

Balancing pH

I. pH and weight

The latest information on weight challenges is that the body holds onto fat to protect itself from an acid condition. The reason low carb diets work in the beginning is that carbohydrates such as wheat and sugar are extremely acid forming. Cutting them out will cause the body to produce less fat because less fat is needed to neutralize less acid.

Since fat is a buffer produced by your body to neutralize acid, it makes sense to turn to a healthy alkalizing diet to eliminate the need for fat.

Show me a person who has tried every diet out there with little or no success and I will show you a person who has had an acid pH their whole life.

Some factors influencing pH levels are an out of balance mineral ratio or a person's diet, lack of sleep and stress levels. Gaining a better understanding, through the latest research about pH, will make this journey to health a much easier task.

II. Maintaining alkalinity

It is very empowering for people to realize they can dramatically change the state of their own health. Simple and logical dietary corrections, self monitored, using a small piece of pH-paper as the guide, make it easy for patients to help themselves between visits.

Maintaining alkalinity is essential for life, health and vitality. Our blood must always be kept at a pH of 7.35 to 7.45, anything above or below that would endanger the functioning of your body. In order to maintain this ideal pH for the blood, your body will leach the calcium (that is alkaline) right out of your bones and magnesium from your muscles to correct a too acid condition. An acid condition, if left unchecked over a long period of time, will block your body's absorption of much needed vitamins and minerals. This may lead to osteoporosis, kidney stones, and tooth decay.

As long as we are acid, our body is in a state of degeneration. What we strive for is to build up and regenerate, at the same time, reducing as many stressors as possible.

III. Symptoms of acidosis and alkalosis:

A. **Symptoms of acidosis** are frequent sighing, changes in heartbeat, restlessness, cold sweat, dry skin and mouth, hard stools, diminished urination, perspiration, a sticky, sour taste in the mouth, halitosis (bad breath) and adrenal fatigue. Problems such as acid reflux, fat, cholesterol, bone spurs, osteoporosis, gallbladder and kidney stones have also been linked to overly acid fluids in our body.

B. **Symptoms of alkalosis** may include: Muscle soreness and cramps, stiff or creaking joints, bursitis, bone spurs, edema (especially swollen hands), allergies, menstrual problems, hyperventilation, restlessness, excitability, numbness, prickling sensations, increased respiration, circulatory problems, discomfort after eating (due to lack of HCl in the stomach) and lowered resistance (bacteria, viruses, fungi, parasites and other microorganisms tend to thrive in an alkaline environment).

IV. Testing Urine: It is best to check the first urine of the day, after 4:00 a.m., every morning to set a baseline. This reading shows your true state. Metabolic functions will be reflected in this first reading of the day. Place the 1 or 2" piece of test paper into urine stream, shake off any excess fluid and match to the color chart immediately. Urine pH is in balance when it's between 6.8 and 7.2. Then you may want to check yourself throughout the day to learn what foods, stressors or toxic thoughts affect the pH of your body.

Excess protein may make you feel tired and sluggish and is a cause of increased blood pressure. Urine that foams a lot may be an indicator of too much protein. Urine that is dark yellow may be an indicator of too much sugar in the diet.

Testing Saliva: Do not eat or drink before you test. Bring up fresh saliva and drip the saliva from under your tongue onto the test strip. If you take your saliva pH within a few minutes of eating or drinking, you will get the acid-forming or alkaline-forming quality of the foods or beverage right there on the spot. You then see how it has affected your body pH. If your pH is 7.2 or higher, the food you ate was alkaline forming. Your pH should then drop down to 6.8 to 7.2 within 3 hours of eating. If your first reading of the morning is 6.0 and the second reading is within the 6.8 to 7.2 range, a few diet and lifestyle changes should show changes quickly and bring the first reading into the proper range. On the other hand, if all of your readings are below 6.0 or above 7.6, then more work may be required to turn things around. Until both readings are within the balance range, you still have some work to do.

