

# THE ACID ALKALINE BALANCED DIET



By Emma Deangela

[www.thealkalinediet.org](http://www.thealkalinediet.org)

Balance Your Acidity,  
Restore Your Health &  
Lose Weight

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# PREFACE

## Why Did I Start this Book?

I wasn't born INTO the alkaline diet. Like many of you out there, my mind was already filled with ideas about the food pyramid the day I stepped into elementary school! The health-ed teacher would enthusiastically pepper the lesson with 'food from the three food groups', which will lead to healthy development of our body. Young, and non the wiser, I began to practice what the school preaches - largest proportion goes to grains, followed by the greens and fruits, and growing children need lots of proteins, coupled with supplements and viola! - this is their idea and I admit, also mine of a balanced diet. Sure, I've fallen ill on many occasions, taken some colored solutions which the doctors prescribed. And that's it. I've never questioned my choice of foods or my diet. It just *has* to be right. There must be something *wrong* with my body, not the diet.

This indifference in me spans into adulthood, but got more severe. After graduation, I went straight into the rat race, forcing my body to be up in the wee hours of the morning and working till late at night. No matter how many cups of caffeine I drown myself in, I can *never* feel totally energized. Just two years into my careers, my skin was tinged with a dull shade, and every 'balanced' diet I took during lunches left me tired, and bloated. Imagine burping between sentences while meeting your clients - it's downright embarrassing. All these problems escalated into severe health problems and I had to check in and out of hospital very often. I knew that my health was on a decline and I had to do something, before it's too late.

Desperate to salvage my health, I started to be obsessed with alternative medicine and holistic health. I would rush to traditional chinese medicine classes after work, and borrowed health magazines and medical journals. I've also fixed appointments with nutritionists and dietitians friends who generously shared their knowledge....

I wouldn't say all those efforts were a bad idea.. but I was confused and overwhelmed by all the information out there ... some of the health 'programs' were impossible to follow, and some did not show any positive long lasting effects. It was pretty depressing and I was about to resign to the fate of my poor health when I attended a 3-day water fasting workshop, where I met Theresa.

“Your Diet is the Key to Health” - Having an Alkaline Diet, knowing what , when and how to consume these foods are *the* key to be truly healthy. It then dawned on me that the years of what is popularly known as ‘The Balanced Diet’ has been causing huge loads of toxins and waste to accumulate in my body. It wasn’t that nutritional products didn’t work, but my diet was wrong to begin with. Caring for your digestive system is the *key* to good health.

Who doesn’t want to feel optimistic about the future, to be healthy, active and brimming with energy. To have the ability and the health to do things that you’d love to do. I’ve been like many of you, pursuing all the materialistic things - my first car, a place that I can call my own, it was only after my health has failed me that I finally knew what was the most important to me.

But now I’ve found my happy place - how to stay healthy amidst the chaotic work life. If the idea of glowing skin, enhanced immune system and achieving your ideal body weight and shape entice you, stop to pause for a minute as this is only the minimum alkalizing your body can bring.

### **How difficult is alkalizing?**

I have no time. It’s so troublesome. Can I trust such stuff?

These are often the responses of many people whenever I’ve discussed the subject on the alkaline diet. Well, the truth is that alkalizing is very simple. Sure, minus the initial part where you have to make sacrifices by giving your favorite acid-producing foods.

You don’t have to be a nutritionist or a dietitian to follow the steps. We often have feedback from our customers every day telling us to forget about the hard facts and just tell me what I need to do now to enjoy the benefits of an alkalized body!

And this is what I’m going to give you today. We’re going to keep it *simple*.

*Emma Deangela*

# The Alkaline Diet Course



## How is this course organized?

In this course, you will discover how to go on the acid alkaline diet to become healthy, full of energy and illness-free.

Different people have different level of knowledge as well as the understandings of the topics covered, our course would be covering on all the topics. You may know some of these topics but I still strongly encouraged you to read through the whole book itself as some of them are opposing what we have learnt in our daily life.

During the course, it is best that you complete the little tasks I have created for you so that you can understand the body well and at the same time, knows how to change your diet.

The content of this book is going to be divided into two main sections; the first one is all about acid alkaline, its definition, its effect on our body and so on and so forth. While the second part mainly focuses on practical alkalizing tips that we all can apply in our daily lives. Things like, food intakes, the type of food that we must eat, all about oxygen, daily exercises, etc.

# How do you benefit from the Alkaline Diet?

Are you one of the millions who have been trying to lose weight to no avail? Have you tried dieting and all the latest fads just to acquire the perfect body?

I was once in the same boat. I did lose weight after much effort, just like others who went on a diet, but just like them I all too soon regained what I had just lost. What many people don't realize is that obesity is almost always the by-product of an acidic body. The bad habits and wrong choice of food either through ignorance or misinformation all added up to make the body acidic. Sounds familiar?

Your body has been beautifully engineered that it can self-evaluate and sets up lines of defense to protect itself. As your body becomes more and more acidic it reacts and builds mechanisms to keep the harmful acid from getting to your vital organs since the acids will eat holes into the organ tissues should the acid get through.

## Fats - the body's natural defense mechanism

Now, the main defense of your body is the fats. That's right your body is actually making fats to protect you from the acids, it is bulking up to keep the acids away from your vital organs. The fat is actually saving your life! Now, as your body gets alkalized it will become healthier and will drop its defensive mechanisms letting you shed the excess fat naturally and effortlessly. Wouldn't you want slim down to your ideal weight effortlessly?

## Yeast and fungus - the sources of acidity

Let's talk about yeast and fungus. Believe it or not, yeast and fungus grow in the human body! Yeast and fungus are life forms that are single celled. They are everywhere; they inhabit the soil, water, and air. Surprisingly, they also inhabit many of the foods that we eat.

Yeast and fungus as well as molds, viruses and bacteria, tend to house themselves in specific sites of the human body and are capable of “fermentation” or the over-acidification of the body’s tissues and blood through their toxic by-products. This will then poison and ultimately destroy your body cells. As it creates an acidic environment in your body, it gives you stress and robs you of energy.

Not only that, it also feeds off on the good food that you eat robbing you of the benefits of their nutrients. As this happens, you continue to feel hungry as you are not getting the nutrition that your body needs. ‘Thus you tend to overeat leading to weight problems. What a vicious cycle, isn’t it?

## Sugar- the ideal environment for yeast

Now the main food of fungus, yeast, and bacteria is – sugar! As all these organisms inside our body feed on the sugar and proteins that we eat, they produce more toxins. And as our blood become more and more polluted with these toxins, the liver becomes stressed. Why? Because now its function is turned to detoxification rather than metabolizing sugar and fat.

To solve this problem, the body needs to be detoxified so that the blood can be cleansed and the cells nourished. The first step in doing this is eliminating the foods that create over-acidification and eating more healthy foods that are alkaline. All those fungus, yeast, mold, bacteria and virus survive only in an acid base environment. So alkalizing your body will eliminate these threats.

Furthermore, eating lots of sweet and oily foods, drinking alcohol, smoking, drugs and inactivity all add to an acidic lifestyle. An acidic lifestyle increases the level of toxins in the body which overly taxes the body’s systems and builds up the acidity in our cells even more.

As the body becomes overly acidic, the body resorts to only a few ways to get all the toxins out – through the lymphatic system, human waste and through the skin. Acidic toxicity therefore can cause lymphoma as the lymphatic system is overly taxed. It can also cause colon and intestinal cancers due to the massive toxicity in the body’s waste products. The skin also suffers harm in an acidic lifestyle. Eczema, psoriasis, and rosecea are some of the skin problems that may be come about with toxicity.



## Alkalizing your body stops skin problems

Now, many people believe that acne is a normal part of growing up and having acne later on in adulthood is only due to the kind of skin that you have. But, in reality, acne is mainly a by-product of toxins from all the acids in the body. Switching to an alkaline lifestyle changes all these. Eating alkalized foods prevents skin problems from happening or stops them from continuing.

## Fermentation results in fatigue

As acid permeates in the body, acidic microforms start to ferment the sugars in the food that we eat, sugars that are supposed to be used as energy by the body. The body is thus robbed of energy and what little is left is used to try to maintain the pH level and get rid of the damaging acidic toxins, microforms and bacteria. Worsening this scenario is the fact that the main organs responsible in controlling the energy levels of the body – the adrenal glands, the liver and pancreas – are hugely impacted by the acid microforms. This leads to a state of fatigue.

It has been noted by several people who have shifted to an alkaline lifestyle that their energy levels had improved in only the first week of eating cleansing foods and cutting down on acid addictions such as chips, sweets, fried foods, dairy and meats.

When the acidic toxins are eliminated from the body your body doesn't need to battle to maintain your pH level and there will be nothing more that will steal your energy. You will be amazed at how much energy you will begin to feel. Your energy levels will surely go through the roof!

## Acidification causes allergies

Another by-product of acids in the body is allergies. The over-acidification of the body causes chaos in the body's immune system leaving your body open to allergic reactions to dust, pets, food, chemicals etc. The overly stressed immune system will do all it can to remove the acidic toxins including swelling, watery eyes, soreness, excess mucus etc. All of these are symptoms of allergies, right?

As you cut down on acids, sugars most especially, you will begin to see the allergies subside in just a few weeks. As a matter of fact, allergic reactions virtually do not exist in alkaline environment!

## Acidification stresses the immune system

Lastly, in an acidic body, perhaps the most overstressed and overworked is the immune system. Not only is this system overworked in acidic environment, all the toxins prevent the body from creating more new white blood cells which are vital in protecting from viral attacks.

As the acid toxins rob your body of all the nutrients from the foods that you eat, your body's immune responses is weakened significantly. No wonder, you are prone to contracting colds, cough and flu! With less white blood cells and an overworked immune system, we are open to attacks from germs, viruses, diseases and cancerous tumors.

By changing to an alkaline diet and lifestyle, we not only remove the stressors in our immune system and the rest of our organs, but we also give them all the tools they will need to maintain, repair, and rebuild the body's cells helping you stay healthy. With a healthy body, you'll be able to accomplish all your goals, achieve your dreams and be happy. So, let's begin our journey to a healthier and happier alkalized life.

# Things We Put In Our Mouth – Food –



## PART ONE

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Food, by definition, is any or a group of substances, which are usually made up of carbohydrates, proteins, fats, and liquids that can be consumed by all sorts of animals, inclusive of human beings, for the purpose of nourishment or pleasure. Substances considered as food are sourced from animals, plants, fungus, and fermented products.

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Throughout our history, man had originally sought out these sources of food by gathering and hunting. In today's modern cultures, due to the birth of countless methods of agriculture and food manufacturing, food sources are tapped by means of ranching, farming, fishing, foraging, hunting, and many other methods.

Due to the influence of modern culture, society, and technology, which was supposed to solve a number of world issues, the food we consume is now the cause of a number of health problems. Today, food-borne illnesses plague billions of people around the world, which claims millions of lives each and every year.

Food production, food preparation, methods of agriculture, methods of butchering, methods of cooking, fast food, and marketing, all of which are methods practiced in The Standard American Diet, have all played their parts in making us forget the importance of having a well balanced diet, and sadly is the reason behind our demise.

In addition to that, with the increase in wealth all over the world, man are eating for entertainment rather than for nourishment. Most people are eating cancer-causing foods and pursuing unhealthy lifestyles thinking that the modern medicine could save them from any diseases, illnesses and cancer.



Due to the concepts mentioned above, we have forgotten the importance of maintaining a delicate pH balance, and the dangers of acidosis, which are brought about by an unhealthy pH balance. The statistics do not lie. More and more people are suffering from this unhealthy imbalance, and the numbers are soaring at alerting levels.

**The question is will we ever find a solution to these underlying problems, brought about by our unhealthy eating habits?**

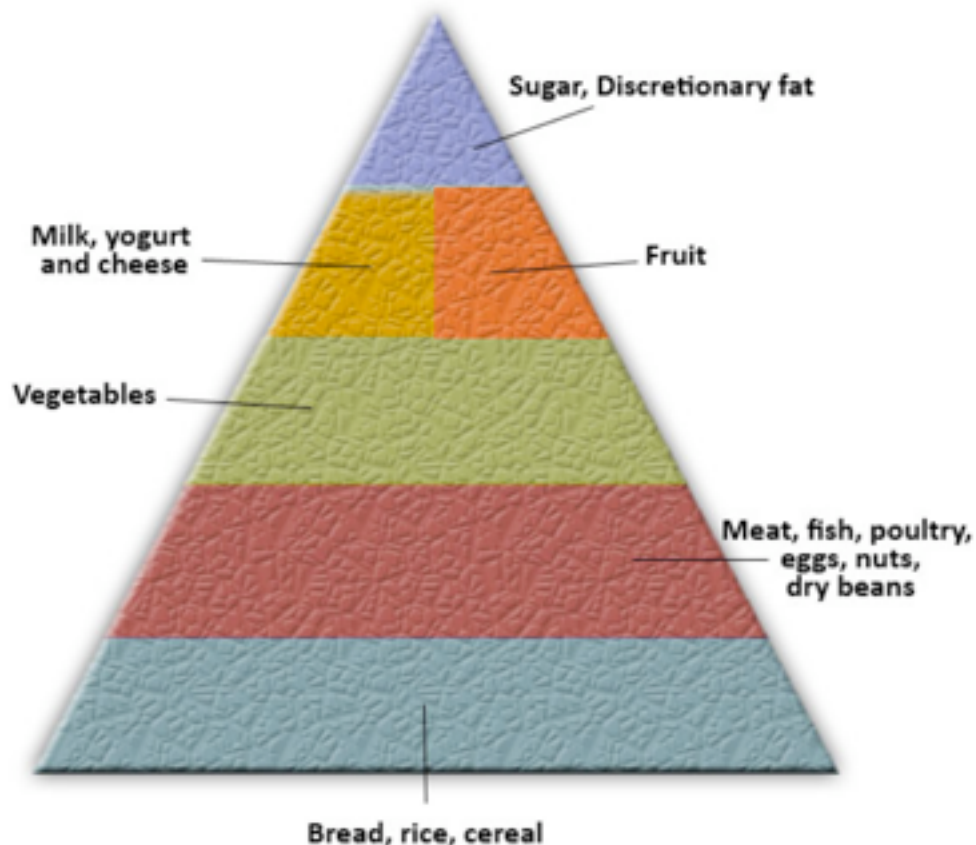
## The Standard American Diet

Today, man's diet consists of a variety of cuisines, which is influenced by society and culture. From fast food to fine dining, breakfast, lunch, dinner, and snacks, we can barely keep up with what is available, and it seems, at any given corner of the world, there will be always something new to excite our taste-buds.

A good example of this unhealthy diet and lifestyle is The Standard American Diet (S.A.D.), also known as The Western Pattern Diet and The Meat-sweet Diet. The Standard American Diet describes the stereotypical dietary habits of Americans.

The diet, which is mostly practiced in developed countries, and is gaining popularity in developing countries, mostly consists of the consumption of red meat, rich sweets, dairy products, eggs, sugar rich drinks, alcohol, processed goods, and refined grains. In other words, the diet emphasizes on the consumption of excess fat, sugar, and calories; a deadly acidic combination.

**Do you know how the Standard American Diet is like?**



*This is actually a chart of an average American diet where sweets and meats occupy big portions of the meals than healthy fruits and vegetables.  
Does this daily diet looks familiar to you?*

<b>A Typical Standard American Diet Day</b>	
<b>Breakfast</b>	Black Coffee or with Creamer and Sugar; Cookies; Toasts; Muffins; Fruit Tarts; Ham Sandwiches on white bread; Cereals; Jelly
<b>Lunch/Dinner</b>	Packaged and processed red meat/Deli Meats like Chicken, Ham, Pork, Hamburger, Hot dogs, etc.; Rice, Bread or Pasta (made of white flour); Any form of protein that is cooked, baked or fried.
<b>Tea Break/Snack</b>	Tea with sugar or cream; Cookies; Pop-Tarts and other pastries (made of white flour); Ice cream, etc.

**Note:** According to Dr. Timothy Brantley, most health problems are not caused by genetics or germs but by the Standard American Diet.

The result of practicing S.A.D., on a daily basis, is a high level of excess acidity, leading to child obesity, adult obesity, inadequate immune system, chronic infection, various diseases, and cancer, which dramatically shortens the average standardized human mortality rate, as compared to the past.

In fact, we see more and more children experiencing heart attacks, high blood pressure, diabetes becoming an epidemic, obesity is now a norm, and cancer is on an ever-growing rise.

**Before we go on, let's go through an exercise and hopefully you will see some insights over your daily meals.**

**In our Alkaline Diet Journal, write down everything that you put into your mouth for the past 24-48 hours. You also want to include the sauce, the spices, and the liquids. The key here is to be as truthful as you can otherwise you would not benefit from this exercise.**

# What Food Is Good For Me?



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The verdict is out - avoid foods that fall into the category of the “Standard American Diet”. But confusion still exists for certain ‘debatable’ food groups like fats, carbohydrates, salt, dairy and artificial sweeteners. Let’s unravel these misconceptions and use the new knowledge as our key to eating right.

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## Carbohydrates

Modern people are now afraid to eat carbohydrates. Most don’t want to eat carbohydrates for fear of getting fat. The popularity of diet fads such as South Beach, Atkins and other similar low-carb diets have made many to believe that carbohydrates are bad for one’s health. That it is the cause of obesity and may contribute to the development of certain diseases such as diabetes. This generalization of carbohydrates is a big misunderstanding that poses great health risks to people.

The belief that carbohydrates cause obesity and are bad for your health is a half-truth, to say the least. Carbohydrates from refined or processed foods and sugary snacks such as white bread, white rice, pastries, and sugar-based sodas are truly bad for one’s health. They are easily digested by the body and can and do contribute much in weight gain and obesity.

However, the opposite is true for whole grain, fruits, beans and vegetables. These foods are some of the sources of another type of carbohydrates or the intact carbohydrates that fuel your body and promote wellness.



So, we should not allow ourselves to be misled by blanket pronouncements on carbohydrates as dangerous. They are still part of the food pyramid that plays an essential part in a healthy diet. If we starve our body of carbohydrates, we will not have the necessary fuel that we need for our daily activities and our organs will not be able to function properly.

## **Understanding Carbohydrates**

Carbohydrate is present in a variety of foods such as beans, potatoes, rice, bread, milk, spaghetti, popcorn, cookies, corn and soft drinks. But what many do not understand or is unaware of is that carbohydrates come in many forms. The most common among the forms of carbohydrates are sugars, starches and fibers.



Though sugar molecules are the basic building blocks of all carbohydrates, it is actually a simple combination of carbon molecules, hydrogen molecules and oxygen molecules. Under a microscope, fibers and starches look like some kind of chain of sugar molecules. Some of these chains are simple and straight while others branch out wildly.

Nutritional experts would group carbohydrates into two categories – the **simple** and **complex** carbohydrates. The simple carbohydrates are sugars such as those from corn and grapes called dextrose or glucose, from fruits called fructose and table sugar called sucrose.

While complex carbohydrates are those that are composed of three or more sugars that are linked together. It is generally thought that complex carbohydrates are the healthiest to eat while simple carbohydrates were the opposite. This supposition is somewhat correct but there is a more complicated process involved inside the body.

The body's digestive system identifies and handles all carbohydrates just the same. It breaks or tries to break down the carbohydrates into a single molecule of sugar so that it could be small enough to pass into the body's bloodstream. It then converts most of the digestible carbohydrates into blood sugar (glucose). The blood sugar is the designated energy source of the body.

## **Fiber**

Fiber though is treated differently by the digestive system. The molecular structure of the fiber makes it impossible to be broken down into simple sugar molecules and so passes undigested through the systems of the body.

There are two varieties of fiber, the **soluble and insoluble fibers**. The first dissolves easily in water while the second does not. Even though both these types do not provide nourishments to the body, they do however promote good health in other ways.

Soluble fibers act as a kind of magnet in the intestines that attracts fatty substances and carries them out of the body as waste. They effectively lower the levels of bad cholesterol known as LDL (low-density lipoprotein) inside the body. They also assist in regulating the use of sugars in the body keeping your blood sugar and hunger pangs in check.

