

Acid-Base Concentration (pH)

pH = how much hydrogen is in bodily fluids. **

Acidic: pH 0 – 6.99

Basic: pH 7.01 – 14

Neutral: pH 7.00

Acidic solutions have a higher hydrogen concentration and have a lower pH. Alkaline solutions have a lower hydrogen concentration and a higher pH.

The closer to pH 0, the higher the hydrogen content = **acidosis** = depression of the nervous system. **

The closer to pH 14, the lower the hydrogen content = **alkalosis** = hyperirritability of the nervous system. **

pH 7.35 – 7.45 = pH of the human body

Small fluctuations in pH can inactivate complex molecules such as proteins and nucleic acids, which are essential for normal structure and function of cells.

Most living tissue is maintained at a pH of 7.0 – 7.8. **

Three systems help to regulate and maintain pH levels in the body: **

- Buffer systems
- Respiratory system
- Renal system

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