



ACIDOSIS

A condition where there is over acidity in the body.

Those with diabetes, acute/chronic diarrhea, or kidney failure often experience this condition.



Possible Contributing Factors



- Diet high in refined carbs, alcohol and sweet beverages/sodas
- Kidney dysfunction
- Liver dysfunction
- Diabetes
- Hypochlorhydria (low stomach acid)
- Adrenal insufficiency from chronic stress
- Nutrient insufficiencies: B vitamins (especially B1 if CO₂ is reduced and anion gap is elevated), magnesium, potassium, manganese or other Krebs cycle nutrients

Lifestyle & Dietary Recommendations



- Eliminate refined foods, dairy (except grass-fed butter), and gluten containing grains
- Eliminate fried foods, hydrogenated fats/oils
- Eliminate caffeinated food and beverages
- Increase raw foods, green vegetables & quality proteins

Supplement Considerations



- Bio-available B complex
- L-glutamine
- Potassium
- Kidney herbal or glandular support formula (if at play)
- Adrenal herbal or glandular support formula (if at play)
- Hydrochloric acid betaine with pepsin (if hypochlorhydria at play)
- Vitamin D, magnesium & manganese (help stimulate parasympathetic activity if sympathetic dominant)