In order to maintain homeostasis in the body, pH is constantly being altered. The pH scale ranges from zero to fourteen. Where a pH of seven is considered neutral, and a number below seven is acidic and a number above seven is alkaline. Whether a food is considered acidic or alkaline is determined by the potential renal acid loads (PRALs). PRAL is defined as a calculated value of certain nutrients in food that have the most significant indication of changing the acidity or alkalinity of the body. It has been shown that the diet whether alkaline or acidic has different effects on the body.

Numerous health benefits of the alkaline diet include healthy bones, higher osteoblast activity, bone remineralization, and preservation of muscle mass, reduction of tumor invasiveness and metastasis, and improved in the excretion of toxins. Water has varying degrees of pH and benefits, depending on the source. BEWE, or basic erosive wear examination for dental care professionals can have a positive influence on patient care and can help promote a state of well-being.
References


