

# How to Natural Remedies to Restore Ph Balance

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The human body is designed to maintain a delicate balance of various substances and chemicals, including the pH level of our internal fluids. pH stands for "potential hydrogen" and is a measure of the acidity or alkalinity of a substance. In our bodies, the ideal pH level for most of our internal fluids is around 7.4, which is slightly alkaline.

However, various factors can cause our pH levels to become imbalanced, leading to a range of health problems. For example, an overly acidic pH level can contribute to digestive issues, skin problems, and even inflammation and diseases such as cancer. On the other hand, an overly alkaline pH level can also lead to health issues, such as kidney problems and muscle weakness.

Fortunately, there are remedies that can help [natural remedies to restore pH balance](#) in our bodies. Here are some of the most effective options:

## **Alkalizing minerals**

Certain minerals, such as calcium, magnesium, and potassium, have alkalizing effects on the body and can help balance pH levels. These minerals can be found in a variety of foods, including leafy greens, nuts, seeds, and avocados.

## **Apple cider vinegar**

Apple cider vinegar is a natural acid that has a variety of health benefits, including balancing pH levels. It is rich in enzymes, vitamins, and minerals that can help restore balance in the body. To use it as a pH balance remedy, mix a tablespoon of apple cider vinegar with a glass of water and drink it twice a day.

## **Lemon water**

Lemons are naturally acidic, but they have an alkalizing effect on the body when they are metabolized. Drinking lemon water can help balance pH levels and also provide a boost of vitamin C. To make lemon water, squeeze the juice of half a lemon into a glass of water and drink it first thing in the morning.

## **Green juices and smoothies**

Green juices and smoothies are a great way to get a concentrated dose of alkalizing nutrients from a variety of leafy greens. Spinach, kale, and cucumber are all excellent choices for balancing pH levels.

## **Herbal teas**

Certain herbs, such as dandelion and chamomile, have alkalizing effects on the body and can help balance pH levels. Drinking herbal teas made from these herbs can be a relaxing and effective way to restore pH balance.

**In conclusion**, maintaining a healthy pH balance is important for overall health and well-being. By incorporating natural remedies such as alkalizing minerals, apple cider vinegar, lemon water, green juices and smoothies, and herbal teas into your daily routine, you can help restore and maintain a healthy pH balance in your body.

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