Metabolic Alkalosis

Metabolic alkalosis is a disturbance in the body's acid-base balance, leading to an increase in blood pH (becoming too alkaline). It occurs when your blood becomes too alkaline (the opposite of too acidic). This usually happens if your body loses a lot of acid (like from vomiting) or acid production is halted by use of proton pump inhibitor medications or accumulates too much base. This condition can affect many bodily functions, as enzymes and other biological processes are highly sensitive to the body's pH level.

Functional medicine addresses metabolic alkalosis by identifying and treating its root causes, supporting the body's natural mechanisms to restore acid-base balance through diet, lifestyle modifications, targeted supplementation, and managing any contributing organ dysfunction.

Signs & Symptoms of Metabolic Alkalosis

- Confusion and/or dizziness
- Nausea, vomiting, and diarrhea
- Tremors, muscle cramps, and tingling in fingers or toes
- Arrhythmias in severe cases
- Difficulty breathing and feelings of air hunger (less common)
- Bad breath
- Cellulite
- Constipation
- Cold, clammy hands and feet
- Fatigue in mornings, hard to arise from bed
- Headaches, side of head, temples (migraine)
- Excitability of the nervous system
- Indigestion
- Introverted behavior, depression
- Low blood pressure
- Paleness
- Slow pulse
- Sluggishness
- Poor digestion and assimilation of food due to decreased gastric secretion
- Joint and muscle pain
- Allergies: Asthma
- Poor retention of important mineral nutrients

Treatments

Addressing the underlying cause(s): Such as correcting electrolyte imbalances, stopping excessive bicarbonate intake, and treating underlying diseases.

Dietary Modifications: Ensuring adequate intake of nutrients, particularly potassium-rich foods like bananas, oranges, and leafy greens to help correct electrolyte imbalances.

Avoid foods that contribute to an alkaline imbalance: Alkaline ash foods (high potassium, magnesium, or calcium with respect to low phosphorus, sulfur, or chloride); excess carbohydrates like sugars, fruits (especially citrus), or juices; deficient fat and protein intake with respect to carbohydrates.

Diet for alkaline imbalance: Use acid-forming foods that are high in phosphorus, sulfur, or chloride. Some of the top acid-forming foods are: egg yolks, herring, oysters, crab, lobster, oatmeal, sardines, salmon and meat - chicken, beef, etc.

Supplementation: These include any supplements or herbs to support kidney and respiratory function, mineral support, supplemental acid in the form of betaine HCL, apple cider vinegar, etc.

Adjusting medications: Reviewing and adjusting any medications contributing to alkalosis, under the guidance of a qualified healthcare provider.

Lifestyle adjustments: Stress management and regular physical activity i.e., brisk walks, long strides, and shallow breaths can support overall health and aid in the recovery process.