Metabolic Acidosis

Metabolic Acidosis is a condition characterized by an excessive accumulation of acid in the body due to an increase in acid production, a decrease in bicarbonate, or a loss of bicarbonate from the body. This can shift the blood pH towards acidity, which disrupts normal bodily functions.

The functional medicine approach to metabolic acidosis is to identify and treat underlying causes, supporting the body's acid-base balance through diet and targeted supplementation, lifestyle modifications, and addressing any organ dysfunction/systemic issues that may be contributing to the condition.

Signs & Symptoms of Metabolic Acidosis

- Anxiety
- Diarrhea
- Poor digestion and assimilation of foods
- Dilated pupils
- Fatigue, especially early in the morning
- Headaches, occipital to frontal
- High blood pressure and rapid heartbeat
- Hyperactivity
- Insomnia
- Nervousness
- Restless legs
- Shortness of breath
- Strong appetite
- Warm, dry hands and feet
- Dry mouth
- Allergies
- Poor retention of important minerals
- Dysfunction of kidneys, lungs, and adrenals
- Inflammation
- Skin irritations
- Arthritis

Treatments

Address underlying causes: such as improving diabetes management, treating kidney disease, and eliminating the ingestion of harmful substances.

Dietary modifications: follow a diet rich in fruits and veggies that provide alkaline nutrients. Some of the top alkaline-forming foods are: figs, olives, lima beans, soybeans, apricots (dried), all forms of leafy greens, and almonds. Minimize intake of processed foods, meats, and grains that produce acid upon metabolism. Avoid soda and coffee.

Hydration: adequate amounts of water helps kidneys excrete acid.

Supplements: any supplement or herb that supports kidney function, methylated B vitamins, calcium, magnesium, potassium, and L-Glutamine.

Lifestyle modifications: cessation of smoking and alcohol consumption and stress management.

Other treatments for acid imbalance: lymph work - rebounding, skin brushing, castor oil packs, deep breathing, aerobic exercise, and alternating hot and cold water treatments.