Meanwhile, the insoluble fibers act as a kind of broom inside your body. It helps in pushing the food through the intestinal track helping you keep a regular toilet schedule and effectively prevent constipation.

## The Management of Sugar in the Body

When we consume carbohydrates, our digestive system splits them up then changes the easily digestible ones to sugar. The sugar molecules then enter the blood stream. Now, when the blood sugar level increases the pancreas begin to make more insulin.

# sugars

**Insulin** is actually a hormone that gives signals to the cells in our body to absorb the sugar for use as energy or to store it for future use. When the cells absorb the blood sugar from the bloodstream its levels begin to go down. As this happens, the cells in the pancreas begin to make glucagon.

**Glucagon** is also a hormone. Its main function it to instruct the liver to begin the release of stored sugars. So, inside the body, there's an ongoing interplay of two hormones – insulin and glucagon. This interplay is essential in ensuring that all the cells in the body receive a regular supply of the necessary blood sugars. This is especially true for the brain.

In some cases, this interplay of hormones inside the body malfunctions causing the system to fail and can ultimately cause certain diseases such as diabetes. For example, the pancreas does not produce enough insulin in people afflicted with “Type 1” diabetes, which is also known as juvenile or insulin-dependent diabetes. In this case, the body’s cells cannot absorb sugar from the blood.

On the other hand, people suffering from “Type 2” diabetes, also known as adult-onset diabetes or non-insulin-dependent, have a different problem. In this second type of diabetes, the cells do not respond well to the signals sent by insulin. This is a condition called insulin resistance and results in the levels of blood sugar and insulin in the body to remain high longer.

As these problems persist over a long period of time, the cells of the body that manufacture insulin wear down quickly. The production of insulin begins to slow down until it stops manufacturing completely.

A high blood sugar level is not the only problem with insulin resistance. Hypertension, low HDL or good cholesterol, and obesity are all linked to insulin resistance. Much of these symptoms are present together in combination that they have been called as metabolic syndrome. Insulin resistance per se or as part of metabolic syndrome can ultimately lead to heart diseases, type 2 diabetes and even some cancers.

But, consumption of carbohydrates is not the sole factor that causes insulin resistance and not all kinds of carbohydrates promote this condition. Genes, excess weight, a high processed carbohydrate diet and sedentary lifestyle all play a part in the development of insulin resistance.

A study conducted on Insulin Resistance Atherosclerosis reveals that cutting back on the intake of refined grains and consuming more of the whole grains instead can greatly improve the body’s insulin sensitivity.

In “Health Gains from Whole Grains” which was published by the Harvard School of Public Health, consuming whole grains produce health benefits that go beyond insulin control. It also helps in the prevention of certain illnesses such as “type 2” diabetes, heart disease, the build-up of cholesterol on the walls of the arteries called atherosclerosis, and even colorectal cancer.

## The Glycemic Index of Classifying Carbohydrates

For years nutritionists have been classifying carbohydrates as simple or complex carbohydrates and then using this as a guide to what people should and shouldn't eat. Though this is a correct way of classifying carbohydrates scientifically, it is basically unreliable when it comes to guiding you for your daily menu. It simply doesn't explain to you what happens to the different carbohydrates inside your body as what we have previously discussed.

Let's take the kiddy magnet, French-fried potatoes. Every mother knows this is not a healthy snack for kids yet this can qualify as complex carbohydrates. Meanwhile, fructose of fruit sugar is actually a simple carbohydrates yet it has very minimal effect on the blood sugar. See what we mean.

So, what can we use to guide us in our decisions as regards to our daily diet? Well, there is a new system called the glycemic index which classifies carbohydrates not on its molecular component but on how fast and how high they increase blood sugar levels as compared to the pure glucose.

In the glycemic index, foods with a 70 or higher score are considered as containing a high glycemic index while those having 55 or lower score are considered as containing a low glycemic index.

**Foods in the high glycemic index level such as white bread can cause a rapid boost in the blood sugar and foods in the low glycemic index level such as whole oats are not digested so easily as such they cause a slower and gentler effect in the blood sugar.**

Eating foods with a high glycemic index level causes a surge in blood sugar levels and increases the risk of gaining excess weight, developing heart diseases and diabetes. A preliminary study has also showed that a high-glycemic diet is linked to infertility among women, colorectal cancer and age-related macular degeneration or AMD which results in vision loss. On the other hand, a low-glycemic diet helps in controlling "type 2" diabetes as well as in weight management.

To help guide consumers, a comprehensive list of foods and their glycemic index was published in the American Journal of Clinical Nutrition in July of 2002. The list includes about 750 foods that range from cakes to yams. In addition to this, the University of Sydney consistently updates their database on glycemic index. It currently has approximately 1,600 entries on its database.

*If you have no time to check out the list, the best way to determine the glycemic index of foods is to take note of how much a food has gone through food processes.*

For example grinding and milling removes the outer bran which is rich in fiber as well as the inner germ which is rich in vitamins and minerals. These processes leave what is mostly starch which is easily broken down into sugar.

### **Glycemic Load**

Now, a minor problem with the glycemic index is that it does not tell us how much of the digestible carbohydrates come from the foods. One example is the watermelon. It is very high in the glycemic index but the actual carbohydrates in a slice of this watermelon are very small as it is basically just water.

For this reason, researches came up with a related way of classifying foods, taking into account the amount of carbohydrates in the foods as well as the impact of these carbohydrates on the levels of blood sugar. This is called the glycemic load which we get by multiplying the carbohydrates it contains with the glycemic index. So generally speaking, a 20 or higher glycemic load is considered high while 11-19 is average or medium and 10 below is low.

The glycemic index and the glycemic load are very helpful in planning your meals but it should never rule you. It should only be used as a guide for your dietary planning; otherwise your food choices could get skewed. One example is the candy bar Snickers. It has a low glycemic index at 41. But, we all know it's far from being a health snack. One thing to remember in planning your meals is to go whole grains and you will never go wrong.

## Filling Up Your Bread Basket

Now one source of carbohydrates that many people cannot let go of is bread. Actually, eliminating bread entirely is not necessary. Usually, changing to healthier bread options such as whole wheat bread is enough. For those accustomed to eating white bread and think that changing to whole wheat can be a hassle, good health can be a good motivation to shift to whole grains. These kinds of carbohydrates take time to digest so they don't wreak havoc on the blood sugar.

However, one problem that may crop up in making the shift is **Gluten Intolerance**. Gluten is a protein substance found in foods made from wheat and other related grains such as rye and barley. Some symptoms of mild to severe gluten intolerance include cramping, abdominal pain, flatulence, bloating, fatigue and emotional disturbance such as depression and anxiety.

To be sure on whether you have gluten intolerance or not, try avoiding gluten rich food for at least four weeks. If the symptoms alleviate then it's very likely that you do have gluten intolerance. Usually though, people who are intolerant to gluten are also intolerant to lactose or dairy or both, so eliminating dairy products would also be helpful.

One way to go around gluten intolerance is by consuming **sprouted breads**. Sprouted bread are breads made from whole grain sprouts or grains that been allowed to germinate. There are several variations of the sprouted bread; there is one with added flour, another with added gluten extract (for those without gluten intolerance) and the Essence bread which is a raw form of sprouted bread.

Now sprouts have been used in preparing dishes for a long time, but it's only been recently that sprouts have been used to make bread. Sprouting breaks down the lectins in grains and other substances that cause allergic reactions.

Nutrition experts also say that sprouting enhances the nutritional value of grains. It increases the protein quality of the grains as well as the essential fatty acids, crude fiber, and vitamin content.



This is because the activities of hydrolytic enzymes in the grains increase with sprouting, causing the improvements mentioned as well as decreasing the starch in the food that easily turn to sugar. Another benefit of sprouting is the chelation of minerals which means that minerals merge with proteins during sprouting.

## **For Optimum Health: Good Carbohydrates not No Carbohydrates**

As we have discussed earlier, many fad diets make out carbohydrates as evil and pushes for a carb-free diet. Don't allow these sweeping generalizations mislead you as carbohydrates are necessary for your body's fuel in doing physical activities and for the proper function of bodily organs. Carbohydrates should remain as an integral part of your diet. The key is being choosy with the kind of carbohydrates that you eat.

We do not know yet what the lasting impact of skipping carbohydrates has on one's health. But one research shows that it is not carbohydrates but animal proteins that have an impact on acquiring heart ailments.

In a 20-year study involving 82,802 women to determine the relationship between heart disease and a low-carb diet as well as between diabetes and low carbs, results show that women who had a low-carb diet but high in vegetables as well as plant-based sources of fats and proteins showed a 30 percent decrease in risks of acquiring heart disease with a modestly lower risk for type 2 diabetes, as compared to women with a diet of high carbohydrates and low-fat foods.

But, what is remarkable is that the women who ate low-carbs but still had a high animal protein and fats didn't show any reduced risk of heart ailments and diabetes. It wasn't carbohydrates that were the culprit; it was animal protein and fats.

The best rule of thumb to follow for good health is this - **Choose Good Carbs, Not No Carbs.** According to the new Healthy Eating Plates released by Harvard, the best sources of carbohydrates are whole grains, fruits, and beans because they deliver the much needed vitamins, minerals and fibers as well as phytonutrients that are also important to good health.



Avoid easily digested carbohydrates such as refined grains like white rice, white bread as well as pastries and cakes, sugary sodas and other high processed foods. These foods can cause weight gain and raise the risks in acquiring diabetes and heart disease.

So, it's not about eliminating carbohydrates altogether but substituting good carbohydrates to the ones you have been accustomed to. For example, red rice and brown rice is the better alternative to white rice; whole wheat bread, whole oats instead of white bread and pastries.

And instead of potatoes try “new” healthy grains like wheat berries, millet, hemp, quinoa, buckwheat and hulled barley. There's even the whole wheat pasta for the Italian in you. All in all, it's a whole new adventure for you as you open up to better and healthier meal choices.

## Fats

For many years, consumers have treated all food items with fat content as a kind of poison. Anything labeled with fats are considered dangerous and should be avoided. As such many food manufacturing companies have developed and produced low-fat and fat-free food products that have been lapped up by the unsuspecting public.

Many fail to notice that the so-called healthier alternatives are actually packed with high-fructose corn syrup or sugar that not only bring havoc on the body's systems but also increase the hunger pangs and cravings for more sweet foods.

### The Truth about Fats

Not all fats are created equal, so to speak. Fats are generally categorized into two – the **trans-fats** and the **essential fats**. But many health professionals in the past have sweepingly tagged all fats as bad. Confusion was also caused with the sweeping generalization against all saturated fats.

Health experts have long recognized that saturated fats have the tendency to raise the levels of low-density lipoprotein or LDL cholesterol in the blood which is bad to one's health. While the monounsaturated and polyunsaturated fats that are the primary component of vegetable oils lower the LDL cholesterol. A high level of LDL cholesterol in the body increases the risk of coronary heart disease.

But what many didn't know was that there is a certain process involved in the production of commercial vegetable oils that greatly affects their nutritional impact on the human body. We can look deeper into history and available data to get to the truth.



Truth

## The Irony of Fats and Heart Disease

Before the 1920's heart disease was not very common. People then considered the development of the electrocardiograph, a machine that does the electrocardiogram test or ECG test that aids in diagnosing coronary heart illness, unnecessary as clogged arteries were relatively unknown then.

But just thirty (30) years later, heart disease emerged as one of the leading causes of death in well-developed countries. At present, some 40 percent of all deaths in the USA every year are attributed to heart disease.

The irony of this situation is not lost to many health industry leaders. Sally Fallon, a well-known nutritional expert and author of nutritional books, said that since heart disease is a result of eating saturated fats, then there should also be a correlation with the consumption of animal fats during the same amount of time that the study was conducted. There should be a corresponding increase in the consumption of animal fats in the diet of American consumers. However, this is not the case.

From 1910 to 1970, studies show a decline in the proportion of animal fat in the diet of the average American. Further, the consumption of butter took a nose dive during that same period, from an average of eighteen pounds per person per year; it plummeted to only four pounds. Meanwhile, the past 80 years show that the consumption of dietary cholesterol has only increased by one percent.

So, if the consumption of saturated fats didn't increase at all, what did increase? It is interesting to note that during the same period of time, the consumption of dietary vegetable oils from margarine, shortening and refined oils showed an average increase of 400% while the intake of sugar and other processed foods shot up by as much as 60 percent.

Back in the 1950's as people began to recognize that vegetable oils are better substitute to animal fats like butter, people turned to margarine. But, vegetable oils which contain the healthier unsaturated fatty acids are basically liquid.

To turn them into a solid, manufacturers used **hydrogenation**. Hydrogenation allowed vegetable oil products such as margarine longer shelf life. However, the process also turned the unsaturated fats into saturated ones.

## The Result of Misconceptions

*So, it appears that saturated fats in general had falsely been receiving the rap for modern health problems that are not their doing. What is unfortunate about all this is that many people have been led to believe that all saturated fats are the culprits hence they have avoided even the good fats much to their disadvantage.*

They didn't know that a lack of essential oils could lead to diabetes, asthma, obesity, depression, insulin resistance, stroke and some forms of cancers.

One example is coconut oil; consumers for years avoided coconut oil since this has high saturated fat content. But, coconut oil is also a rich source of lauric acid, well-known for its antibacterial, anti-fungal and antiviral properties. Nowadays, many doctors have been recommending coconut oil as a healthy food product. Dr. Al Sears, M.D. has stated in Doctor House Call, an online newsletter that:

“The saturated fat found in coconut oil is a unique fat that helps prevent heart disease, helps to build up the immune system, and does not turn into fat in your body. In fact, it helps to speed up your metabolism ... helping you to burn fat and increase your energy!”

Dr. Joseph Mercola, D.O. and author of New York Times Bestsellers The Great Bird Flu Hoax and The No Grain Diet has encouraged his readers to try virgin coconut oil to experience its health benefits. He has also stated that:

“Coconut oil is truly the healthiest oil you can consume.”

## Fats: The Good and the Bad

As we have discussed earlier, not all fats are the same. There are good fats and there are bad. So, if the traditional system of classifying oils as saturated and unsaturated fats is not enough. How do we distinguish the good from the bad?



One thing to guide consumers in choosing the good from the bad is the terms trans-fatty acids and essential fatty acids. The ones to avoid are the hydrogenated fats of the trans-fatty acids which are also known as TFAs or just “trans fats.” In food labels, they are usually listed as partially hydrogenated oils or hydrogenated oils. These are the fats that are most detrimental to your health and sadly are found even in vegetable oils. Why so? It’s because of the hydrogenation process.

### Trans Fats and The Hidden Danger of Hydrogenation

As we have discussed previously, hydrogenation increases the shelf life of vegetable oil products such as margarine. It is a chemical process of hardening the liquid oil to create fats that are more stable and will thus last longer. The finished product then has a higher melting point than the original material.

Partial hydrogenation produces food products that are semi-solid in form at room temperature. Examples are margarine and oil for salad dressing that does not separate. While the fully hydrogenated oils such as Crisco shortening are solid at room temperature. But whether semi-solid or solid, the fact remains that this process changes the molecular structure of the liquid oil completely that it is no longer comparable to natural fat. The oil has turned into an unhealthy trans fat.

Now, since the natural fats have already transformed molecularly, the body cannot recognize them anymore and cannot process them once consumed, resulting in the body treating these trans fats as toxins. As a matter of fact, the molecular structure of trans-fatty acids resembles plastic more than that of a normal fatty acid.

Surprisingly, many of the over-the-counter processed foods are loaded with trans fats, even those considered as healthy. Why is this so? Again, the bottom line is economics. Food manufacturers continue to use hydrogenated oils because their products last longer and are cheaper.

But remember, the cost to your health may be quite costly in future hospital bills as trans fats can increase the levels of LDLs and will ultimately cause clogged arteries, heart disease, elevated levels of cholesterol, and type 2 diabetes. It may even cause some forms of cancer.

Since the body cannot use trans fats, they are stored in fat cells and the arteries. And since you are not getting the good fats that provide energy, your body begins to crave more fats until you get the essential fatty acids or EFAs that your body needs which then leads to obesity.

### **Good Fats – The Essential Fatty Acids**

If there are bad fats, the good news is there are good fats. The good fats come from healthy food sources. They are naturally occurring in foods, used in cooking or is taken as food supplements. The good fats will provide you with your daily nutritional needs as well as keep you from feeling hungry.

The good fats are called Essential Fatty Acids or EFAs. Though they are vital to our health and well-being, but many people are chronically deficient of them. The reason they are called Essential Fatty Acids is because they ARE essential in normal metabolism.

The human body absolutely requires EFAs for it to function well. But our bodies cannot manufacture EFAs by themselves. We must consume enough EFAs such as omega 3 and omega 6. These fats are so important that even if we eliminate the trans fats from our diet completely we would still die without EFAs.

## The Omega 3 and Omega 6

Some of the symptoms of Omega 3 and Omega 6 deficiency include dry skin and other skin disorders such as acne, psoriasis and eczema, constipation, low energy, weight gain, brittle hair or hair loss, depression, inability to sleep, poor nail growth, digestion problem, tingling in one's arms and legs, and low immune system.

The Omega 3 fats are important for the development as well as maintenance of our brain and nervous system. Health gurus Artemis Simopoulos and Jo Robinson in their book *The Omega Diet* referred to a study where mice were fed a low omega 3 diet, similar to a typical American diet – minimal vegetables and fruits and high in processed, packed, and fast foods.

The subjects showed a decrease in mental performance as compared to another group of mice given a diet with sufficient omega 3s. Simopoulos and Robinson also claim that many of our behavioral disorders and mood swings are linked to a lack of omega 3s or an imbalance of omega 3s and 6s in our food intake.

Omega 3's are  $\alpha$ -linolenic acid or DHA, eicosapentaenoic acid or EPA and docosahexaenoic acid or ALA. The richest source of omega 3 is flax. Fish oil is also a rich source of omega 3. Other sources of omega 3 are krill, green-lipped mussel, green leafy vegetables, hazel nuts, pecan nuts, Persian walnuts etc. On the other hand, Omega 6 EFA are naturally found in grains, poultry, nuts, cashew, avocado and in many commercial cooking oil such as safflower, flax, corn, palm, soybean, and sunflower.

Health expert recommend a ratio of 1:2 until 1:4 of omega 6 to omega 3. What is unfortunate though is that people generally have a very high intake of omega 6s and a low intake of omega 3s due to a preference for fried food and grains as Omega 6 is richly found in many commercial oils.

Some people post a calculated ratio of as high as 1:50 omega 6 to omega 3. It is very clear that there is a need to reduce our intake of omega 6s and increase our consumption of omega 3s so as to bring back the ratio to its ideal.

## Other Healthy Fats

### Coconut Oil

As earlier mentioned, another good fat is coconut oil. Many are into coconut oil nowadays as research has proven that it increases the metabolic rate of the body thus allowing one to lose weight easily. It also has significant levels of fat and calories.

Aside from coconut oil, the palm kernel oil also has saturated fats that are of the medium-chain fatty acid or MCFA variety. This variety of oil is easily digested and used differently in the body compared to other fats. MCFA easily passes through the body's systems, from the stomach directly to the liver where it is converted immediately into energy. In short, MCFAs are not stored in the body but rather are used immediately to make energy.

Next, you may find it hard to believe but butter, the raw organic kind, is one of the healthiest whole foods that you can add into your meal list. Like coconut oil, raw organic butter has high lauric acid content that is used by the body for energy.

### Extra-Virgin Olive Oil

Lastly, there's extra-virgin olive oil. Olive oil is well-known for its antioxidant properties. When you buy olive oil check if it's cloudy, meaning it hasn't gone through filtration, and if it the color is golden yellow which means the oil was made from well ripened olives. If you can find organic extra-virgin olive oils, then take advantage of it as it would be much better for you.