V. Proper Food Combining:

It is helpful when eating a meal not to mix protein and starches. It is best to eat them separately. Proteins neutralize the alkaline medium required for starch digestion and the result is fermentation, which can result in indigestion. Examples of proteins are: nuts, most dairy foods, eggs, chicken, and fish. Examples of starches: bread, cake, cookies, pasta, rice, potatoes and cereals. Undigested protein putrefies in bacterial decomposition and produces some potent poisons.

VI. Cancer's relation to pH:

Professor Otto Warburg won the Nobel Prize in 1931 for proving that cancer cannot live in a cell rich in oxygen and with a balanced pH. He also found that cancer cells contain high fermentation values that come very close to the fermentation values of wildly proliferating *Torula* yeasts. A stressed lifestyle and a diet high in sugar and processed foods feed yeast. A lifestyle with a reduction of stress and a diet with enough pure water and rich in fresh raw vegetables places a body in a state of balance.

VII. Foods and Ph.:

Start out your morning with one of the most alkalizing drinks around, a squeeze of fresh lemon juice in pure source water. Have a cucumber or an avocado for a snack. Top your salad with olive oil, lemon juice, fresh herbs and sea salt. Try replacing milk with soothing coconut milk in recipes.

It is best to follow the 80:20 rule, 80 percent alkalizing vegetables and 20 percent healthy acid forming foods. Healthy acid-forming foods should be decreased to 20% of the total diet. Examples: Fresh water fish such as salmon, mackerel, range fed chicken, brown rice, and beans. Alkalizing foods such as leafy greens vegetables and avocados should be increased to 80 of your total diet.

Highly Alkaline-Forming Foods

Wheatgrass juice, sprouted seeds, grains and beans, fresh cucumber, spinach, celery, watercress, garlic, sorrel, lettuce, cabbage, fresh peas, carrot, red beets, cilantro, fresh lemon, tomato, green pepper, avocado, jicama, sea salt and mineral water.

Moderately Alkaline-Forming Foods

Romaine lettuce, cauliflower, hazelnuts, pumpkin seeds, sunflower seeds, flax seeds, sesame seeds, fennel seeds.

Low Alkaline-forming Foods

Cherries, cantaloupe, strawberries, cranberries, mango, cold-pressed oils, evening primrose oil, fish oil, olive oil, flax seed oil.

Very Low Alkaline-Forming Foods

Quinoa, brown rice, walnuts, pecans

Neutral (near/neutral) Ash Foods

Lentils, goat cheese and agave nectar

Low Acid Forming Foods

Vanilla, tapioca, pistachios

Moderately Acid Forming Foods

Ocean fish, turkey, chicken and eggs.

Highly Acid Forming Foods

Artificial sweeteners, high fructose corn syrup, popcorn, ketchup, fried foods, apple cider vinegar. Most prescription medications and over-the-counter drugs are highly acid.

VIII. Summary: The body's main purpose is to keep your blood and organs functioning to stay alive. When all of your energy is spent correcting an acid pH there is less time to correct other body systems. The result is a host of illnesses. In order to prevent illness, it is best to eat 80 percent alkalizing vegetables and 20 percent healthy acid forming foods. It is equally important to reduce stress levels, exercise and eliminate toxic thoughts and environments, both internal and external. Just as toxic thoughts are acid, so are overwork, lack of sleep, anger, fear, jealousy and stress. To become more alkaline instead try positive thinking, meditation, peace, love and kindness. When friends ask you what you are doing because you look years younger, then you'll begin to understand the importance of pH.

If your pH stays acid between 5.5 and 6.2 it is best to take ¼ tsp. of Coral Legend, (a coral calcium and magnesium powder), and 2 tablespoons of Quantum Aloe Drink with water before bed. This should balance your pH by the next morning. If it doesn't, gradually increase the amount of Coral Legend, from 1 tsp. up to a maximum of 1 tablespoon twice a day.