

# What Is pH & Why Is It So Important?

## What Is Internal pH?

pH is the acronym for Potential Hydrogen.

- It is the degree of concentration of hydrogen ions in a substance or solution.
- It is measured on a logarithmic scale from 0-14
- Higher numbers mean a substance is more ALKALINE and has a greater potential for absorbing more hydrogen ions.
- Lower numbers indicate more ACIDITY and less potential for absorbing hydrogen ions.

Hydrogen is a component of the molecules of all organic substances found in the human body. Hydrogen atoms participate (at a cellular level) in many of the intermediate steps in the manufacturing of Energy within the body - e.g. within the Electron Transport System and Krebs Cycle.

## Why is pH balance important?

pH is behind how our bodies utilize enzymes, minerals and vitamins. In an over-acidic environment digestive enzymes can be neutralized, causing the improper absorption and assimilation of food. Essential minerals like calcium can be stripped from our bones to fight this acidic condition. If the blood pH is not maintained at 7.3 (+ or -) .01 serious illness and disease can take over.

## You're Health & Farming

Before a Farmer can grow a successful crop, he needs to be concerned with the terrain balance of his soil. Specifically:

- **pH balance**
- **Mineral balance**

If the balance of the soil is off, the small seed is going to have a difficult time growing into a strong plant.

**pH Balance** by Glycemic Level helps improve the health of the body by balancing its *Internal Terrain* supplying key nutrients in a bio-available, great tasting, and convenient form.

For a free sample and information packet please email: [info@glycemiclevel.com](mailto:info@glycemiclevel.com) or learn more at [www.glycemiclevel.com](http://www.glycemiclevel.com)