## The Right Way to Cook Fats

Aside from knowing the right fats to consume, it is also very important to learn the proper way of cooking with fats. Even if we use the right oils but improperly prepare them for meals, the oils will still lose its nutritional value as it will turn rancid. The basic idea to remember in cooking oil is never allow it to smoke when you're heating it.





Now, different fats have different smoke points. The smoke point is the temperature at which the oil will begin to smoke and discolor and its fatty acid is damaged. Fats are generally classified into low-heat, medium-heat and high-heat.

Nutritionists recommend unrefined coconut oil and organic butter as the best to use for cooking. Coconut oil is high-heat while organic butter is medium-heat. Avoid turning the butter brown when cooking. These two have high levels of saturated fat so their chemical composition remains stable at high temperatures of up to 375°F.

Meanwhile, oils that are high in monounsaturated fat and low in saturated fat such as olive oil are best eaten raw. You can use it as dressing on salads and fresh vegetables or cooked over medium heat in light sautéing.

In cooking with fat, it is best to add the oil to a cold pan, before turning on the heat, and then gradually increase the heat. Flaxseed oil and fish oil such as cod liver oil should be served straight from the bottle or container. Once opened, keep them in the refrigerator so as not to go rancid.

On the amount of oils to use each day, most diet programs do not limit the amount of coconut oil to consume but taking spoonfuls after spoonfuls the whole day is not a wise practice. It is more reasonable to consume 1-2 teaspoon thrice a day in cooking. For extra-virgin olive oil, 1-2 teaspoons will go a long way for your day.

## **The Alkaline Environment and the Healthier You**

As you resolve to keep yourself healthy by choosing the good fats or essential fats, some action steps will still be of benefit. Living an alkaline lifestyle is the first and foremost step to do as it is the best way to good health.

An Alkaline environment helps your body absorb more easily the nutritional components of essential oils. When your body is alkalized, the organs function properly and so can easily break down the essential fatty acids and convert them into energy. It can also flush out any excess fats and any bad fats that may have been included in your diet.

So start clearing your cupboards of all foods and snacks with hydrogenated and partially hydrogenated oils such as many chips and crackers. Remember that fresh food is always the best and be picky in buying your oils. Stay away from margarine and shortenings as they are hydrogenated vegetable oils. Oils are naturally in liquid form so any oil that is in solid form has already been heated and gone through hydrogenation.

Furthermore, use quality fats in cooking such as coconut oil, raw organic butter and unfiltered, organic extra-virgin olive oil. Follow the smoke point in cooking oils and avoid reusing cooked oil as heat turns them into toxic.

These are but simple reminders that will help you maintain a healthier and happier you.

## Dairy Products

We all grew up with the admonition to drink our milk as it would be good for us. After all, health experts would often say milk is the “complete food”. But, is the milk we are drinking really the perfect food for us? Are we still drinking the same milk that our forefathers had drunk for decades?



## Pasteurization

The commercial milk that we drink is pasteurized. Pasteurization began in the 1900s due to the spread of diseases such as tuberculosis through milk. It was a legitimate concern at that time and pasteurization was hailed as a major sanitation breakthrough. But now, many scientists are arguing that pasteurizing milk is no longer necessary and can even kill off the good bacteria and healthy enzymes in milk necessary for good digestion. To support this theory, scientists point out that raw milk would ultimately turn into buttermilk or sour cream but pasteurized milk would turn bad and inedible after a while.

It is also a known fact that many people experience stomach problem or lactose intolerance when taking pasteurized milk but have little problem with raw milk. Further, the modern pasteurized milk is full of chemicals that are added to suppress the odor, prolong life and improve the taste, as well as synthetic Vitamin D or D3 that has been linked to heart disease and is difficult for the body to absorb.

Recent studies have shown that the typhoid and tuberculosis causing bacteria are not killed by the temperatures in pasteurization and that salmonella have repeatedly occurred in pasteurized milk. Nowadays, the methods used in milking, packing and distribution of milk are very sanitary as compared to the methods used in the 1900's. In this regard, is pasteurization still necessary?

## Homogenization

Another problem with modern milks is homogenization, the process of passing milk through a filter making the molecules smaller. This is usually done to keep the fat and liquid together and to reduce the fat in milk. The problem with this is that it increases the chance that the digestion of the milk will be incomplete making the milk proteins pass to the bloodstream still intact. This in turn can lead to allergies and intolerance.

## Growth Hormones and Antibiotics in Milk

Now the biggest concern with modern milk is the presence of growth hormones and antibiotics. How did this come about? Well, it is a common practice of dairy farmers to inject cows with growth hormones particularly the recombinant bovine growth hormone or rBGH.

This is done to increase milk production by as much as 15 percent and prolong the time for milking. Due to the stress of the extended milk production, cows lose weight and are prone to diseases such as mastitis. This is the reason farmers inject cows with antibiotics but these inadvertently end up in the milk that people consume.



We all know that too much antibiotics in the system can adversely affect the healing capabilities of the human body. That's why we need a doctor's prescription to be able to buy antibiotics on pharmacies but what many overlook is the fact that our bodies are bombarded with antibiotics from the milk that we drink.

Worse of all, the rBGH growth hormones are "fuel cells" for various cancers. The growth hormones in milk have been linked to many types of cancers in people. Have you ever wondered why Americans are one of the leading milk drinkers in the world and yet cancer is still one of the top killers in the country? Women are particularly at risk as reports say some 40 percent of women aged 40 to 50 have been afflicted with breast cancers.

## **Calcium and Osteoporosis**

Another milk myth to bust is that milk is full of calcium that strengthens teeth and bones. Does it really? Let's look at the facts. American women drink an average of 2 pounds of milk daily and yet 30 million American women reportedly have osteoporosis.

Another is a Harvard study that involved 78,000 female nurses. In 12 years, data showed that the women who consumed greater amounts of dairy registered more hip fractures than those who had the same levels of calcium from other sources. What gives?

What the leaders of the dairy industry don't want you to know is that the calcium in cow's milk and other dairy products does not benefit us at all. First, there isn't enough magnesium in milk to allow the calcium to be absorbed by the body.

Second, excessive protein intake from meats actually expedite bone loss as it produces acids in the body. The body tries to fight these acids by using calcium to neutralize them. The body ends up pulling the calcium from the bones weakening it. And milk is often referred as "liquid meat".

One calcium expert is Mark Hegsted, a longtime professor from Harvard. Professor Hegsted believes that the high intake of calcium over a long period of time impairs the body's natural ability to control the calcium it uses. In normal conditions, the body uses calcitriol, an activated form of Vitamin D, to adjust the absorption of calcium from foods, how much is distributed to the bones and how much is excreted.

Calcitriol is a kind of hormone that enhances and restricts calcium absorptions as the need arises. When too much calcium is consumed for a long time, the body may lose its natural regulating abilities, permanently or temporarily.

The ruining of the calcium regulating mechanism of the body then leads to osteoporosis in menopausal and post-menopausal women. It is a well established phenomenon in biology that the body loses its finely tuned control mechanisms when subjected to continuous abuse.

## **Vitamin D and Active D**

A very important component of the body's self regulation of calcium use is the potent Active D which is converted from Vitamin D. We can get this primarily from sunshine and from the food that we eat. The Active D not only regulates the use of calcium in the body, it also helps in the prevention of cancers, autoimmune diseases and other diseases such as osteoporosis.

Now, this very important Active D cannot be acquired from a drug. It is far too powerful and dangerous to be isolated in a capsule. The human body produces the right amount of Active D necessary for the right task at the right time by carefully using a series of controls and sensors.

We can get some Vitamin D from fortified food and drinks that the body can process into Active D but the main component of Active D comes from sunlight. Under optimal conditions, exposure to sunshine alone can give us all the vitamin D that the body needs to produce Active D. An adequate exposure to sunlight per week enables the body to store enough Active D to keep the body cells healthy.

But problems occur when there isn't enough Active D in the human system. The animal protein that we consume, such as beef, pork and even milk tends to block the production of Active D and milk creates a false over- calcium supply in the system forcing the presence of Active D in the body to decline as less calcium is absorbed by the body.

In other words, regular consumption of high-calcium diets is actually not in our best interest. If the body continues to produce low-levels of Active D in the blood, prostate cancer may occur. Other serious diseases may also develop such as autoimmune diseases like lupus.

## **Prostate Cancer**

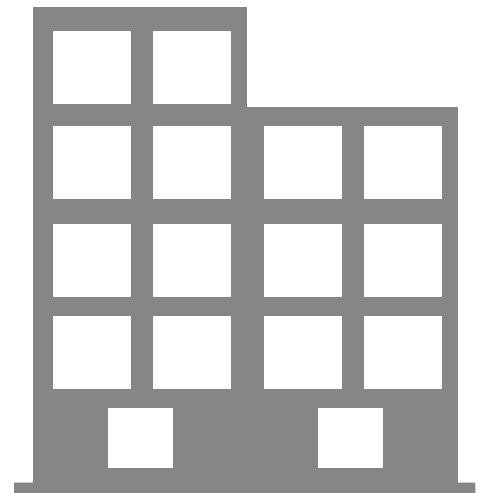
Studies have consistently showed that men who have adopted western eating habits are more prone to prostate cancer. This pattern is similar to other diseases of affluence. What would surprise many is that the most common link to diet and prostate cancer is dairy consumption.

A Harvard review of existing studies released in 2001 observed “a positive association” which can be found between the consumption of dairy and certain cancers such as prostate cancer. The studies showed that men who consumed the highest level of dairy products were doubly at risk of total prostate cancer.

## The Business of Making Money

How could all these dangers in milk be overlooked by the food industry leaders? The bitter truth is that the dairy industry is first and foremost a business. The people behind it are there to make money. As in any money-making ventures, people tend to cut corners and ignore legitimate concerns and warnings for higher profits.

Many dairy farmers aren't willing to invest in time, effort and more money just to raise cows the natural way. They are more into gaining more profits by making the cows produce as much milk as possible.



## Steps to Good Health

For those who are serious about attaining wellness, the best way to attain optimum health is to limit hormone consumptions. Dr. Ganmaa Davaasambuu, Ph.D. , a Harvard scientists recommends the consumption of skim milk for those who can't kick the dairy habit just yet as the hormones are usually stored in fats. But, the Harvard News is pushing for a total milk-free diet plus consumption of green leafy veggies and nuts for the body's daily calcium needs.

Some people have advocated consuming raw milk to ensure good health. They believe that the only dairy products for people to consume are those from unpasteurized and unhomogenized milk produced from free-roaming grass-fed cattle. But state laws may make this option difficult to do. Others patronize milk and other dairy products only from growth-hormone-free cattle.



Another group of people have turned to consuming yogurt. Yogurt is considered one of the healthiest foods as it contains live cultures of good bacteria like acidophilus and Bifidus that are good for the colon. They are also necessary in producing vitamins and in keeping our digestive system healthy.

Most of all, people who are lactose-intolerant can eat yogurt without any negative effects. But, the problem is that some yogurt producers have started to add other ingredients into commercially produced yogurts. Checking the label will be beneficial in ensuring that the yogurt you are purchasing is free from artificial flavorings, sugars and is organic, thus free from rBGH and antibiotics.

In summary, the facts show that milk is not the perfect food that is being touted on advertisements. If one is really interested in staying healthy, skipping milk would be more beneficial. Eating more vegetables, and other plant-based foods, plenty of sunshine and regular exercise are still the keys to good health.

There is really no need to be concerned about having calcium deficiency once you finally abstain from milk and other dairy products. There is plenty of calcium from a wide variety of plant foods, especially in leafy vegetables and beans and as long as you include them in your diet, plus you stay away from processed foods and refined carbs such as sugary cereals, candies and white bread, you won't have anything to worry about.

## Sugar and Artificial Sweeteners

Many people have a sweet tooth. Proof is the popularity of sugary sweets and snacks, cakes and pastries and sweetened carbonated beverages. In the USA alone, it is estimated that for every person who consumes 5 pounds of sugar in a year, another person consumes 295 pounds.

### Sugar and Your Health

The result of this sugar addiction has resulted in staggering cost to people's health. For years now, health professionals have been sounding the alarm about the damages that sugar does on the human body. One of the health problems brought about by the consumption of sugar is that it promotes and enhances an acidic environment in the human body.

When the body continues to be in an acidic state, the internal organs will fail to function properly resulting to various health problems and serious diseases. But, many people just don't recognize that processed sugar inside the human body continuously makes it acidic. The acidic environment causes the body to react and will try to fight the acidity in the system so as to rectify the existing imbalance.

One way of fighting the acidity is by taking minerals from the tissues of the body and using it as a shield and buffer the toxicity. For instance, the body will use the calcium from its teeth and bones to fight the toxicity in the blood. That is the reason why those fond of sugary foods develop osteoporosis and dental problems as the teeth and bones begin to weaken with the calcium loss.



Weight problem is another negative effect of overeating sugars. In highly developed countries, a growing number of people are overweight. Some 60% of Americans are either overweight or obese. Obesity in itself limits a person's capacity to enjoy activities and can lead to many serious health problems such as hypertension, heart disease, diabetes, osteoporosis and many more as well as affect a person's moods and temperament.

Another health problem brought about by eating sugar is diabetes. Many people have suffered or died from complications from this disease. Type 2 diabetes or adult-onset diabetes is the most common form of diabetes and has been directly linked to the consumption of refined carbohydrates and sugar.

People who have this disease experience fatigue, frequent thirst, numbness of some parts of the body and when they have even a small wound, the wound will not heal easily. Type 2 diabetes can lead to more serious complications such as blindness, deafness, stroke, paralysis and even death.

## **An Assault on Other Organs**

An excess intake of processed sugar can eventually affect every organ inside the human body. As we have discussed earlier, sugar promotes acidity.

First, the liver will try to store up as much sugar as it can. The excess sugar is then returned to the blood as fatty acids which in turn are stored in the body as fat. They are stored in the areas of the body that are most inactive such as the buttocks, belly, thighs and breast.



As these areas begin to be filled with fat, the fatty acids are then sent to the active organs of the body such as the heart, kidneys and liver which increases the risk of these organs developing illnesses, including the dreaded cancer. Since sugar keeps the body in an acidic state, cancerous tumors may develop as cancer cells only survive in a toxic or acidic environment and tumors have been known to be sugar absorbers.

## Poison Alert

It is therefore correct to call processed sugar as a kind of poison as it slowly but surely brings death. Cakes, pasties, cookies, processed cereals, candy bars and lots more contain a large amount of processed sugar. Even if you do try to avoid well-known sugary foods and snacks such as cakes and candies, there are other food items that contain sugar.

If you take a closer look on the labels of most grocery items, it will be easy to see how one can take in 80 grams or 20 teaspoons of sugar a day. In reading labels, take note of such words as it is just processed sugar hiding behind technical terms: maltose, sucrose, glucose and dextrose. For ease in remembering – words with "-ose" at the end is plain old sugar.

## Fruits and Sugars

You may want to slowly stay away from sugary snacks by taking in more fruits. That is definitely a good idea. But some people are hesitant to eat a lot of fruits since they have heard that fruits also contain much sugar. It is true that fruits have sugar but only in fructose form.

On the other hand, processed sugars or sucrose contain both fructose and glucose. Fructose, by itself, breaks down and absorbed by the blood more slowly thus the blood sugar remains relatively constant.

On the contrary, the body processes sucrose very quickly leading to a sudden "spike" in the blood sugar and insulin levels.

When you consume sucrose, your body experiences a kind of power surge but then rapidly returns to normal or baseline levels. This causes much stress on the body. Compared to sucrose, fructose causes less stress on your body.



Further, fruits have **low glycemic index**. They are packed with natural vitamins, minerals and anti-oxidants that fight off the acidity in your body. The problem that arises is that many people prefer to drink manufactured fruit juices rather than eat actual fresh fruits.

The marketing strategies of manufacturers have made many to believe that their products are “fresh juice” and are good for health. But if you read the packages closely, you’ll notice that many of these products are actually made from “fruit concentrate” which actually means “from syrup”. In consuming fruits keep in mind that natural fruits are always best.

## **Artificial Sweeteners**

As consumers begin to become more aware of the dangers of the overconsumption of sugars and what acidity can do to their bodies, they have turned to artificial sweeteners. Some diets have also been endorsing artificial sweeteners as well as products sweetened with them. Others find artificial sweeteners as a way of continuing to indulge in their passion for sweets.

But, many medical doctors do not share the same sentiments. They say the consumption of artificial sweeteners does keep you from your sweet cravings but it will not stop your cravings for carbohydrates which turn into sugar once inside the body. What’s worse, some researches have shown that artificial sweeteners can also create a spike in insulin levels the same way that sugar does.

## **Artificial Sweeteners and Hunger Fangs that Lead to Overeating**

Recent studies have also linked artificial sweeteners to overeating. This is because the entry of artificial sweeteners in the system signals the taste buds that “sweet has arrived”. The brain translates this message as “nutrition is here”. But when the artificial sweeteners reach the intestines, the digestive receptors discover that there is no nutrition and so send back a message to the brain that it’s “a false alarm”. This then triggers the part of your brain called appetat.

Appetite is the one that controls satiety or the state of being full and satisfied. As the body is still lacking in nutrition and needs it to process the nonfood, the appetite tells the body to keep on eating. That is the reason why people who drink diet sodas a lot tend to be overweight as they feel hungry often and crave more food.

For those of you that have been struggling with weight loss and abstaining from sweets, try to take note of the amount of artificial sweeteners that you have been ingesting, this maybe the source of your problems.

You may not be consciously eating food with artificial sugars, but have you been reading the labels on grocery items lately? It is important that you stay away from food items containing sucralose such as in Splenda, aspartame which is found in NutraSweet and saccharin in Sweet N'Low.

## **Nature's Alternative**

### **Stevia**

For those still struggling with eliminating sweets, there's still hope. There are actually alternatives to processed sugars and artificial sweeteners that nature has to offer. One such alternative is stevia.

Stevia is an herb that, according to the Stevia Resource Center, is 10 times sweeter than processed sugar. Other sources claim it is sweeter than sugar by as much as 200 to 300 times. The Research Center has also affirmed that stevia can be used in cooking, baking and in mixing with drinks.

As a guide, 1 tsp. of stevia can be substituted for a cup of sugar, 1/4 tsp of stevia can be used instead of 1 tbsp. of sugar and 1/16 tsp of stevia can be substituted for 1 tsp. of sugar. Studies have shown that within 72 hours of consuming stevia, cravings for sugary foods will decrease dramatically.

Further, stevia is calorie free and has no carbohydrates so it's perfect for those who are on a weight-lose program or trying to maintain their ideal weight. Another positive trait of Stevia is that it doesn't cause a spike in blood sugar that affects insulin levels. In fact, the National Institute of Health affirms that it actually lowers blood sugar levels.



As the blood sugar is not affected when you consume stevia, you will not experience a sudden burst of energy which is immediately followed by tiredness and hunger pangs. Further, as it is an herb, this natural sweetener is not toxic and thus helps in alkalizing the environment of your body.

## Agave Nectar

The Agave Nectar is another all-natural sweetener. It is sometimes called the agave syrup. It is a liquid sweetener that is made from extracting the sap from the blue agave plant that looks similar to the aloe vera. This plant is a native of Mexico and contains a high level of carbohydrates. This syrup is super sweet and its taste is between that of honey and of pure maple syrup. Unlike saccharin and other artificial sweeteners, the agave nectar has no bitter aftertaste.

Compared to sugar, agave nectar has the same calorie content but since it is much sweeter, just a little of it goes a long way. A cup of sugar can be replaced by only a quarter of agave nectar.

The American Diabetic Association says that this natural sweetener has a lower glycemic index which means consuming agave nectar will not cause a sudden rise in blood sugar. As with other plant based foods, agave nectar neutralizes the acids in your system.

## Other Natural Sweeteners

Aside from stevia and agave nectar, other natural alternatives to sugar include **honey, maple syrup, date sugar, and barley malt sugar**. Honey is one of the most popular and widely used natural sugar substitute. It's widely considered by many as a kind of "super food" due to its antibacterial, antiviral and anti-fungal properties.

