSES OF ACIDIFYING THE BODY FLUIDS

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- Living more in the evening, after the sunset too much - 1
- Staying indoor too much
- Eating sweet too much - 4
- Eating meats or animal proteins too much - 3
- Unmindful eating, eating too fast, too much
- Eating fruits right after meals or full stomach
- Cooking too long, too well-cooked, or complicated mixtures/dishes
- Not concentrate while eating or eating with negative stage of mind - 2
- Using electronic devices or cell phone while eating
- Negative mental status like tired, angry, hatred, depressed, worry, stress
- Drink soft drinks/with ice, cold drinks, beer, alcohol beverages, coffee with cream & refined sugar/fake sweets, smoking, v.v.v.
- Showing or bathing with hot water for more than 10 minutes-5
- Drinking in the middle or just right after finishing meals
- Staying late after 10pm or waking up late after 6am
- Not having bowel movement (#2 toilet) before 7am

SOME EFFECTS of ACIDIFYING the BODY FLUIDS

- Bubbles, reflux, gastritis, gastric ulcer
- Gastrodynamic, gastroadenitis, gastrobrosis, gastroenteritis, esophagoptosis, esophagodynia, duodenitis, duodenal ulcer
- Damaging of teeth, gums, root canal infections, root abscess,
- Bad smell in mouth, thick layers on the tongue,
- Weak immunity or mess up immunity system
- Easy to get common cold, flu, allergy, illness
- Osteoporosis, bone fracture, pain in the bone, joints
- Calcification in or around joints, bone, ligaments, causing stiffness when moving, pain and change bone/body structures,
- Easy to feel tired, low energy, depressed, falling,
- Diabetics, bad cholesterols, high blood pressure
- Lacking of brain oxygen leading to brain malfunctions, stress, anemic, insomnia
- May cause ADHD in youths & adults