

How to Natural Remedies to Restore Ph Balance

Maintaining a healthy pH balance in the body is crucial for overall health and well-being. The pH scale measures the acidity or alkalinity of a substance, with a neutral pH of 7.0. The body's optimal pH level is slightly alkaline, around 7.35 to 7.45. When the pH level becomes too acidic, it can lead to a variety of health issues such as fatigue, low energy, and inflammation.

Here are some [natural remedies to restore pH balance](#) in the body:

1. **Alkalizing foods:** Eating a diet rich in alkalizing foods can help balance pH levels in the body. These foods include fruits and vegetables, such as leafy greens, broccoli, and avocado, as well as nuts, seeds, and whole grains.
2. **Apple cider vinegar:** Apple cider vinegar is a natural acid neutralizer. Mix 1 tablespoon of apple cider vinegar with 8 ounces of water and drink before meals to help balance pH levels in the body.
3. **Lemon water:** Lemons are a natural alkalizer and can help to balance pH levels in the body. Start your day with a glass of warm water and the juice of half a lemon to help alkalize your body.
4. **Baking soda:** Baking soda is a natural alkalizer and can help to balance pH levels in the body. Mix 1/4 teaspoon of baking soda with 8 ounces of water and drink before meals to help balance pH levels in the body.
5. **Yoga and meditation:** Yoga and meditation can help to reduce stress and inflammation in the body, which can lead to an imbalance in pH levels. Incorporating these practices into your daily routine can help to balance pH levels in the body.

It's important to note that restoring the pH balance in the body takes time and effort. It's essential to make changes to your diet and lifestyle that will help you maintain a healthy pH balance in the long-term. Consult with a healthcare professional before making any drastic changes to your diet or lifestyle.

6 Natural Ways To Keep Vaginal pH Balance

1. **Yogurt:** Eating yogurt with live cultures can help to restore the balance of good bacteria in the vagina.
2. **Garlic:** Garlic has antimicrobial properties that can help to maintain the pH balance in the vagina.
3. **Apple cider vinegar:** Dilute apple cider vinegar with water and use it as a douche to restore the vaginal pH balance.
4. **Tea tree oil:** Mix a few drops of tea tree oil with coconut oil and apply it to the vulva to help maintain the pH balance.
5. **Vitamin C:** Consuming foods high in vitamin C, such as citrus fruits, can help to maintain the pH balance in the vagina.

6. **Hydrogen peroxide:** Dilute hydrogen peroxide with water and use it as a douche to restore the vaginal pH balance.

It's important to mention that you should consult a healthcare professional before trying any new remedies as some remedies may not be suitable for everyone and some may cause irritation or allergic reactions.

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