Nutritionists recommend the raw honey over the processed honey for optimum health. **Raw honey** contains a very low glycemic index at just 30, compared to the refined table sugar at 80 GI. Honey is much sweeter than sugar so just  $\frac{3}{4}$  cup of honey matches 1 cup of sugar.

But it also has a high calorie level so for those who are watching their weight or is suffering from diabetes it's best to use honey sparingly. On the downside, honey is not suitable for vegans. Vegans avoid any type of animal product so the strict vegans will not eat honey as it is a product of honey bees.

**Maple syrup** is another common natural sweetener. It can be readily purchased in most supermarkets and stores. It comes from the sap of maple trees and is widely popular as pancake syrup. This natural sweetener has a strong distinctive flavor that may not appeal to some. But it does blend well with beverages and baked products. It is packed with minerals and has fewer calories than table sugar making it a healthier choice.

You can substitute half a cup of maple syrup for a cup of sugar. But, when purchasing this sweetener be sure that it's 100 percent pure maple syrup. Some syrup in the market is actually maple-flavored corn syrup that is high in fructose.

The next one is **date sugar**. Date sugar is powdered "sugar" from finely grated dried dates. It is best used as a sprinkling over baked products and breakfast cereals as it doesn't dissolve or melt in water. Date sugar can be bought from specialty stores but is a little more expensive than processed table sugar. A cup of date sugar corresponds to a cup of table sugar or brown sugar.



Lastly, there's the **barley malt syrup**. This is sticky syrup that is semi-sweet. It is made from sprouted barley and evaporated corn mash. It is less sweet than sugar but can be used in place of sugar or honey in most recipes. Its taste is similar to molasses. The brown rice syrup, made from whole grains, is much similar to the barley malt syrup.



## Start 'Em Young

A sweet tooth is an acquired taste. So, now that you have been made aware of the dangers of sugar and the havoc it does on the body it is best to wean yourself away from it.

You can slowly get your system accustomed to natural foods and natural sweeteners by changing your diet and preferences. You may do it gradually or purposefully. If you really want to overcome the toxicity in your body, that is the way to do it. Allow the acidic environment in your body be cleansed by healthy plant based foods.

For your younger family members, you can start them on the road to sugar-free alkalized lifestyle as young as they are. Avoid using sweets as rewards for them and choose fruits instead of cakes for desserts.

A juicer is also a great investment as you and your kids can enjoy fresh fruit and vegetable juices right at home. Just make sure to drink the home made juices while they are still fresh and do not allow it to remain unconsumed within 24 hours as they tend to oxidize very quickly.

All in all, the kind of lifestyle you lead, whether is alkalized or acidic, will dictate the quality of your health. As awareness is a good weapon against any toxic assault on the body, be careful of the things you buy at the grocery. Always check the labels. And remember, sweet food is contrary to “sweet health.”

## Salt

Have you ever made a meal and skipped on the table salt? Well, you and a dozen other people are not alone. That's because more and more people are going the low-salt or even salt less diet for fear of various diseases such as hypertension and heart problems attributed to the consumption of salt and sodium. This fear is not unfounded considering that much of the salt available in the market today is the commercial table salt kind that promotes acidity in the body.

### The Facts behind Salt

There have been many studies pointing to the adverse effect of salt on one's health. But 99% of those researches were actually done on processed salt. Unfortunately they are the only kind of salt that many Americans know. In actuality, salt, the unrefined sea salt that is, is actually healthy for you and avoiding salt all together, may cause health problems.

You see, salt is made up of equal parts of Sodium and Chloride. Sodium is a very essential nutrient required to maintain life but the human body cannot manufacture this. On the other hand, Chloride maintains the balance in acidity of the body, improves the blood's ability to bring out the carbon dioxide away from the respiring tissues of the lungs, provides the essence of the digestive acids in the stomach and helps in the body's absorption of potassium.

These life-sustaining benefits from the elements found in salt can only be received by consuming not the processed table salt which is basically acidic but the right kind of salt, the unrefined sea salt that is an alkaline.

### The Dangers of Avoiding Salt Altogether

There are actually many researches done in the past that attest to the health giving benefits of unrefined sea salt. But many are not aware as they are written mostly in Portuguese, German and French. So, few English-speaking doctors have actually read them. Because of this many doctors tell their patients to refrain from taking salt instead of suggesting unrefined sea salt.

In France, when a patient complains of hypertension or heart problems, the first thing that the doctor may ask would be the kind of salt he or she is using. There are doctors who believe that lack of salt intake can cause a rise in blood pressure. Further, in terms of bio-chemistry, cells are starved without salt. So, a regular salt-free diet can actually damage the valves of the heart and adversely affect the heart muscles' ability to contract.

It is best to remember that we need salt for a healthy heart as it is fed by the blood and lymph through a saline solution. So we need a proper amount of potassium and sodium for it to function properly. Without salt, our hearts will have difficulty functioning and contracting normally. This could lead to damaged heart valves.

## **The Benefits of the Good Salt**

Even those who still use salt on their food seldom go for the unrefined sea salt. That's because it is coarse and looks rough and sometimes even dirty, unlike the table salt that has fine white grains. But those who have used sea salt swear that it has a stronger taste so you will only need a little amount to season foods. Further, this lowly mineral helps in maintain good health and wellness.

*Sea salt promotes an alkaline environment in the body. It helps in maintaining the balance of the blood sugar levels. Consuming the good kind of salt can regulate and even normalize one's blood pressure, improve the absorption of the food we eat through the intestinal tract and maintain proper balance of electrolyte in the system.*

*Furthermore, energy levels go up and muscle cramps are avoided with proper salt intake. Lastly, sea salt has naturally strong antihistamine properties that help clear congestion and block any allergic reactions.*

## Replacing Your Table Salt with Sea Salt

As mentioned earlier, the common refined table salt is acidic while the unrefined sea salt is alkaline. That's because those two types of salt are chemically different so their effects on the body are also not the same.

While sea salt is a combination of natural sodium and chloride, table salt has synthetic sodium chloride. Being synthetic, it doesn't have the essential minerals as well as trace elements found in the natural unrefined sea salt and worse the body is not able to assimilate its components so the body's system labels it as poison.



Another problem with table salt is that oftentimes, it contains anti-caking agents. Some of these anti-caking agents are aluminum based which have been linked to heavy metal toxicity which is a kind of poison.

Studies have also shown that it can possibly cause Alzheimer's disease. An example of these caking agents is sodium silicoaluminate which has been linked to mineral mal-absorption and kidney problems. Another is the preservative sodium acetate which has been proven to cause kidney disturbances, water retention and elevated blood pressure.

To continue to enjoy a palatable meal and enjoy the health benefits of the alkaline sea salt, replace your table salt with the good salt, the unrefined sea salt. One such sea salt is the Celtic sea salt which can be readily purchased in health stores. It can also be bought online.

The Celtic sea salt contains a perfect balance of nutrients, sodium chloride and minerals that the body can recognize and absorb. About 90 of the trace elements found in the crust of the Earth are found in Celtic sea salt that gives it a kind of grayish color. Further, it is slightly moist to keep the salt and its minerals easily absorbed by the body.

### **Healthy Living with Good Salt**

Living a healthy alkalized lifestyle with salt is possible, but only with the unrefined sea salt. Even people with heart problems and hypertension can enjoy taking unrefined sea salt such as Celtic sea salt and Redmond's real salt. But first, there is a need to let go of all the table salt, processed salt and sodium from your diet. Clear your cupboards of all those high-sodium instant, canned and packaged foods.

As salt is clearly important in maintaining good health if you are totally eating without any salt then you should add a pinch of the alkaline sea salt in one liter of water that you drink. This will ensure that you are able to maintain the electrolyte in your system and your energy levels as well. But of course, if you prefer to use salt in your meals, remember that moderation is still the key to good health.

# Understanding Acid Alkaline Balance



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Alkaline-acid imbalance or excess acidity is responsible for degenerating and weakening all systems in the body, and sadly is a common occurrence, which millions of people suffer from around the globe. The ratio of today's population who suffer from acid related diseases, as compared to the population of people who practice and enjoy the benefits of alkalizing food is a ratio that baffles comprehension.

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According to ongoing medical surveys, the decline in health is rising at an alarming rate, despite the knowledge of the consequences of eating unhealthily. In order to achieve overall health, the body needs to maintain sufficient alkaline reserves, to ensure the energy demands of the body are met. When there is a need to eliminate excess acidity, the body taps into the electrolyte reserves of the body, and depletes it, which leaves the human body in a destabilized state. This is why maintaining healthy pH levels, by eating alkalizing food, is the key to sustaining overall health and well-being.

The study of the effects of alkaline-acid imbalance is not a new concept to us. In 1933, a ground-breaking and revolutionary book was published by a doctor from New York City, Dr. William Howard Hay. The book was called, "A New Health Era".

The book discussed the effects of self poisoning or autotoxication, due to the excess buildup of acid in the human body, the very basis in which the concept of alkalinity was born. The doctor discusses in his book, the misconception society has placed in our minds. This misconception is the consumption of acidic food, and that it is good for us, but in truth, it is the cause for our demise. The food in which we place such high regard is the same that is responsible for killing us.

In more recent times, the book, by Dr. Theodore A. Baroody, “Alkalize Or Die”, supports Dr. Hays previous discoveries. Dr. Theodore A. Baroody clearly states, “The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!” (Theodore A. Baroody, N.D., D.C., Ph.D.)

If these accomplished doctors have the same findings, which address the underlying problems faced by countless people around the world, then it is about time we sit down and listen to what they have to say.

## Understanding how pH works

The potential of hydrogen, or simply known as pH, is the method in which alkalinity or acidity is measured in a solution. The scale is measured starting from 0 – 14. The lower levels of the potential of hydrogen entails a greater acidity level of the solution, and the higher the potential of hydrogen entails a greater alkalinity level of the solution. When the solution is neither alkaline nor acid, it is placed at pH 7, which is considered neutral.

Human bodies are mostly made up of water. In fact, the body consists of staggering 70 percent water. Different areas in the body require different levels of pH levels. The pH levels are composed of positively (acid) and negatively (alkaline) charged ions. The body relies on this balance to survive, and constantly works to balance these pH levels. When there is imbalance, infection and disease occurs.

Acidic				pH Level Range				Alkaline		
pH	pH	pH	pH	pH	pH	pH	pH	pH	pH	pH
4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5

Please take note that the pH levels in the stomach or stomach acid is different from what is being discussed in this chapter. The topic at hand is the pH levels of body fluids and body tissues, which are two different things.

The balance between alkalinity and acidity is measured by means of calculating pH levels in the body. The pH levels are as follows, 0 (extremely acidic) up to 14 (extremely alkaline). Ideally, it is healthy to keep the fluids in the body at neutral pH levels (from pH of 7.0 to pH of 7.4). Any pH levels below 7 are considered acidic, and pH levels above 7 are considered alkaline.

When the pH levels drop to pH of 5.3 and below, this is considered highly acidic, and the body is unable to assimilate much needed vitamins and minerals. Science and medicine has proved that neutral levels, or higher, eliminates the possibility of infection and disease afflicting all men, women, or children.

At these healthy levels, oxygen in the body is well circulated, the natural process of healing and detoxification is no longer compromised, the cells easily regenerate, and the immune system's function is optimized, leaving the body less susceptible to disease.



## How Does pH Affect Your Health

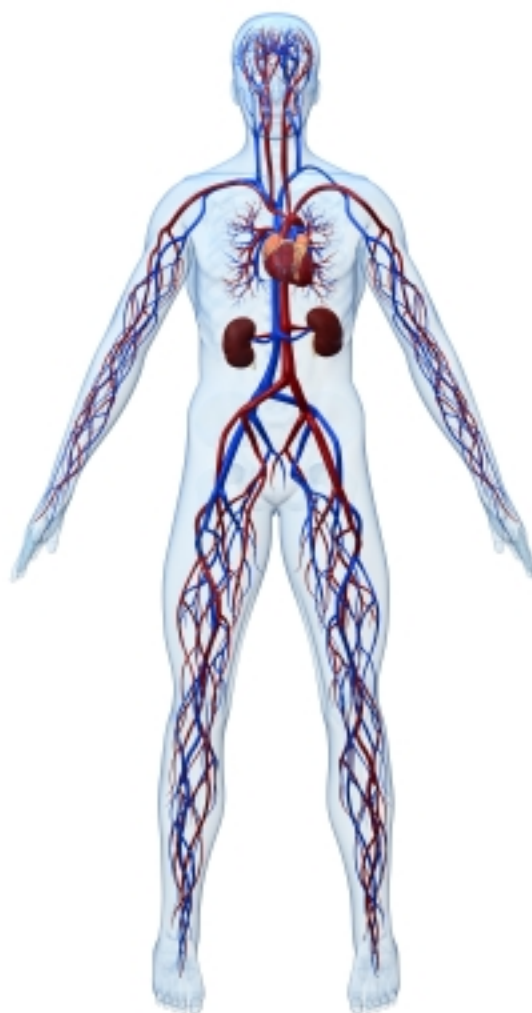
Various parts in the body have their own ideal pH levels. These areas maintain their own ideal pH levels to maintain performance and functionality. The blood has to comply strictly with a specific pH level. Ideally, the blood has to maintain pH levels of between pH 7.35 and pH 7.45.

The body continuously allocates and reallocates resources and nutrients to maintain a healthy and balanced pH level, which is needed for the different systems to function effectively and efficiently.

Unfortunately, in most cases, the majority have imbalanced pH levels. Imbalanced pH levels lead to health problems, such as obesity, premature aging, fatigue, etc. To assure a healthy and balanced pH level, the body constantly needs minerals and nutrients, such as potassium, sodium, calcium, and most of all magnesium.

These nutrients are needed to neutralize and counter the harmful effects of acidity in the blood. If this natural process fails, the acid will spread to the various organs, having extremely negative effects and consequences, leading to numerous health problems.

The best way to avoid the harmful effects of acidic pH levels is administering simple pH level tests, adequate exercise, and including alkalizing food to the daily diet.



## pH Equation To Overall Health

According to the leading medical researchers and doctors, the blood has to maintain, at all times, a slightly alkaline healthy pH level, to be able to naturally heal chronic infections and diseases. Once this delicate balance is tipped, total disaster will take place. This is why the body does everything in its power to maintain this delicate balance. The body will sacrifice allocated nutrients, designated to various parts of the body, just to maintain the pH levels in blood, if the reserves are depleted, which is why we must ensure our body always has a significant amount of reserves.

It is critical to maintain ideal pH levels in blood, because, only in these ideal pH levels, the body naturally combats diseases, fights infections, and properly heals in these ideal pH levels. Again, maintaining the ideal pH levels in blood is extremely critical.

## The pH Levels Affects Everything:



The pH level in blood has to be maintained at a slight alkaline level, at a small average of pH 7.35 - pH 7.45 at all times. Slightly above or below this slim average will definitely lead to infection and life threatening disease.

When the delicate pH level in blood is somehow disrupted,

- ★ this presents the ideal breeding grounds for pathogens to spread, abnormally grow, and wreak havoc in the body.

- ★ The normally helpful enzymes reverse their functions and cause harm.

- ★ The circulation of oxygen to tissues and cells, needed for regeneration, is also dramatically restricted.

## pH Levels – Controlling Life's Vital Necessities

Like the requirements of the brain, this master processor and control room require fuel to carry out its functions, and this vital fuel is none other than glucose. The brain requires a constantly running supply of glucose, which is delivered by means of a highly efficient and logistical blood stream.

The blood stream is only efficient when pH levels are ideally balanced. Ideal pH levels controls the vital role of insulin, which is the well-organized allocation and distribution of sugar to the demanding requirements of the cells in the body. Insulin also controls and regulates the blood sugar level.

As the blood's pH levels in blood leans towards acidic pH levels, fatty acids, which are negatively charged (“electro-magnetically charged”), change their polarity to positive, automatically magnetize, attracting all negatively charged objects, and immediately attach themselves to the arterial walls (“electro-magnetically charged”), which are negatively charged.

This concept is exactly the way magnets work, the concept of opposites attracting to opposites, and negative attracting to positive, in simpler terms. This is the result of over indulgence in the American diet. The American diet is the cause for the situation mentioned above, and is responsible for most heart conditions victimizing countless people around the world. In truth, we should blame ourselves for indulging in this kind of diet.

# The pH Levels Controls Each And Every Bodily Function

## Enzymes – Bimolecular Catalysts

Enzymes play a major role in the biochemical process. Thousands upon thousands of enzymes carry out chemical processes in different areas in the body. Many of these processes are so uniquely specific, that they are like unique puzzle pieces to a greater picture.

In other words, they have one particular function they are responsible for. If the balance of the pH level in the blood is disrupted, even just slightly, the specialized functions of these enzymes are disrupted as well, and it is entirely possible for these enzymes to have harmful reverse effects.

## Mineral Absorption

Mineral absorption is also significantly affected by pH levels. The different minerals needed by the body have their own required pH levels in order to be absorbed. Minerals that belong to a lower priority have a much larger pH level range, in order to be absorbed in the body. Minerals that belong to a higher priority have a much smaller pH level range, in order to be absorbed in the body.

Here are the different pH level requirements, in order to absorb nutrients in the body. These nutrients, followed by the degree of their required pH range, are listed below:

**Magnesium and sodium** has a wider pH level requirement range, in order to be absorbed in the body.

**Potassium and Calcium** has a wide pH level requirement range, in order to be absorbed in the body.

**Iron and manganese** has a medium pH level requirement range, in order to be absorbed in the body.

**Copper and zinc** has a small pH level requirement range, in order to be absorbed in the body.

**Iodine** has a smaller pH level requirement range, in order to be absorbed in the body.

Iodine has a much higher priority, when it comes to absorption in the body. Iodine requires a close to perfect pH level range, in order to be absorbed in the body. Iodine, if not the most, is undoubtedly one of the majorly essential minerals needed for the optimal functionality of the thyroid. Unfortunately, the thyroid is deprived of iodine if the pH level range is no longer ideal and close to perfect.

In a society with a widespread state of pH imbalance, problems, regarding the thyroid, are on a constantly soaring rise. More and more cases of thyroid problems are no longer surprising.

*Thyroid problems have been very well associated with arthritis, diabetes, heart conditions, depression, obesity, chronic fatigue, cancer, and so much more. From these diseases, more and more reports of evolved variations of these diseases are documented in medical records.*

Mainly due to the massive soil depletion caused by agriculture, the over indulgence in excessively acidic food, and a widespread mineral deficiency, our neglect has led us to a number of environmental and health degrading problems.

A deficiency in the required minerals results to less electric activity in the body, which leaves us less nourished and inadequately energized. The amount of mineral reserves determines the amount of electricity generated in the body. The accelerated flow of electricity in the body is controlled and regulated by the different and specific pH levels. Disrupted pH levels equate to catastrophic and devastating results. Therefore, it is imperative to maintain the healthy and ideal pH levels in the body.

# The pH Levels and the Digestive System

## How Does Acidic Waste Affect the Small Intestine

### The Small Intestines

The Digestive System of the human body is complex and involves many body parts. One of these parts is the small intestine. The small intestine is not exactly small; it is actually twenty seven feet long and has a surface area of about 7,200 square feet.

The whole surface area of the small intestine is covered with the “villi”. The villi are small projections that are covered with “microvilli”. They are like little fingers inside the intestine that absorb the nutrients from the food that we eat and then distribute them to the rest of the body.

As the food we eat is digested, it passes into the intestines through our blood vessels. The villi are responsible for absorbing the nutrient contents from the food and allow the rest to pass through to the large intestine. So you see, even though the villi are very small, they have a very important function in the body.



## **When the Villi is Hampered**

In an acidic internal environment, the bacteria, yeast and molds will cover a large section of the intestinal wall thus effectively blocking the villi and hindering them from performing their functions well. As the villi begin to fail in absorbing the nutrients from foods massive imbalance in the body's systems follow.

Should the condition of your small intestine become poor due to an acidic lifestyle, your villi will not function properly and your body will not be able to absorb the nutrient contents no matter what you eat. You will fail to receive the benefits of the healthy foods that you consume and they will just pass through the body as waste.

