

# Information about acidification + your health

Osteoarthritis  
Bladder infections  
Acid reflux  
Cellulite  
Chronic colds  
Chronic fatigue  
Eczema  
Fatty liver  
Fibromyalgia  
High blood pressure  
Hormonal issues  
(PMS, menopause)  
Gout  
Chalky nails & foot fungus  
Kidney stones  
Psoriasis  
Rheumatism  
Vaginal yeast infections

CHECK THE  
ACIDIFICATION  
TEST



# Acid makes you sick!

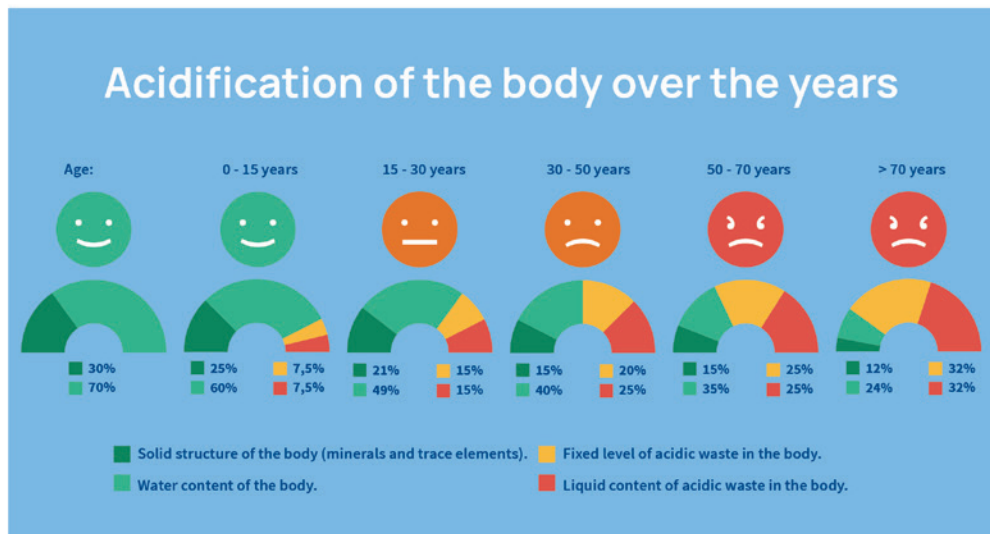
For many people, it is not widely known that various health problems can result from the acidification of the body. This brochure provides a brief description of what acidification means, its potential health impacts, and steps you can take to combat it.

**Diet, stress, smoking, medications, and excessive muscle strain** produce acidic waste products after combustion. Your body needs to eliminate these to maintain a constant blood acidity level. Some examples of acidic wastes include **uric acid, lactic acid, fatty acid, acetic acid, tannic acid, and oxalic acid**.

Due to our current diet, which is high in animal protein, sugars, fats, alcohol, coffee, and soft drinks, as well as our irregular and often stressful lifestyle, the body produces a significant amount of acidic waste products.

Because the body cannot excrete or neutralize all of them, the acids are stored in various parts of the body. **Especially after the age of 40**, acid deposits in joints, connective tissue, muscles, and blood vessels increase at a rapid rate; the body becomes more acidic.

**Acidification is a form of aging and poses a threat to long-term vitality.**



Depending on the areas of the body where the acids accumulate, various acidification-related complaints may now arise, including **muscle aches, joint pains, fatigue, skin issues, fungal infections, and inflammation**.

In a 2nd stage, depending on the predisposition for this, acidification can lead to **chronic conditions** such as osteoarthritis, gout, arthritis, hypertension, fatty liver, fibromyalgia, elevated cholesterol, and osteoporosis.

# Diseases caused by acidification

Depending on genetics and lifestyle, acidification can at some point lead to the development of chronic diseases.

Some examples include:



## Gout

Excess uric acid crystallizes and deposits on joints, usually at the feet and toes, but also in other places such as elbows, hands, and ears. When the kidneys cannot process the excess flow of uric acid, the risk of developing gout is high.

## Arthritis

The storage of waste acids in and around the joints leads to irritation and inflammation. In particular, uric acids released from meat consumption, stress, and medications increase the risk of arthritis.

## Osteoarthritis

The storage of waste acids in cartilage causes its breakdown. The more acid deposits in cartilage, the faster its breakdown process occurs.



## Bladder Infections

Several studies have shown that cystitis is related to a disturbed acid-base balance. The body is overly acidified. The acidity of the bladder is too high. The bladder is acidic and should naturally remain acidic, but when the bladder becomes too acidic, (chronic) cystitis can occur.



## Chronic Fatigue

Chronic fatigue is often caused by the body's acidification. When the body becomes too acidic, its metabolism begins to struggle. This makes it increasingly difficult to process acidic waste products. To neutralize these acids, the body extracts minerals from various areas, leading to deficiencies. Instead of being eliminated, these bound acids are stored in the body. This buildup of acids, combined with a lack of essential minerals, can impair the body's optimal functioning and result in fatigue.

## Fibromyalgia

Acidic waste that the body stores deep in muscle and connective tissue causes rheumatic symptoms in the "soft tissues." Fibromyalgia can cause symptoms such as chronic muscle pain, fatigue, and a lack of energy, among others.





### High Blood Pressure

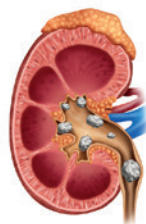
Acid waste in the blood thickens it, making the heart pump harder to deliver oxygen and nutrients. Acidification can also lead to arteriosclerosis and structurally elevated blood pressure.