## **Compounding the Problem**

Now the problem in the small intestines will lead to other problems in the body. For one, when the small intestine fails to do its job of absorbing the nutrients due to the bacteria and sticky mucus covering its wall, then it will also fail in turning nutrients into red blood cells.

The red blood cells are necessary in transporting other nutrients, air and fluids throughout the body. When this happens, the body will be forced to steal the necessary nutrients from bones, muscles and tissues to create new red blood cells. This will in turn further throw our body out of balance.

What is saddening is that it doesn't stop there. The undigested and unabsorbed food passes into the large intestine or colon. As the colon is denied nutrients and devoid of water it will in turn fail to effectively eliminate the food waste out of the body. This will add to the build-up of fecal matter in the colon which will also hinder the colon from working efficiently and effectively.

That is why, it is very important to finally renounce an acidic lifestyle. Shifting to an alkaline lifestyle will allow your systems to be cleansed and get back into shape. Drinking plenty of alkaline water and green juices as well as consuming an alkaline based diet will cleanse your small and large intestines and give them the nutrients that they need so as to function well, leading the way for a healthier and happier you.



## Colon cleansing

### The Colon

One of the most under appreciated part of the human body is the colon. Many ignore this because they don't really think it's important. But, the reality is that the colon plays a significant part in maintaining our body's good health. It is imperative that it be allowed to continue to do its role effectively and efficiently.

The colon is found in the intestines and is about five feet long. The main job of the colon is to extract the water from the digested food that passes through our body. It then compacts and removes the wastes from the food that we eat and the toxins in our system as fecal matter. That's why the colon is very important.

### A Cyclic Problem

As with the other parts of our body, the colon will not be able to work properly when it is overstressed due to the presence of too much toxins in the body's system. With an overstressed colon, the waste and toxins are not able to pass out of the body completely and will ultimately cause health problems.

Experts estimate that a person with an ineffective colon has an average of 15 lbs. of fecal matter trapped in his or her system. As in any imbalances in the body's systems due to toxicity, this can cause another cyclic problem in the body.

When a person is constipated due to the trapped fecal matter, more feces will clog the colon wall which will then harden as it gets trapped inside the body. So, as the colon has difficulty in functioning properly, more feces build-up occurs. This kind of problem may be happening in your body for years without you even knowing.

Now, try to imagine your body with a build-up of hardened feces rotting inside your colon. Not a pretty picture! Most of the discomforts that we feel such as constipation, fatigue, bad breath, headaches, colds, indigestion, acne, and menstrual problems are caused by the rotting hardened fecal matter trapped in our system.



We are slowly being poisoned without us knowing. Some 80 per cent of critical illnesses and the most common organ diseases are linked to this toxic build-up. Worse, colon cancer can likely occur when the colon fails to detoxify.

### **Cleansing the Colon**

If you are one of the many with constipation problems, there is no need to despair. The problem can easily be corrected by cleansing your system and restoring your colon back to health just by switching to an alkaline lifestyle.

**A radical change in your acidic diet is necessary if you want to cleanse and take care of your colon. Drinking lots of fluids, preferable alkaline water and green juices, eating high fiber foods and lots of green leafy vegetables will save your colon from further damage.**

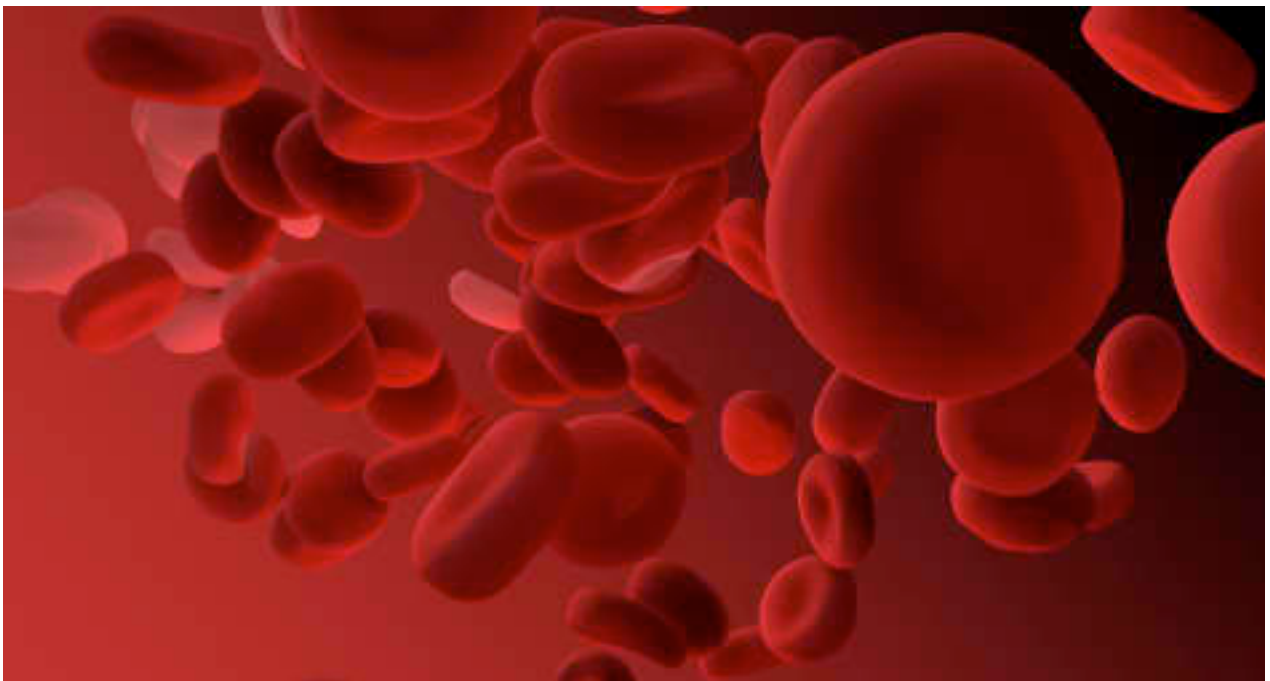
As we become properly hydrated and consume more healthy foods, we can finally detoxify our colon and cleanse it from the build-up it has endured for many years. It will then be able to function properly once again and perform its critical role in the body.

## The Blood – a Person's Reflection as to who they are

Looking into the lens of a microscope, causes and effects can clearly be seen in live blood. When a person is feeling unwell, it is clearly seen in the characteristics of his or her blood. Often times, the worse the person feels, the worse his or her blood looks.

When that person overcomes sickness or gets better, the blood looks better as well. This is a simple analogy or cause and effect. Keep the blood healthy at all times, and the person will feel better at all times. Clean and healthy blood equates to a clean and healthy person.

Furthermore, there is something more to this cause and effect. Something more profound is happening. When the person perfectly healthy, often times, the attitude is more pleasant as well. The condition of mental wellbeing is well aligned and correlates with the condition of physical wellbeing. A decrease in physical wellbeing will greatly affect and alter mental wellbeing as well. Again, where is this clearly seen or reflected on? Of course, it is clearly seen and reflected in the blood.



As your body becomes more acidic due to the food and drinks that you consume, the body will function overtime to maintain a pH level of 7.365 in the blood. The acids inside our body from our acidic lifestyle ferment the blood. Because of this, harmful by-products and toxins are created further destroying our body's system.

Due to the acidic environment of the body, the red blood cells have a difficult time functioning properly and begin to transform biologically into bacteria and yeast. This transformation is called pleomorphism and the transformed bacteria and yeast further pollute the body's system.

With the continued onslaught of acids, more toxins flood our system, the pH level of the blood plunges and the bacteria and yeast multiply. The pollution of our system continues and before long our whole body is overrun with acidic toxins, bacteria and yeast exhausting our body as it struggles to maintain as close as possible to a balanced pH level.

### **A Vicious Cycle**

When a person fails to drink enough alkaline water or eat enough alkalizing foods then the body won't be able to eliminate the acidic toxins in its system causing the body to be overly stressed. The problem is worsened since whatever good nutrition remains from the food that we eat is stolen by the toxins, yeast and bacteria which then create toxic wastes pumping more acid into the blood.

The toxic waste fuels more acids creating a vicious and deadly cycle of acid formation – molds steal the good nutrients then excrete acid waste which creates mold which in turn changes healthy red blood cells to bacteria and yeast. As the human body becomes locked up in this never-ending struggle sickness, diseases and chronic fatigue set in.

## White Blood Cells - The Soldiers In Your Body

Another hidden problem of the body's acidification is the destruction of the white blood cells. The white blood cells are the soldiers of the body. They protect us from viruses, foreign materials and toxins that may invade the body. Now, when the systems of the body are overly stressed and overworked from the next to impossible goal of maintaining a healthy pH level in the blood, it is unable to produce more white blood cells.

And as the acids continue to rob your body of nutrients, the immune responses of the body weaken considerably. That's the reason why many people are prone to colds, coughs and flu. As your body is unable to replenish the white blood cells and your immune system continues to be overworked, you are opening yourself up to virus attacks and even to the formation of cancerous tumors.

### Cleansing and Rehabilitating the Blood

You can cleanse and nourish your blood back to health by following an alkaline diet. As you provide your body with an abundant supply of nourishment, you will be able to flush out the toxins from your blood allowing your system to heal and return to normal. In no time at all, you will experience a surge in energy and even mood swings will disappear as your body is no longer stressed from maintaining the pH level in the blood.

## The Value of Chlorophyll

The Chlorophyll in plant based foods is worth special mention. Unknown to many, chlorophyll is actually the most powerful blood cleanser and builder among nature's resources. An alkaline lifestyle will encourage you to consume plenty of green leafy vegetables and green drinks or juices. Among the many nutrients present in those foods is chlorophyll.

Chlorophyll not only aids in cleansing and building the blood, but is also responsible in eliminating harmful bacteria in the system, preventing the growth of more bad bacteria and fortifying the immune system.

What is the power behind chlorophyll? Why is it so effective in restoring the blood? The reason for this is quite simple – the molecule of chlorophyll is very similar to hemoglobin, the molecule of the red blood cells. The only difference between the two molecules is that the red blood cells have iron as the central nucleus while chlorophyll has magnesium. Due to their similarities, the body is able to create new blood cells from the chlorophyll that we consume.

## The Status of Overall Health Depends on Biological Processes

Overall health greatly depends on the give and take relationship of the biological processes in the blood and in the human body. These biological processes are affected by microbial-like elements that are formed and exist in the blood, which are shaped and developed according to the metabolic balances in the body.

The form in which they take determines the functions that they make, which is greatly influenced by the given environment they are presented with. This environment is determined by the food eaten and the lifestyle chosen.

Whatever the present metabolic condition may be, the microbial-like elements will coexist, within the person, in perfect harmony and an ideal balance will take place.

This is highly dependent on the environment the person provides them.

Unfortunately, this may also the opposite way.

Once everything within becomes imbalanced, the necessary countermeasures must be applied. To achieve overall health, one must balance the situation within.

## Understanding the Biological and Internal Environment

When the body's pH level in the blood is altered from what is ideal, this becomes the ideal breeding grounds for opportunistic parasitic microorganisms to thrive and reproduce at an abnormal and accelerated rate. The amount of opportunistic parasitic microorganisms found within us is a clear indication of how fast we age, or in more gruesome terms, an indication of how fast we rot and decay, while alive.

That is absolutely right; aging is exactly that, rotting and decomposing, while still alive. This is simply part of the cycle of life. It is what disease does to us, and is completely part of the process of living. Whatever we were in before we came to be is exactly what we will turn into when we cease to exist.

**The biochemical process, pH levels are responsible for, is the driving force behind this decomposition, while living. This will be discussed later on. However, please take note that this is not the only aspect of the aging process. There are other factors that contribute to this process. One of which is the electrical and oxidative aspect to the process. In other words, this is process in which people rust.**

On a more physical level, the process of disease and aging is just the same as rusting and rotting. It is the natural course for all things. The first subject to be discussed will be rotting, and subsequently rusting will be discussed.

## The Relationship Between Biochemical Processes and Ph Levels in the Body

Let us describe, in simple terms, the biochemical procedure, which lays the foundations for the rotting stages in the human body. This is the procedure in which the change or alteration in pH levels affects the regeneration of the tissues and blood in the body. To better explain this, as simple as possible, let us look at the process, in which food is burned and absorbed (metabolism), and how the body ultimately reacts to the by-products produced through the digestion of food.

pH

A by-product, as a result of the metabolism of food is carbon dioxide (CO<sub>2</sub>). As we have all learned back in our early days in school, carbon dioxide is expelled by the lungs, through the natural process of exhaling. However, to totally eliminate all remaining carbon dioxide, which is naturally produced through metabolism, the human lungs will need a rate of respiration that is far beyond normal breathing.

Maintaining this accelerated rate at constant rates will be very difficult to sustain. Due to this, other methods of expelling carbon dioxide is utilized and put into play, to relieve the stress. These methods are as follows:

The carbon dioxide is combined with ammonia, which is generated from oxidizing glutamine, and is converted into urea that is found in the liver, which is then excreted by means of the kidneys.

Water is combined with the carbon dioxide by means of a process, which utilizes the carbonic anhydrase enzyme and the mineral zinc; a co-enzyme. By means of this process, the by-product carbonic acid is produced, which is broken down into the chemical element hydrogen and bicarbonate molecules and atoms.



Now there it is. This is where hydrogen comes into the picture. Again, what does the acronym pH refer to? It stands for potential of hydrogen, remember? When hydrogen enters the subject, we now talk about the potential formation of acids. When bicarbonates are talked about, we talk about the bases or alkaline substances. Acids are normally produced as a by-product of the process of metabolism.

*The body, ideally, has the proper tools and capability to eliminate excess acid, but, due to poor and unhealthy eating habits, low breathing, inadequate exercise, high levels of exposure to toxins, and much more, which results to liver stress and kidney failure, the body can no longer efficiently and effectively eliminate these acids as they normally do. In this situation, what can the body do to eliminate excessive acid buildup? If the body can no longer eliminate acids, it is left with no choice but to store it. As we all know, the body pays direly for storing excess acids.*

When the human body is left with excessive acid buildup it cannot eliminate or flush out, the excess acid is stored for extraction at a later time. Now where is stored, if it can potentially harm all the other organs? The acids are stored in interstitial spaces, which are called extracellular matrixes, or the empty space around the cells in the body, also called the mesenchyme.

When the human body temporarily stores hydrogen molecules, atoms, or protons (all acids) in its extracellular matrixes around the cells, it is designed and programmed to remove these acids on a later time.

Hence, to be able to achieve the ideal balance, it is naturally programmed to produce and allocate an equal amount of bicarbonates, for every amount of acid molecules that is stored in the body's tissues. The role of the bicarbonates is to later escort these acids out of the blood and out of the body.

This is the body's method of compensating for the excess acid, which it was unable to eliminate. What was mentioned about is the relationship between pH levels and the blood and tissues.

It is a relationship similar to aircrafts and an airport. Sooner or later it will have to let the aircraft fly, to avoid congested air traffic. If the body is experiencing excessive acid overload, the acid is stored in the body's tissues, which causes the pH levels in the tissues to decrease, and, in turn, the blood makes up for this change and alters itself towards alkaline levels, which causes the blood pH levels to increase.

## The question is why is this so important? Is this process really that important?

The answer is, yes it absolutely is. We are just about to start with the way the body rots or decomposes, while still alive, in other words, aging. Before this topic is discussed, let us find out the result of the body unable to eliminate excessive buildup of acid. What happens when acid builds up and accumulates, the body is overwhelmed and does not know where to further store it, and is unable to eliminate the acid?

While more acid starts to accumulate inside our body, it remained stored and the more that is being pushed further, this ultimately gets closer to the cell. If and when it gets near a cell, its first reaction would be to displace **potassium**, then **magnesium** and finally **sodium**.

In case you are unaware, **potassium**, **magnesium** and **sodium** are the three vital minerals in our system (body). Immediately, **potassium** and **magnesium** will disappear from our bodies while, **sodium** will remain as an automatic action or preservation mechanism of our body. Bear in mind, our body knows that it must place alkaline molecules in the blood to accompany this increasing acid build up in our tissues and cells.

What it does is to draw calcium (this is when our mineral reserves are gauged as low; this is often the case when one eats a typical modern American diet). **Calcium** as we all know is the most alkaline type of mineral, this is mostly found on our bones. The drawn calcium is then placed into the blood. This then often

leads to free calcium excess. This is considered as something that a person must not have, as this is the reason behind diseases like osteoporosis, arthritis, etc. Again, this happens as the body's way to compensate for overgrowth of tissue acidosis, somewhere inside our body.

# calcium

Let us talk more about **calcium**, you must bear in mind that it does not really leave the bones just for the sake of balancing acid. **Calcium** is not known as a buffer. However, when potassium leaves, it will automatically bind with **phosphorus** found inside the bone and while it is in the process of exiting the bone, out goes **calcium** as well. In this kind of a situation, the body often requires more potassium bicarbonate, organic sodium (perhaps), magnesium, and there is a possibility that zinc may be included as well. Again, zinc helps the whole proper process of acid breakdown. **Calcium** needs to be acquired sensibly and so does potassium. As we all know, potassium can easily aggravate disease such as cancer. It is in an acid type of environment that cancer thrives.

## The Four Controlling Minerals

Since the four most important minerals have been discussed, namely sodium, magnesium, potassium, and calcium, it is time to push the topic a little bit further. What is not known by the greater public is that the four of these minerals are the four controlling minerals, which are responsible for controlling the parasympathetic and sympathetic nervous system. In simpler terms, the P.S.N.S. or parasympathetic nervous system literally controls the “rest and digest” reaction mechanism. The S.N.S. or sympathetic nervous system controls the “fight or flight” reaction mechanism. Now this is how the four controlling minerals work, or the nervous systems they control:

### Calcium

- Calcium is a stimulatory mineral
- Calcium stimulates responses from the S.N.S.

### Magnesium

- Magnesium is an inhibitory mineral
- Magnesium inhibits responses from the S.N.S.

### Potassium

- Potassium is a stimulatory mineral
- Potassium stimulates responses from the P.S.N.S.

### Sodium

- Sodium is an inhibitory mineral
- Sodium inhibits responses from the P.S.N.S.

When the body runs into an acidic condition, surplus free calcium stimulates responses from the S.N.S. or sympathetic nervous system. When magnesium is not around to balance out the imbalanced pH levels, and when potassium reserves are depleted; as a result, the P.S.N.S. or parasympathetic nervous system is not stimulated to balance out the S.N.S. or sympathetic nervous system, and is further being inhibited by sodium.

The body is hard at work in trying to maintain sodium levels, due to the loss and lack of magnesium and potassium. These are one of the scenarios that may happen

in the body. The inhibiting minerals offset the stimulating minerals, and the other way around, once they detect an imbalanced pH level.

Now what does this do exactly? An individual with acidic pH levels tends to rant, rave, is hyperactive, has a short temper, moves too quickly, and as a result burns out quickly as well. This is what to expect from a person with an acidic pH level. Now, what happens when this same person, with an acidic pH level, is pushed to the limit?

This individual is categorized as an extreme P.S.N.S or parasympathetic nervous system dominant, which means that the individual tends to be fatigued, lethargic, and lazy. However, this is a common mistake. In most cases, these are the symptoms of an individual pushed far beyond the S.N.S. or sympathetic nervous system dominance to utter collapse.

According to some of the older fundamental health care specialists, true P.S.N.S. or parasympathetic nervous system dominant individuals are rare, but the next generation of radical and revolutionary health care specialists begs to differ. Clinically speaking, according to them, individuals may be a true P.S.N.S. or parasympathetic nervous system dominant, and stay that way. This part, of the biochemical puzzle, will be discussed below.



## Acid-Alkaline and Blood-Tissue Biochemistry

When acid accumulates in the body, and cannot be immediately eliminated, the body stores the excess acid in the tissues, around the cells. The area that they are stored in is mainly the area that individual will be experiencing a problem with. When a molecule of accumulated acid is stored by the body, it will even out this imbalance by producing an equal amount of an alkaline molecule or atom in blood. The result will be a highly alkaline pH level in the blood.

Now something significant will happen when there is an increase in oxygen in an already high alkaline pH level in the blood. With the rise of alkalinity in the blood, the blood increases the amount of oxygen; hence, allowing the cells to contain more oxygen. This may sound good, but, in reality, it is completely the opposite. The reason behind this is a biochemical reaction called the Bohr Effect.

The Bohr Effect, by definition, is the saturation of the blood cells, through excess oxygen, when the alkaline pH levels are high. The dilemma here is that the cells in the blood are unable to release the oxygen. Due to this, the rest of the cells in the body are deprived of oxygen, and the oxygen is not well distributed to other parts that need them. Many problems arise as a result of oxygen deficiency. One of which is cancer. The less oxygen there is in the body, the more ideal the environment for the development of cancer.

Biologically, human blood is slightly alkaline, due to the presence of acids in the body. The cells in the blood cannot risk releasing the oxygen, to help counter the effects of acidity in blood; thus, depriving other parts in the body of oxygen.

The blood may be fighting acidity, but what about the other parts in the body that need oxygen? Sadly, the pH level, without oxygen, changes into an acid pH level, and this is where cancer cells start to develop. The changing of the pH levels or the environment in the body is called anaerobic fermentation, or in other words, rotting. Candida, fungus, and mold thrive in this type of environment as well. The sad thing is this is not a new discovery. We've known all about the ideal environments of cancer, since its discovery by biologists in 1903.



# Causes of Acid Alkaline Imbalance



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There are numerous factors that contribute to acidic pH levels. The following are the most typical causes contributing to acidic pH levels:

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## **Standard American Diet (SAD)**

The Standard American Diet is one of the contributing factors to excess acidity. The food contained in the Standard American diet consists of eighty percent acidic food, when the alkaline diet requirement is only around twenty-five percent. Since the diet consists of eighty percent acidic food, the body tends to be excessively acidic, which leads to a vast number of health problems.



## **Chronic Stress**

Chronic Stress refers to stress that occurs very often for a long period of time. Experiencing Chronic stress is extremely damaging to the body, and is the cause of conditions such as ulcers, upset stomachs, backaches, headaches, insomnia, depression, anxiety, hypertension, anger, varicose veins, and hemorrhoids. In extremely severe cases, chronic stress leads to panic disorders and panic attacks.

There are various methods of controlling and treating chronic stress. This includes a healthy diet, exercise, stress management, adequate rest, relaxation techniques, and the relaxing activities like hobbies.

A proper and healthy diet containing sufficient amounts of magnesium will assist in controlling and eliminating stress. Stress is one of the major causes of magnesium deficiency, which is why stress becomes chronic. Due to magnesium deficiencies, caused by chronic stress, the body is susceptible to a variety of health threatening medical conditions.

In near recent discoveries, an ever growing number of people are reported to suffer from chronic stress. The growing cases of chronic stress are doubling at an alarming rate; paving the way to more and more people stricken by disease.

Doctors and medical researchers have well documented the significance of the relationship between disease and stress. These studies document the escalated damaging effects triggered by stress. Stress, according to these studies, worsens depression, cardiovascular diseases, and speeds up the development of HIV or AIDS and many more incurable illnesses.

## **Dehydration**

Dehydration or hypo-hydration, by definition, is the excessive loss of water in the body. It literally is the elimination of fluids from any object. Dehydration entails a significant deficiency or lack of water molecules in the body, leading to a consequent loss in nutrients as well.

Since the human body consists of more than 70 percent water, a loss of water causes it to lose effectiveness in carrying out its functions, leaving it susceptible to various conditions and diseases.

## **Non-steroidal Anti-inflammatory Medication and Aspirin**

The use of non-steroidal anti-inflammatory medication and aspirin is one of the causes of excess acidity. These synthetic drugs are known temporarily to relieve a few ailments, but is known to promote acidity, and leaves the body susceptible to acid related diseases.



# Consequences of Acidosis



A body, suffering from excess acidity, will tend to have thickened blood, which over coagulates, and fails to oxygenate sufficiently. Due to this, the cells in the body are unable to dispose of waste, hence, impairing the healing abilities of the body. This decreased healing factor is brought about by impure blood, damaged cells, a great deal of body fat, inflammation, and hampered immune system.



Excess acidity in the blood obstructs the absorption of vitamins, starves the body of the necessary nutrients, results in the buildup of toxins in the cells, compromises organ functionality, causes the sensation of weakness, causes improper digestion, causes bloating and the buildup of excess gas, causes unhealthy and excess weight gain, accelerates aging, and the long list goes on. Excess acidity is the ideal breeding grounds for a vast number of microorganisms, like bacteria, viruses, fungus, parasites, and Candida (yeast).



Most types of infections and diseases find acidic bodies to be the ideal environment to grow and thrive. The compromised immune system results to a decreased resistance to colds, fever, infections, herpes, sores, dramatically reduced energy, asthma, and increased allergic reactions.

Allergies are caused by an inflamed reaction, which is triggered by the effects of excess acidity. Disorders caused by excess acidity are characterized in symptoms such as tension, tightness, stiffness, jerking, and twitching.

The illnesses associated with excess acidity are Parkinson's Disease, Multiple Sclerosis, Seizures, Attention-deficit Hyperactivity Disorder

(A.D.D.), Osteochondritis Dissecans, Alcoholic Tremors, the grinding of the teeth, stuttering, blood clotting, poor circulation, back pains, Fibromyalgia, Gout, Sarcoidosis, Scleroderma, Tuberculosis, acid Reflux, Lupus, Cancer, and many more.

Excess acidity also allows the buildup of bad cholesterol or LDL cholesterol in the arteries. When bad cholesterol builds up and overwhelms the arteries, the artery walls are damaged, and death by heart failure is imminent. The numerous conditions caused by the excess acidity, as a result of the consumption of acid rich food, defy logic and comprehension.

# What is your pH Level



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There are many ways for you to test your body's pH level. The most common way is using a pH strip which you will read later on. However, with the pH strip, you would still need to incorporate other methods in order to know whether your body is acidic.

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## Testing pH Level Using pH Test Strips

The pH level test strips utilize color-coded paper test strips, which are sensitive to various pH levels, and reveal the specific pH level of the urine and saliva, which corresponds to the pH levels in the body.

**It is imperative not to drink, eat, or brush the teeth prior to administering the pH level test.**

There is definitely a strong association between the body's pH of internal environment and of the saliva and urine; the saliva and the urine do become acidic when our body's internal environment becomes way too acidic. You can easily learn the pH of said fluids using pH test strips. Said strips are specifically made for saliva and urine tests, most that are available in the market today are accurate and economical.

Take note that our saliva and urine's pH are not a total representation of our blood's pH level. Most of the time, it is representation of the pH level of the meals that we consumed for the past 24 hours.

## Testing the pH Levels of Saliva

To administer this simple pH level test, all that is needed is a few pH level test strips, a spoon (preferably plastic), and a spoonful of fresh saliva. Swallow a few times so that the mouth is clear, and stimulates the secretion of new saliva. Discharge the new saliva into a spoon (preferably plastic). Do not directly place the pH level test paper into the mouth, due to the presence of chemicals on the paper. Tear off an inch of the pH level test paper, and immerse or swab the piece of paper in the spoonful of saliva.

Wait for the piece of pH level test paper to change in color. When the color of the piece of paper changes, compare the color to the color chart shown on the box or label. If the value shown is below pH 7.0, the pH level of the saliva is acidic, and above pH 7.0 is alkaline.

After consulting with a registered dental hygienist, it is advised to test your saliva pH at least 30 minutes after your meal to have a more accurate pH reading.

Continue recording the test results for a couple of weeks, and test the pH levels three times a day (morning, afternoon, and evening) to determine the pH level trend of the body. While a little bit more acidic than the pH level of blood, generally the pH level of saliva closely mirrors that of blood, but not after meals, and is a good indicator of the status of health. It also indicates the retention levels of the body.

The optimal pH levels of saliva ranges above pH 7.0. A test result showing pH levels lower than pH 6.8 is an indication of insufficient alkalinity, leaning towards acidity. If the pH reading is lower, this is an indication of deficiencies in alkaline minerals (mainly magnesium and calcium) and poor food assimilation.

If the pH level reading is below the ideal, this is a clear invitation for infections and disease. If the average pH level of the saliva is maintained at pH 6.8 to pH 7.2, during the entire day, the body is at a healthy pH level. If the pH level of saliva is maintained at pH 6.8 every morning, the problems associated with excess acidity usually go away.

## Testing the pH Levels of Urine

The pH level of urine is an indication of the body's efforts in maintaining the healthy pH level of blood. Urine reveals anabolic (alkaline building) and catabolic (acid tearing) cycles. The pH level of urine is an indication of the efforts of the body's kidneys, lungs, adrenals, and gonads in regulating the body's pH balance, by using the hormones and buffer salts.

Urine can present an accurate picture of the body's chemical makeup, due to the amount of buffer salts that are filtered through the kidneys. The ideal pH level of urine ranges from pH 6.5 to pH 7.0, and the urinary pH levels are lower during the mornings and higher during the evenings.



The pH levels of urine vary widely. The pH levels of urine are affected by biochemicals eliminated from the body. These biochemicals include surplus vitamins, minerals, and by-products of metabolism, which include medications and toxins eliminated from the body.

Digestive enzymes do not affect the pH levels of urine as much as the pH levels of saliva. However, the pH levels of urine are greatly affected by preservatives, pollutants, stress, food, amount of water drank, amount of pathogens in the system, amount of rest, and the amount of biochemical activities in the body.

# Directions for pH test



Generally you want to take the tests several times in the day. After waking up in the morning, before having breakfast, tear off the two strips, swab the saliva on the pH level test strip, and compare the colors that correspond to chart on the box. After this, dip the second pH level test strip in a plastic container containing the second urination in the morning, and compare the colors that correspond to chart on the box.

For optimal test results ignore the first batch of the morning's first urination. Once the second batch of urine comes, proceed with the pH level testing. The first batch usually contains a significant amount of acidity as the kidneys are working hard filtering acid from the body all through the night. Other urine tests are advised to be taken before taking a meal.

Please note that tests must be conducted with an empty stomach. If you happen to take meals before the test, this may interfere with the actual reading. The table shown below is an example that you must follow if you want to track your pH Readings.

Date	pH Readings			Notes
	First Woke Up Test	Before Lunch	Before Dinner	
2 <sup>nd</sup> July	6	5	5	The day before Went to the restaurant for dinner
3 <sup>rd</sup> July				
4 <sup>th</sup> July				



# What do the pH readings represent?



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Various scenarios that you might expect from these pH tests and the interpretations of your pH readings.

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## **Scenario #1: All the urine tests are alkaline**

Be reminded that your first urine test is bound to come out as acidic, as our body is programmed to eliminate acid all through the night, while we are asleep. If your urine happens to be all alkaline, then your internal environment may actually face a hard time in eliminating what's supposed to be eliminated while we are asleep (i.e. acid, etc.); and this is BAD. However, if you happen to be a vegetarian (who are accustomed to seldom or not eating grains or dairy products and other acidifying food), this may actually mean that you are fine; simply translates to GOOD.

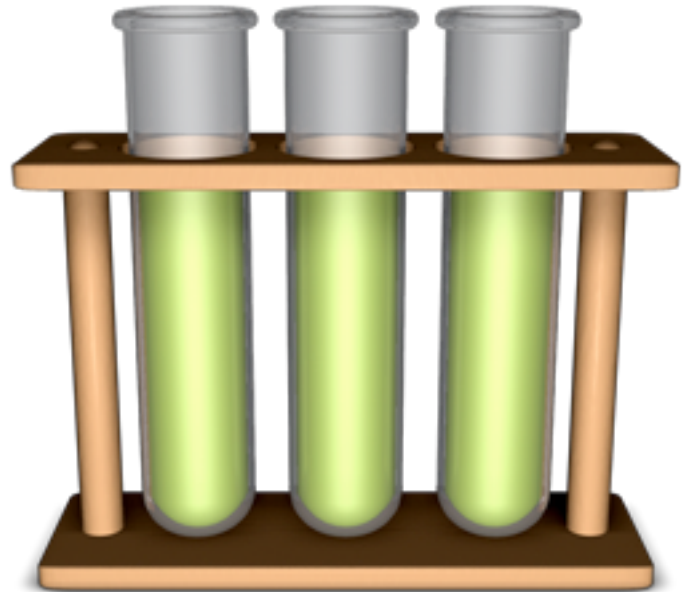
Another scenario would be, is that a urine can be alkaline but the body is purely acidic (this is the case when a person experiences difficulty in digesting acids, and that the body uses the alkalizing substances to digest acids). One way to confirm this condition or symptom is by looking at other symptoms that a person experienced or is experiencing.

## **Scenario #2: All the urine tests are acidic.**

The lower your pH readings are (i.e. pH of 4.5 or 5.0), your internal environment is considered as extremely acidic as opposed to someone with a pH reading of 6.0 or 7.0. But then again, if there is a consistent pattern of lower pH levels, it is highly recommended that you seek the advice of your physician, or to simply follow the instructions that you see in this book.

### Scenario #3: Slightly Neutral (Best Scenario to be in).

As long as your first urine test comes out as acidic, and the following readings comes out as alkaline, this only mean that you are OKAY. However, again, to be on the safe side, you should look for other symptoms as one symptom can easily mimic another. If you make a wrong diagnosis, you might end up thinking that you are fine but actually you are not.



### Scenario #4: If it is not uniformed or the same.

If your case happens to be constantly changing (i.e. your pH level at noon or in the evening is acidic, and in between those hours it is neutral except in the morning). This only proves that there is indeed an excess in the acidity level.

This unfortunately cannot be entrusted to your pH strips alone. You cannot solely rely on it, It is a must that you look for other symptoms (if ever there is more than one).

It is also important to list down your readings for a whole week or two, for you to track its consistency and get an accurate reading. You can use the chart in the appendix to record down your daily pH readings. It is of high importance that you track your daily readings for a week or two.

Besides analyzing the pH readings, you would also need to look at the various problems you are suffering from to have a more accurate analysis of your internal environment.



# Analysis of symptoms



## Do you experience any of these?

### **The following are signs of acidification:**

- The lack of energy, fatigue (constant), loss of psychic drive and physical tone, a feeling of heaviness in the limbs, the feeling of inability to cope.
- You frequently feel cold; you are always with a low body temperature.
- You tend to acquire infections.
- You suddenly feel the loss of joy, drive and enthusiasm.
- There is a tendency of depression.
- You get agitated without a valid cause; you feel nervous; hyperactive; and you are sensitive to noises that are high-pitched; easily stressed.
- Your face is very pale.
- You experience headaches.
- Your eyes tears easily.
- You are suffering from conjunctivitis or the inflammation of the conjunctiva.
- You are suffering from inflammation of the eyelids and corneas.
- You possess acidic saliva.
- You start to have loose teeth.
- You are with an inflamed and sensitive gum.
- You are with mouth ulcers.
- You experience cracking on the corner of your lips.
- You have a recurring throat and tonsils infections.
- Your teeth are suddenly sensitive to acidic, hot or cold food or drinks.
- Your teeth are prone to cracking or chipping.
- You experience pain in the nerves of your tooth/teeth.
- You constantly experience an excess stomach acid.
- You constantly experience acid regurgitation.
- You experience gastritis.
- You are with ulcer.
- Your nails are thin, always splits and it breaks easily.
- Your hair appears to be dull, with lots of split ends and one that easily falls out.
- You are with dry skin.
- Your skin tends to get irritated in areas where there's heavy sweat concentration.
- You are with hives.
- Your leg is constantly with cramps and experiences spasms.

If you are currently experiencing more than two of the following symptoms stated above, chances are that your body is acidic. However, you must refer to your pH tests for you to be able to conclude your current diagnosis from the symptoms stated above. With these 2 diagnoses, you now have a better understanding of your current acid alkaline level of your body.

You can also visit your doctor and do a more detailed analysis of your body's acid alkaline balance to have a more accurate understanding of your acid alkaline level.

In the next section, you will discover some of the principles to achieve a healthy acid alkaline balance and live a healthy life.

# The Keys to Great Health



## PART TWO

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In this section, you will discover the principles behind having an acid alkaline balance in your body. In the first portion, you will discover the principles to the alkaline diet. Later in the chapter, you will see some of the examples of the typical diet and understand how you can change your diet so that you can balance the acid alkaline balance in your body. You will also discover the essential food combinations rules to help you further in eating the right way.

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Generally, the alkaline diet involves the consumption of organic fresh citrus fruits, organic fresh vegetables, organic fresh tubers, legumes, and an assortment of nuts. The alkaline diet avoids the consumption of refined grains, dairy products, meat, and salt, which are mainly the components of the Standard American Diet. Alkaline diet assists in the maintenance of a slightly alkaline pH level ranging from pH 7.35 to pH 7.45 of the blood, without tipping the fragile balance of the required pH levels in the body.

Chlorophyll, the pigmentation in the leaves of plants, and the basis of the alkaline diet, is among the immensely studied elements in the scientific world, and is utilized in the treatment of periodontal diseases, low iron, diabetes, wounds, ulcers, and body odor. Food rich in chlorophyll is widely used in the alternative and preventive medicine as a way of preventing infections and diseases, and its alkalizing effects to the body.

The advantages of alkaline diet given to its practitioners are hard to deny. It has been an effective means of treatment for various diseases, as a result to excess acidity. Studies have shown that one would experience dramatically increased vigor, an increase in muscle mass, a clearer mind, and the increase in the value of overall health. The food in alkaline diet boosts the body's energy levels or intensity. Furthermore, as an added bonus, alkaline diet is known to promote weight loss, which is ideal for people who are sick of the problems that come with obesity.

The combination of the alkaline diet, coupled with the right exercises and habits, will ultimately result to an improved and better looking physique. The most alluring and intriguing advantage of alkaline diet is its aptitude in delaying the degenerating and rotting effects of aging, which is why the diet's popularity is gaining in momentum. The alkaline diet is truly alternative medicine's adaptation of the fountain of youth.

In the next few pages, you will discover the key principles of food combination and how to follow these principles to balance the acidity in your body by eating the right way.

## **Key #1 – The right food combination will take care of your stomach**

Eating the right food combination is one of the most important factors to balance the acid alkaline level in your body. It is important for proper digestion and assimilation of nutrients our body needs to sustain life – you will utilize the energy in your body more efficiently because different types of foods require different digestive enzymes, acid and alkaline. If you eat the right food combination, you can easily build a strong internal system and not rob you of energy.

Do you remember the last time when you eat these food combinations like rice and meat, potatoes and meat, milk and cereal, fruits after your meals? How did you feel immediately after eating these foods? What about 20 minutes after the meal? Did you feel totally exhausted after the meal, heartburn, indigestion, or just feel sleepy after the meal? Did you have excessive gas in your stomach that causes you to burp frequently?

In most situations, you are feeling this way because of the wrong food combination in your meal. As we go along, it would be beneficial for you to record down the foods that you eat and classify them according to proteins, starch, fruits, sugar, vegetables and dairy foods.

### **Eat Starchy food and Protein food separately**

Protein food (meat, dairy, nuts, seeds, etc) requires an acid medium like hydrochloric acid and pepsin for digestion while starchy food requires alkaline medium for digestion. When these 2 types of foods are eaten together, the mediums present would neutralize one another. Digestion in this case would be very difficult and result in fermentation and decomposition. This would then cause in digestive disorders and gas.



Eating incompatible food combinations would require more energy to digest the foods. Essentially, the additional energy required to digest the food is simply a waste of energy and is potentially causing you diseases. Excessive acid would also be produced during digestion causing an acid alkaline imbalance. And earlier, you have learned that having too much acid in your body is bad for your health.

You can simply avoid this by eating starchy food and protein food at different meals to avoid having incompatible food combinations. Foods like rice and meat or potatoes and meat should not be at the same meal. And if you are a vegan, you should always avoid eating grains or potatoes with nuts and seeds.