### Fungal nail infection

Calcareous or fungal nails are caused by a skin fungus that infects the nail. The fungus emits acidic toxins (mycotoxins), which bind to the calcium in the skin and nails. This causes the nail to calcify.

### Kidney Stones

When waste acids cannot be eliminated directly through the kidneys due to high acidity, the body binds the acids with calcium or magnesium. Kidney stones are not a result of too much calcium, but of too much uric and oxalic acid.



### Osteoporosis

To neutralize acidic waste products, if the body lacks alkaline minerals, it will remove calcium from the bones. This decreases bone density, leading to osteoporosis.



### Psoriasis and Eczema

The skin is our largest excretory organ, responsible for eliminating acidic waste products. When waste acids accumulate, they can increase the acidity of the skin, potentially leading to chronic skin conditions such as eczema and psoriasis.

### Fatty liver

Fatty liver is common and is a result of an acidifying lifestyle with too little exercise, high-calorie and high-sugar foods, and excessive alcohol consumption.

Unfortunately, fatty liver is also increasingly common in children. However, fatty liver disease is a reversible process: fat accumulation in the liver disappears when the body is deacidified. Therefore, it is essential to restore the body's acid-base balance by actively initiating the process of deacidification.

This information brochure on the subject of deacidification is a publication of:  
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# Acidification test

Want to know if you have an increased risk of acidification?  
Then take the acidification test.

| Nutrition  | yes                      | no                       | points |
|--|--------------------------|--------------------------|--------|
| Do you eat cereal products daily (E.g., bread, pasta, rice)?           | <input type="radio"/> 10 | <input type="radio"/> 0  |        |
| Do you eat cheese, sausage, meat, or fish at least twice a week?       | <input type="radio"/> 20 | <input type="radio"/> 0  |        |
| Does your total diet consist of at least 50% fruits and vegetables?    | <input type="radio"/> 0  | <input type="radio"/> 20 |        |
| Do you eat sweets at least twice a week?                               | <input type="radio"/> 20 | <input type="radio"/> 0  |        |
| Do you regularly skip a meal?  | <input type="radio"/> 10 | <input type="radio"/> 0  |        |
| Do you drink coffee daily?   | <input type="radio"/> 20 | <input type="radio"/> 0  |        |
| Do you drink carbonated and/or sugary drinks on a weekly basis?        | <input type="radio"/> 20 | <input type="radio"/> 0  |        |
| Do you drink alcohol weekly?   | <input type="radio"/> 20 | <input type="radio"/> 0  |        |
| Health   | yes                      | no                       | points |
| Are you over the age of 40?  | <input type="radio"/> 10 | <input type="radio"/> 0  |        |
| Are you having trouble sleeping?                                       | <input type="radio"/> 10 | <input type="radio"/> 0  |        |
| Do you experience stress regularly?                                    | <input type="radio"/> 20 | <input type="radio"/> 0  |        |
| Do you often feel tired, lethargic, or exhausted?                      | <input type="radio"/> 10 | <input type="radio"/> 0  |        |
| Do you ever experience muscle pain or joint pain?                      | <input type="radio"/> 10 | <input type="radio"/> 0  |        |
| Do you ever suffer from heartburn, bloating, constipation or diarrhea? | <input type="radio"/> 10 | <input type="radio"/> 0  |        |
| Do you have skin problems with your hair and/or nails?                 | <input type="radio"/> 10 | <input type="radio"/> 0  |        |
| Do you use medication regularly?                                       | <input type="radio"/> 20 | <input type="radio"/> 0  |        |
| Do you smoke?  | <input type="radio"/> 20 | <input type="radio"/> 0  |        |
| Point total  |                          |                          |        |

0 to 50 points  
50 to 100 points  
100 points or higher

No to light acid load.  
Moderate acid load. There is a risk of acidification.  
(Very) high acid load. There is a high risk of/or presence of acidification.

**Please note** this is not a medical test. This questionnaire is for informational purposes only and should not be used for a definitive diagnosis. Always consult your attending physician or health care professional for this purpose.

# What can you do about acidification? Deacidify!



The chances that you already have, or will have, symptoms due to acidosis are very high. **Everyone gradually becomes more acidic as they age.** Depending on one's diet and lifestyle, the body will acidify more quickly or less quickly.

To combat acidification and related chronic symptoms, it is essential to **actively de-acidify** the body daily. De-acidification is the process by which the flow of acidic waste decreases and accumulated acid residues are removed from the body.

You can actively deacidify by providing the body with **extra bicarbonates** through drinking water with alkaline drops, or by swallowing special stomach acid-resistant alkaline capsules containing sodium bicarbonate and zinc. With spermidine, you stimulate autophagy. **Autophagy** breaks down damaged cells and waste products within cells.

Drinking **de-acidifying herbal teas**, which contain a broad spectrum of herbs, helps eliminate acidic waste. Additionally, it is essential to nourish your body with alkaline nutrients. For this, you can take an **alkaline mineral complex** or **green alkaline food extracts** dissolved in water.

Skin complaints, such as eczema, psoriasis, and dry skin, can often be treated in many cases by using an **alkaline cream** with natural oils. However, taking de-acidifying and mineralizing baths or showers with **alkaline mineral salts** and using an **alkaline deodorant** can also help restore the skin naturally.

## More information

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