**For most people, just by reducing the consumption of meat in your meals, you can easily reduce the acidity level in your body.**

### **Eat only one kind of protein food at a meal**

Different proteins would differ in their acidity and type, their timing and strength of secretions for different proteins. You want to avoid combining avocado with nuts, nor any of the following protein foods with each other: eggs, cheese, soy beans, nuts, avocado.

For optimal digestion, it is best to eat only one variety of nuts at the same time. For most people, eating 2 or 3 varieties of nuts together at the same time are fine for their body. You may need to experiment a little to find out whether it is okay for you.

### **Eat proteins and fats at separate meals**

Food especially nuts contains over 50% of fats and this requires longer period of digestion. Fat in food is holding back the secretion of gastric juices through a small wall. Therefore, when taking food that is fat concentrated with protein food, gastric catabolism would decrease the degree of lipid concentration inside the stomach. Leaving fats undigested until gastric juices are done with t h e i r tasks on the complex protein molecules.

Though most protein food (primary) contains high concentration of fat, lipid/s would be held in suspension, w h i l e waiting for catabolism in the intestine, this without impeding gastric action. Free fats like butter, milk and oil tend to coat gastric mucosa, and this inhibits any effort in secreting gastric juice. The fats that surround fried food (i.e. fries, chicken, etc.) are also regarded as free fat.

### **Forget the desserts**

We are fond of eating desserts after meals. Sadly, this becomes a heavy burden for our stomach. When we eat dessert after our meals, they will pile up in our stomach and left to ferment for a long time. When this happen bacteria do turn them to alcohols, vinegars and acetic acids.

Furthermore, desserts contain large amount of sugar which would increase the acidity level in our body. Generally, you would want to replace your desserts with healthier choices like fruits and natural foods.





## Eating fruits alone



### **What are the benefits in eating fruits?**

Fruits are foods that most people are attracted to, as fruits always entice our senses. We are born with natural instinct for eating sweet food and that instinct draws us naturally to fruits. Also, fruits have been consumed as far back in time as we know; while grains, legumes and dairy products have only been introduced to us for only 10,000 years or even lesser. Anthropological studies have shown us that fruits are indeed an integral part of the human diet since time immemorial.

Fruits have always been known as one of the healthiest food available. Most of us know that fruits are healthy and that we should eat more due to the vitamins available in fruits. However, even after knowing this, there are still very few people who actually include this in their daily diet. Fruits are mainly taken only for snacks and desserts, and are rarely seen as a staple food. To many, it is something that cannot sustain hard working men and women as opposed to having bread or meat. Many still do not realize that fruits must be a staple part in one's daily diet.



### **Below are more benefits of eating fruits:**

- Natural source of sugar that we can draw for energy
- Packed with vitamins, and still the best source of vitamins as opposed to other type of food.
- Packed with anti-oxidants.
- Much easier to digest as opposed to grains. Fruits are pre-digested. Digesting ripe fruits hardly requires digestive enzymes, in other words it is less taxing for our bodies.
- Alkaline forming.
- It contains abundant source of pure water.
- Easy to eat, does not need much preparation.
- Our senses are nourished not just our taste buds.
- Eating fruits can actually extend one's lifespan. In September 2001, a study published in the British Medical Journal showed that eating fresh fruits offers the best bet for long life. Same study showed that those who frequently eat fruits had 32% lower risk of dying from cerebrovascular disease like stroke, and that 24% much lower risk of dying from ischemic heart disease.
- It contains lots of fiber (which is important for optimum digestion).

**Most people are not absorbing these nutrients and vitamins of fruits because they are eating it the wrong way.**

### **Fruits do not combine well with other food.**

The main reason is that fruits contain simple sugar that does not require digestion. Hence our stomachs can digest the fruits within 30 minutes to an hour. Other foods that are rich in protein, fat and starch are known to stay in the stomach for a much longer period as the stomach takes more time to digest these foods. Therefore, if you eat fruits after a meal, the sugar in fruits will stay longer in the stomach and will eventually ferment; that is the reason why most people experience problems in digestion. And some also blame that after eating a particular fruit, they experience allergic reactions.

There are a lot of people who experience a hard time in eating fruits alone for a meal. They will be full after eating melons alone, but will get hungry very soon. One must know that for obvious reason melons are not calorie dense. While eating a small cantaloupe (about 200 calories are present) is not enough to sustain a person for a very long time. To some, who have read somewhere that it is not allowed to mix melons with other fruits, they will just try to wait until their next

meal and then eat something else and will overeat dried nuts and fruits to compensate in between those meals.

The answer to this problem is quite simple, since fruits are known to be digested fast, it is possible to eat a fruit before eating any other food. You are allowed to eat as much fruits as you can when you are hungry. However, it is ideal to eat one type of fruit only.

**Wait for 15 to 30 minutes and then eat any food that you desire.**

The same rule applies with combining other fruits. For example, you can eat melon all you want, and if you feel that you are still hungry, you can always eat another type of fruit just to satisfy your appetite.

Again, it is not necessary to eat melons alone if you already ate one before taking another food. You can have melon and after that you can eat avocado. The only thing that you remember is that is important to eat fruits first and not after your meals, and that it is ideal to have one variety at a time.

**Keep 20% of your stomach empty**

Overeating is very harmful to your body as a lot of energy will be wasted to digest the excess foods in your stomach. This will also result in an increase of excess acids in your stomach to help digest the foods well. If you have digestive problems, overeating would harm your body even more.

There is a famous study by Dr. Edward J. Masaro where he tested this theory of overeating with rats. 13% of the rats which are allowed to eat as much as they wanted still survived after 810 days. 97% of the second group of rats with only 60% of the food consumption of the first group still survived. 50% of the rats with the same amount of food consumption but with a reduced of 50% of the proteins still survived.

We tend to overeat because it takes around 20 minutes before the stomach sends a signal to our brain to indicate we are full. If you tend to overeat, do slow down and you will definitely eat lesser.

The moral of the story here is eating less and you can live longer to eat more.

### **Don't drink any fluids at meals**

Drinking fluids at meals would dilute the digestive juices and slows the digestive process. Most people usually eat their meals with soda, tea, wine, or juice. These drinks not only dilute the digestive process but also complicate the digestion process.

If you want to drink any fluid, do it at least an hour after your meal. Before your meal, if you want to drink any soup or fluid, make sure you do it 30 - 45 minutes prior to the meal as well.

### **A meal must always consist of alkalizing food**

If you are eating a meal that consists of only meat and rice, then you are consuming a meal that consists of only acidifying foods. Having a meal that only contains acidifying food is very bad for your body as your body would produce more excessive acids in the stomach to digest these foods. For instance, if your meal only consists of meat and no vegetables, then there are no alkalizing foods to counterbalance the acidity of the meat. If you add vegetables to the meal, you will counterbalance the excess acidity of the acidic foods.

### **The amount of alkalizing food must always be more than the amount of acidifying food for every meal**



Having a small portion of alkalizing food like vegetables in your meals is insufficient; especially you are eating a huge proportion of acidic foods. For the maximum effectiveness to counterbalance acidity, you would need to have more alkalizing food than acidifying foods.

To maintain healthy conditions or pH levels, a relatively healthy diet consists of sixty percent alkaline food and forty percent acidic food. If the individual is leaning towards acidic pH levels, the diet must consist of eighty percent alkaline food and twenty percent acidic food. In this case, if your diet only consists of meat and starch, and that you eat very little vegetables, fruits and other alkalizing food, you can do the opposite by eating more alkalizing food (80%) and less acidifying food (20%).

### **Eat 5 or more servings of fruits and vegetables a day**

Five or more servings a day, is a good rule of thumb for fruit and vegetable consumption. The more you consume fruits and vegetables, the better it is for you. Typically, fruits contain certain amount of acid, however, fruits also have an alkaline response in our bodies. They are well-thought-out as bicarbonate precursors, thus, they have an alkalizing effect on our bodies.

If possible, always try to keep a stock of fruit bowl. Always keep baggies of celery, carrots, green peppers and other vegetables that you and your family may enjoy eating raw in your refrigerator.

### **Limit intakes of meat, eggs and other dairy products**

Meat, Eggs and other Dairy products do have an acidifying effect on the chemistry of your body. If possible, do reduce the consumption of these food groups. These foods, along with nuts, grains and legumes, should comprise not more than a third of your daily diet.

Most people would think that these foods provide us the protein that our body needs and hence they are not willing to reduce the intakes of meat, eggs and dairy products. The question here is do how much protein do we need?

## Protein Myth - How much protein do we really need?



What is the best form to get one? This question has caused heated debates. Are animal products the only way for us to get protein? A lot of people are misled by the media that meat is the best protein source since it was man's first food.

According to Dr. M.Ted Morter, Jr., "the problem with protein is excess - following this premise, 'if a little protein is good, then a lot is better' can actually lead you down to the path of disease."

Dr. Morter also suggests that one must keep their daily animal protein intake under 47 grams/day (this is about less than 2 ounces), and try to keep protein excess consumption to rare special occasions. He also believes that one can actually maintain glowing health on a daily protein intake of amount that is found in 2 eggs.

Protein is found in many food other than animal products (i.e. a slice of cheese pizza contains 6 grams of protein and 1 cup of potatoes contains 7 grams of protein), for example most people do not realize that they are getting protein just from eating potatoes.

Dr. Morter also says to make sure to include protein from food other than animal products. He states, "Even without meat, a variety of typical American foods will give you at least enough protein."

The fact is no authorities completely agree on "how much protein we actually need". The following are suggested by various organizations regarding protein amounts:

- *According from the reports of the American Journal of Clinical Nutrition estimate, we need 2.5% of our daily calories from protein.*
- *According to The World Health Organization sets the protein requirements at 4.5% of caloric intake per day for both men and women.*
- *According to The Food and Nutrition Board of the National Academy of Sciences gives a range of 4.5% to 6% as the range for the needs of protein for 98 percent of the US population.*
- *According to The National Research Council cites a figure of 8% of our daily calories needs to come from protein.*



## **Let us take a look at how Mother Nature designs our human body.**

Mother's milk has 2.38 percent more protein during the first week, after the child is born. This is due to the fact that the infant's body dramatically develops in this period, building mass as compared to the time when they are in their mother's womb. Therefore, it is of the utmost importance for infants to consume a significant amount of protein during this crucial time.

On the infant's second month, the protein levels in the mother's milk significantly drop from 2.38 percent to 1.79 percent. Although the infant is constantly growing and developing, the boost in growth is not as fast and the need for an extra amount of protein is no longer required.

Right before the third month, the protein levels in the mother's milk drop further from 1.79 percent to 1.49 percent. This amount of protein can sustain the child's growth and development, without the assistance of any supplements.

On the infant's sixth month, the protein levels drop from 1.49 percent to 1.07 percent. This is due to the fact that most infants are receiving supplemental feeding. On the other hand, there are some who are adamant that breastfeeding is still the best, without the need for additional supplemental feeding.

Now, you might ask what this has to do with our consumption of dairy products. The logic here is, if during the initial week, an infant only needs 2.38 percent of protein, and during the succeeding months, they need lesser and lesser. Given this information, do you think we need so much protein now as we grow?

We need protein to stay alive, to help us build tissue and more, and its importance can never be denied. But bear in mind that protein is available to us from many other sources like plants, vegetables, etc.

Protein is important. But be reminded that you are looking for quality in protein and not quantity. You don't need to bombard your body with excessive amounts of animal protein. There are also plenty of proteins found in plant foods like the list below.

### Protein Percentages in Plant Foods

Plant Foods	Proteins Composition
spinach	49%
broccoli	45%
lettuce	34%
cauliflower	40%
kale	45%
zucchini	28%
cabbage	22%
Chinese cabbage	34%
Mung bean sprouts	43%
bamboo shoots	39%
wheat germ	31%
strawberries, oranges, cherries, apricots, watermelon	8%
lemons	16%
honeydew melon	10%
navy beancontains 26% protein	26%
mushrooms	38%
pumpkin seeds	21%
soybean sprouts	54%
oats	15%
brown rice	8%
whole wheat	17%
walnuts	13%
pecans	5%
filberts	8%

(Source: Nutritive Value of American Foods in Common Units, USDA Handbook No. 456)

Now you have all the key principles of food combinations, you can compare it with the diet you are eating on a daily basis. Keep a fresh mind to look out whether you have violated any of these food combination principles. Only with awareness then you can start to change your diet progressively. You can immediately apply some of these principles in one or two of the meals and feel the effects on your body.



# Analysis of your meals



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Most of the time, we are choosing the foods based on our eating habits – this could be because of media influence, peers, parents, or even based on our culture. If these foods are healthy, your health should pose no problem. But if your health is showing problems, you should pay more attention and adjust your diet accordingly.

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One of the worst things that could happen is you are ignorant about which meals are bad for your health and continue to consume it for many years. Hence, this chapter could help you in gaining awareness of the common meals in your daily life – whether are they acidic or healthy. You will see several menus on the breakfast, lunch and dinner and you will see general alternatives to the meals.

Before we proceed to the analysis of meals, do take a look at the classification of acidic and alkaline foods at the end of the book and you will know how different foods fall into the acid or alkaline category.

## Breakfast

Breakfast is the most important meal for the day; studies have shown that skipping breakfast would result in fatigue and exhaustion throughout the day. Not only is it important to have breakfast, it is even more important for you to eat a healthy breakfast.

These are 3 samples of typical American breakfasts.

Breakfast Samples	Alkalizing	Slightly To Moderate Acidic	Highly Acidic
<b>A</b>		Egg	White bread, ham sandwiches or burgers on white bread, coffee or tea with milk and sugar, jam
<b>B</b>	Raw milk	Cereal Processed milk	
<b>C</b>			Coffee, Doughnut, croissant, sweet rolls, cakes, (sweet pastries)

As you can see, the typical American breakfasts contain mostly acidic foods. Let's take a closer look at how these breakfasts actually violate those principles we talked earlier on.

**Breakfast sample A** is a typical American breakfast consisting of bread, meat, coffee and jam.

White bread is made from refined white flour and is produced from whole wheat grain where it is subjected to the refining process. As a result, most of the health benefits are also being removed. White flour contains a large proportion of high glycemic index carbohydrates and these carbohydrates cause sugar to be released into the bloodstream rapidly. As you know, sugar produces an acidic stomach and

if you eat more foods of refined white flour, it will cause an acid alkaline imbalance in your body.

If you replace white bread with whole grain bread without yeast, it can help you lower the acidity level. And you can even reduce the acid intake by consuming bread that is prepared with whole-grain flour.



Jam, Jellies and marmalades are extremely acidic. In order to preserve them, they need to be in a high acidity environment to prevent the growth of food poisoning bacteria and maintains the flavor of the fruits. Hence high sugar content (some are at least 68%) is needed to prevent the moulds and yeast to grow.

Coffee is highly acidic because of the purine content. In short, purine is a compound that when metabolized, it will form a crystalline compound which includes uric acid, caffeine and xanthine. If you are thinking about decaffeinated coffee, it is no less acidifying. Some of the best substitutes for coffee would include

Roasted Grains and Chicory which are used by many ex-coffee lovers to change their habits.

You should avoid white or brown sugar altogether. It would be the best if you can just drink the beverages as it is without adding any sugar at all.

If you really want to sweeten these beverages, you can use natural alternatives like stevia. You can also use less sweet alternatives like black molasses, sugar cane organic maple syrup or raw honey. Even though some may say these natural alternatives still contain a lot of sugar, but it is a lesser evil than normal refined sugar.

You should also avoid adding milk to your beverages as well. Milk is also acidifying and adding to the coffee would increase the acidity of your breakfast.

### **What about sausages, bacon and egg?**

Meat and eggs in general are highly acidic. When we are consuming these foods with bread, it makes the digestion process even more difficult as starch and protein require different mediums for digestion.

When we eat this kind of food combination for breakfast, the pH level in our body would be highly acidic. To balance the pH level of our blood and to digest these foods, our body would be robbed of energy and as a result this will make us feeling tired and lethargic.

If you have been following such diets in the past, try to recall how do you feel after eating these foods?

**For breakfast sample #B,** it is a typical breakfast of cereal and milk.

You might be shocked to know that cereals are acidifying. However you can still keep them as they are considered a good source of energy for the body. The big problem of cereals is that they are difficult to digest. When cereals are difficult to digest, the body would create a more acidic environment which leads to greater problem of acidity. You can simply improve the cereal by cooking it and it will help the body to digest it better.



Another reason why cereal can be quite acidic is because it has a high sugar content, which is used to enhance the flavor of the flakes. It would be best if you can find cereals with little or no sugar, or are only sweetened using natural sugar rather than refined sugar.

Milk can be classified into raw or homogenized (processed). Milk on the shelf of the supermarkets is homogenized to control the hazards of contagious bacterial disease. However by processing the milk, it loses all the valuable enzymes and

without these enzymes, milk is very difficult to digest. If you want to mix milk with cereal, it is best to mix raw milk instead. Other than milk, there are many healthy alternatives to milk like almond milk and Rice Dream.

**For breakfast sample #C,** it is a typical breakfast of coffee, doughnut, croissant, sweet rolls, cakes, (sweet pastries).



This looks like one of the breakfasts that is not only delicious, but fast. You may also feel sugar crash after eating this kind of breakfast.

These sweet pastries are highly acidic due to the fact that there are high sugar content in these foods and if your coffee contains sugar, it will be a double whammy. The surge in energy level would come from the high sugar content of these foods and it is a temporary boost of energy. You would feel that you need more stimulants once the energy are used up and this would result in a bad vicious cycle. At the end of the day, you would feel totally exhausted.

To break this vicious cycle, switch it with foods that give you real energy like whole grain organic bread and do away with the coffee using substitutes like chicory.



## Healthy breakfast alternatives

After a night of rest and recuperation for the body, rather than clogging up our body again with acidic breakfast or large quantity of food that takes all day to digest, we want to have foods that provide what the body needs - foods that are easy to digest and even help to cleanse the body. The best breakfast you can have is an all fruits and vegetables breakfast.

The idea here is to only consume fresh vegetables and/or freshly squeezed fruit juice from the time you wake up till around 12 o'clock in the afternoon. Try this breakfast for 10-20 days; you will feel a surge of energy that you have never felt before.

## Other alkaline breakfast alternatives

Alternative 1: Banana smoothie made from Rice Dream, or almond milk. You can use other fruits for the smoothie as well.

Alternative 2: Steamed apple juice – This is a very healthy, illness free recipe that is taught by many Asian doctors. If you consistently drink this recipe for a long period of time, it can strengthen your immune system especially your lungs. Common illnesses like flu and cough would stay away from you.

Directions: Simply peel the skins of the apples and cut them into smaller slices. Next, pour these slices of apples into boiling water and continue to boil it for 30 – 45 minutes. And you are ready to drink. You can vary the concentration of the juice by varying the amount of water.



Alternative 3: A glass of water with a squeeze of lemon, salad with cucumber, romaine leaf and spinach, and a glass of almond milk.

For more alternatives, take a look at “What To Eat” section.

## Lunch

For the next section, we will be looking at the American typical lunch.

For most of the people, lunch is considered the main meal of the day. Lunch usually includes meat, starch and vegetables, accompanied with wine, coffee or soft drinks. Sweet desserts are lined up at the end of the lunch. In most cases, most of us are consuming highly acidic lunch.

Lunch Samples	Alkalizing	Slightly To Moderate Acidic	Highly Acidic
<b>A</b>	Salad Vegetables		Fish and Chip/ Chicken Chop/Pork Chop Red Meat French Fries Soft drinks or wine White Bread White Rice Sauce or Gravy Ice Cream
<b>B</b>	Herbs	White Meat	Pasta made from refined white flour Seafood Tomato sauce Cheese Red Meat
<b>C</b>			Coffee, Doughnut, croissant, sweet rolls, cakes, (sweet pastries)



Let's take a look at some of the lunch samples that most of the people have on a daily basis.



**Lunch Sample A** is a typical meal of Western food like fish and chip (it can be chicken chop, pork chop), french fries and soft drinks. All meat is acidifying even for both white meat and red meat. To add on top of that, the cooking methods for these meats also contribute to the acidity of the food. When these meats are deep-fried with a lot of oil, the overall meat would be even more acidifying as the stomach needs to excrete more acids to digest the meat. If you can just significantly reduce the amount of the meat consumption, you could easily achieve acid alkaline balance.

The potatoes which are alkalizing in nature become acidic when you start to fry them. Just like the deep fried meat, the fried fries would be surrounded with lots of oil and it would be more difficult to digest. When you combine the potatoes with the fish in the picture, you are essentially combining starchy food and proteins together.

White bread and white rice are also starchy foods that are acidifying in nature. And they are eaten by many people quite frequently during lunch time. Remember in the previous section, you should always try to avoid combining starchy food and protein in the same meal. Having starch and proteins in the same meal is not a good food combination.

Sweet desserts are usually made by refined white sugar and this would be detrimental to the acid-alkaline balance of the body. The sugar and the protein food combination is also a bad food combination as mentioned above.

Salad and vegetables are the only alkalizing foods in this example and it helps to readjust the acid alkaline balance. You definitely want to have a big portion of vegetables otherwise it would not serve its purpose in helping to balance the acidity of the meal.



**Lunch Sample B** is another typical pasta meal. Like white bread, pasta is made of refined white flour and is classified as starchy foods. A better way is to have pasta made from whole grain.

Again, if you mixed the pasta with the meat, you would end up having starch and protein in the same meal as well. Having vegetarian pasta would definitely be more beneficial to the acid alkaline balance as you would no longer be mixing protein with starch.

The tomato sauce used for the pasta can be quite acidifying as sugar are added to the sauce to keep it delicious and as a form of preservation as well. The acidity also increases after it is being cooked and their vitamins and minerals are destroyed. In fact, tomatoes are best eaten raw.

Now you may be thinking that it is impossible to eat pasta without sauce, you can either make the sauce yourself or use pesto sauce instead. Pesto sauce is usually made of herbs like basil leaves. You may also want to have more vegetables in your pasta to make it more alkalizing and healthier.

## Alternative Alkalizing Lunch

In this section, you'll find some simple alkalizing lunch that can give you a better understanding of what should consist in your alkaline meal. For a more detailed meal plans and nutritional guidelines, you need to take a look in the section of "What To Eat".

It is almost impossible to have 100% alkalizing lunch if you are eating meat. But you can definitely reduce the acidity by reducing the amount of meat, the method of cooking the meat and the type of meat. You can also counter balance the meal by adding a large proportion of vegetables to your lunch. The best alternative is to have vegan meals.

Lunch	Alkalizing	Slightly To Moderate Acidic	Highly Acidic
<b>A</b>	Vegetable Salad	Tofu Seeds Nuts	
<b>B</b>	Cooked Vegetables Mushrooms	Brown rice Potatoes	

## Basis of an alkalizing lunch

From above, you can see that being alkaline can be as easy as including vegetable salad, more vegetables, and less meat. In fact, this is the easiest way for you to start a more alkaline diet.

You can see that one of the best way to start an alkaline diet is to include salads before your meal. Salads can be very alkalizing especially when you are using many varieties of raw vegetables. For any meal that has cooked starches, you should always begin with a large green salad. From the example above, you can see that the sample lunch meal consists of both salads as well as cooked starches and vegetables.

For sample A, it is a green salad mixed with tofu and for sample B, it is cooked brown rice mixed with mushroom, carrots and a bit of vegetables. Unlike the proportion you see in the picture below, you may want to have a bigger portion of salads compared with the cooked brown rice in order to have a balanced alkaline diet.



**MEAL A**



**MEAL B**

## Dinner

Dinner is very similar to lunch for most people. For some people, they have very heavy dinner during the night. But the truth is your body is about to rest for the night. Having a heavy dinner would mean that it will take a longer time for the food to digest.

It is not recommended to have heavy dinner when our body is about to rest. You would want to have a light dinner so that your body can rejuvenate well during the night and not working hard to digest the foods.

You should also have dinner between 6 - 8 pm, so as to allow the digestion to be completed before you sleep. If you have a late dinner, your body may still be digesting the food when you are sleeping. When the stomach is still digesting the food, the body is unable to proceed with repairing of tissues and organs.

To add on to that, an alkaline dinner is recommended. If we have a highly acidic dinner, body would require the entire night to adjust back to acidity level in your body on top of the amount of acidity accumulated in your body throughout the day.

To have a better sleep, you may want to avoid these foods such as garlic, spices, onions, sweet fruits and even the habits of eating late at night. The sugar and acids in the fruits may prevent you from falling asleep and even affect your sleep.

It would be advisable for you to follow closely to the alkalizing meals provided above for dinner.

It would be best that you do not consume any foods just an hour or 2 before you go to bed so your stomach can rest during the night. If you are incredibly hungry, it is best to have an apple or few bites of raw vegetables and nothing else.



# What To Eat



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In the previous sections, we have covered many alkaline principles and in this section, we will cover more in details exactly what food to eat and why you should eat the food. By the end of this section, you will have a strong understanding on preparing a balanced and alkaline diet.

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When most people first started on the alkaline diet, they thought that the diet was basically eating all the alkaline foods and nothing else.

But the alkaline diet is more than just eating of alkaline foods. We want to strike a balance between achieving acid alkaline balance and at the same time, have sufficient nutrition for our body.

We are going to explore exactly what are the foods to include in our meals to achieve a healthy and balanced alkaline diet - with all the necessary vitamins and minerals for our body?

To achieve a balanced pH and a great health, here is a simple rule of the thumb:

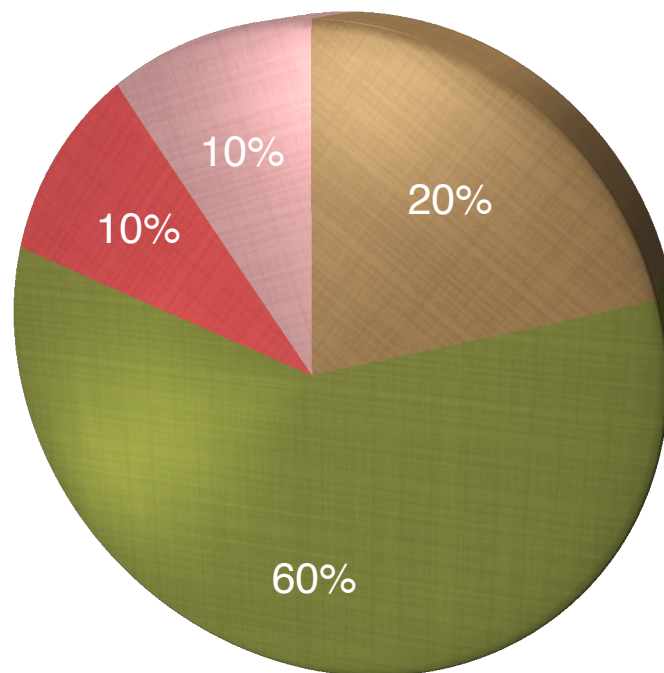
## The Golden Nutrition Formula

Just imagine that you are having a meal right now and it is divided into 10 portions. Ideally, your meal must be allocated into the following proportions:

Approximately 60 - 70% should comprise vegetables, 20% on fruits, 10-15% on grains and the last 5-10% on protein.

● Fruits      ● Vegetables      ● Grains      ● Proteins

**Golden Nutrition Formula**



In the following section, we'll go into details of what exactly you should eat for each individual category.



## Vegetables

There are dozens of vegetables readily available and each of the vegetables has different health benefits and minerals.

### **What kind of vegetables should we eat?**



In order to have a balanced nutrition and minerals from different kinds of vegetables as much as possible, we have classified vegetables into the following group: –

Land Vegetables  
Root & Tuberous Vegetables,  
Sprouts & Sea Vegetables  
Fungi Vegetables

Each of these categories of vegetables has their own individual characteristics and they are essential for our health and body.

## Land Vegetables - Leafy, Melons and Legumes

**Leafy Vegetables** refer to plants that have edible leaves. Although it is of paramount importance to include large quantities of green leafy vegetables in our meals, most of us do not do so. Some of the benefits are as shown:

### Rich in Chlorophyll

Chlorophyll is essential in helping the blood stream to create **healthy blood cells** and strengthening the immune system by removing the bad bacteria in the bloodstream and preventing the growth of unhealthy bacteria.

Have you ever wondered why chlorophyll is such an effective agent in creating new blood cells? The answer lies in the chemical composition of chlorophyll which has similar cell structure as haemoglobin, with the only difference being the core of chlorophyll contains magnesium while that of haemoglobin contains iron.

Firstly, due to its title of being a powerful blood creator, it creates more haemoglobin thus **increasing the transportation of oxygen**. Secondly, chlorophyll carries **magnesium**, which has a **highly alkalising effect** on our body. Magnesium is also a vital mineral for proper functioning of our body which is discussed in the earlier section.

Chlorophyll stored in the leaves gives green leafy vegetables the dark green hue. To retain this powerful blood creator and cleanser, leafy vegetables should not be overcooked. They are best eaten raw and two of the best preparation methods are salads and freshly blended juices.

### High in Fibre

Besides being rich in chlorophyll, leafy vegetables are also full of fiber, which **flush toxins and wastes** out of your digestive system. Dark green vegetables contain Vitamins A, D, E and K, and minerals such as iron, potassium, magnesium and phytochemicals that are important to our health. Research has shown that including leafy vegetables in daily meals can reduce illnesses like diabetes, heart diseases and high blood pressure. Being high in Vitamin A and D, leafy vegetables are beneficial for a healthy vision, glowing skin and maintaining a healthy weight.



## **Melon and Gourd Vegetables**

Some of the most common foods in this category are watermelon, pumpkin, winter melon, bitter gourd, cantaloupes, honeydew, sweet melon and many more.

**Melons** are mostly alkaline in nature.

In essence, melons are rich in carotenoids that help in preventing diseases such as prostate and oral cancer. Zooming into more details, pumpkin also provides a lot of vitamin A, C and beta-carotene that are crucial for our health. The juices of melons like honeydew and watermelon are excellent reserves of minerals, similar to those that can be found in natural distilled water, as their water are derived from deep down in the soil. You will be drinking the goodness of these pure minerals each time you consume melons.



**Gourds** such as bitter gourd are low in cholesterol and saturated fats, and high in dietary fiber, zinc, magnesium, riboflavin, iron, manganese and vitamin C. Bitter gourd is famous for its many medicinal properties – alleviating illnesses like fever, cough, diarrhea, diabetes, high blood pressure and more. The Chinese associates bitter gourd to have ‘cooling’ properties, perfect for reducing the ‘heatiness’ of most tropical Asian countries.

### **Legumes Vegetables**

Legumes are pods that split into halves in the middle and they are excellent sources of nutrient-dense proteins and contain cholesterol-lowering fiber and other phytochemicals.

As legumes are rich sources of high-quality proteins, they are good substitutes for animal-sourced proteins. The water-soluble fiber presents in legumes helps to lower bad cholesterol in our bodies and thus reduces the risk of cardiovascular diseases. Not only are legumes rich in water-soluble fiber, it also contains insoluble fiber which is necessary for your digestive system to be healthy.

Legumes are rich in minerals like magnesium, copper, iron and folic acid which are essential for our body to function. Beans which is under the legumes family, also contain a high amount of vitamin B6 and anti-oxidants, which can help to prevent cancer.



**Folic acid** helps the bloodstream in the creation of new blood cells and our body certainly needs these new blood cells everyday! Some examples of legumes are soybeans, and all the different types of pulses. So grab legumes today and include them as part of a delightful meal!

### **Root and Tuberous Vegetables**

These are edible roots of the vegetables that grow underground and thus absorb plenty of nutrients from the soil. Initially, roots were consumed by the peasants as it is relatively easy to grow and can withstand long storage periods. It is advisable to consume roots on a daily basis as it's bursting with goodness with its low-calories-high-fibre characteristics.

Besides such complex carbohydrates and vitamins, as the “storage centre” for a plant's nutrients, roots are an excellent source of proteins and phytonutrients.

Phytonutrients are valuable to our body because it contains anti-oxidants to fight the free radicals in our body. Have you ever marveled at the brilliant colors of roots vegetables? Well, they are derived from phytonutrients, which give roots their awesome color and unique taste. Carotenoids, and flavonoids, are two of the largest components of phytonutrients and some of these phytonutrients simply cannot be found elsewhere than vegetables.

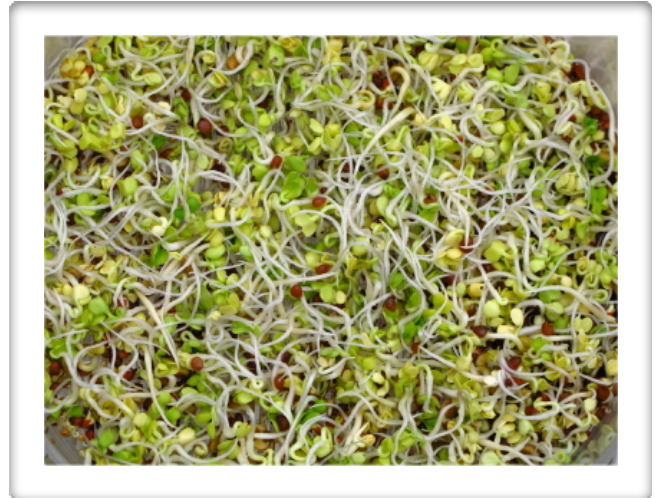
There is a wide array of roots vegetables popular in the Western culture, such as beetroots, carrots, potatoes, onion, sweet potatoes, turnips, delicious when prepared as salads or in stews. You can find out more at the recipes section.

## Sprouts and Sea Vegetables

### *Sprouts Vegetables*

Sprouts have highly alkalizing effects on our body, and provide our body with essential enzymes needed to break down carbohydrates, proteins and fats into simple sugars, amino acids and fatty acids, so much that it gives our body a heightened level of vitality.

Do not underestimate this seemingly inconspicuous vegetable! Sprouts can be consumed raw, and raw foods have an abundance of oxygen, to promote the growth of healthy cells.



In fact, sprouts are extremely rich in biophotons which act as a catalyst to help the body repair defective cells and at the same time give surges of energy to our body!

**Antioxidants, present in sprouts,** help to reduce free radicals which are created through the use of electronic devices that emit electromagnetic rays and also from the preservatives and additives found in our food. Thus, if you have distaste for sprouts, it is a good time to include them in your daily meals as you certainly want to eliminate those free radicals in your body – they oxidize in our body and alter the biochemical structures of healthy cells. And most free radicals are acidic in nature, hence consuming sprouts will keep the acid-alkaline balance in check.

Sprouts are easily available from your local supermarket, but if the supermarkets do not sell your favorite sprouts, you can easily grow your own sprouts! For vegetarians, sprouts are excellent sources of protein, and proven to be much more alkaline than acidic protein that are derived from meat sources.



## Sea Vegetables

If you have yet to discover the goodness and richness of sea vegetables, you are not alone as sea vegetables are not heavily consumed by Westerners. In fact, people in Japan and other Asian countries have, for many years, include sea vegetables as part of their daily staple. The environment in which sea vegetables grow is similar to the human blood, which makes it an excellent booster to our daily health.

Various global studies have revealed that the compositions of sea vegetables, **vitamins A and C**, have direct benefits on our body's immune system, increasing our body's metabolism and wound healing function as well as staggering the aging process. Furthermore, Vitamin **B12** is also found in sea vegetables. The anti-inflammatory properties of sea vegetables also help accelerate the healing process of wounds. Research conducted by the University of California suggested that consuming appropriate portions of sea vegetables help to reduce the risk of breast cancer.

Perhaps the most important minerals found in sea vegetables are **iodine** and **iron**, as well as enzymes and amino acids. Iodine is essential to promote healthy thyroid function. As part of the key ingredients to creating hormones, metabolism will be affected if there are insufficient iodine to synthesize thyroid hormones.

Some examples of sea vegetables are kombu, nori, wakame, and kelp. They can either be prepared as a salad, wrapped with sushi, or as part of a delightful bowl of soup.



## Fungi Vegetables

Generally, fungi vegetables belong to the family of vegetables that do not contain the green chlorophyll, therefore they do not get their food from photosynthesis. Instead, they feed on organic materials such as living plants and logs, are packed full of proteins and loved by foodies for its flavor and texture.

### Mushrooms

Mushrooms are excellent sources of selenium, niacin and riboflavin, and low in calories, hence they are great alternatives to meat if you are planning to lose weight.

Some medicinal mushrooms like the maitake, shii take, and reishi are the best herbs in the world. In short, they have shown to boost our heart health, balance our blood sugar and lower the rate of falling sick.

However, do take note not to eat excessive amounts of mushrooms. Some mushrooms contain purine which brown down in the body to produce uric acid. Excessive consumption of mushrooms will thus result in excess accumulation of uric acid in the body, and uric acid related health problems such as the formation of kidney stones and “gout”, which is a very painful form of arthritis caused by a build up of uric acid in the tissues, especially at the joints

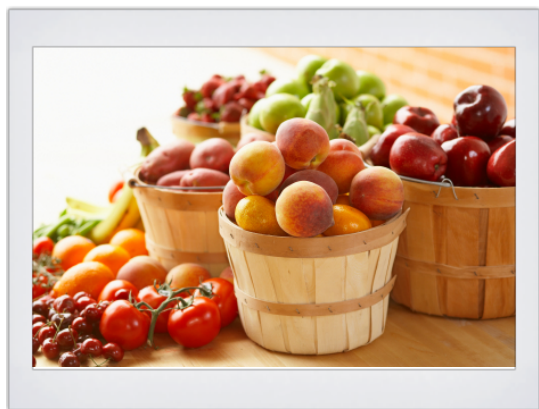
## Consumption of Vegetables

*You can have a variety of vegetables in one day or it can be spread out over a period of 1-2 weeks. Generally, as long as you followed these principles closely, you are able to eat an alkaline diet as well as maintain a healthy lifestyle.*

*Most people may have a special preference on a specific kind of vegetables over another. However, it is important that no matter how much you dislike a particular kind of vegetables, you would still need to consume some portions of it in order to enjoy the full benefits of vegetables.*

## Fruits

Another 20% of your diet should comprise of fruits. Although the food pyramid categorizes fruits and vegetables as one group, ideally your consumption of fruits should only be limited to 20% of your diet.



The best choices are fresh organic fruits, and depending on whether it is organic, you can choose to peel off the skin. It is best to retain the skins of organic fruits as there's no pesticide residues found on them. However, inorganic fruits like apples and strawberries have pesticides and wax on them to give it the shiny gleam. Hence it is always wise to peel the skin and wash the fruits thoroughly to get rid of the wax.

But you may ask – sugars from fruits are natural, so they should not be harmful to your body, right?

Well, the truth is fruits that are harvested today are much sweeter than in the past through hybridization and other processes – think in terms of seedless watermelons and new varieties of fruits. While it is true that fruits contain rich reserves of vitamins and minerals, you shouldn't consume too much of them as most fruits are very high in sugar content, and consuming an excessive amount of sugar will cause your body to be acidic.



If your diet consists of mainly raw fruits, it will be advisable to consume more of those that are less sweet, like avocados, tomatoes and grapefruits. Try to include more colors and choices to get the wholesome health benefits. Also, cut down on fruit juices. They may seem a convenient choice, but processed fruits usually have minimal amount of fiber and are dangerously high in sugar.

Besides harming your body with excess acidity, sugar will also result in chronic fatigue, tooth decay, eating of muscle tissues and yo-yo weight. Furthermore, hormonal problems often result from a high-fruit diet, where the hormones encounter difficulty in regulating the excessive blood sugar in the body, and such imbalance has a direct link to diabetes and cardiovascular diseases.

The remaining 10-20% can be split further into 10-15% grains and 10% proteins.

## Grains

Common urban myths, especially those that proclaim to lose weight – dictates that carbohydrates should be completely stripped off your diet. That's a misconception because complex carbohydrates found in grains are the fuel of our body- they provide our body with the energy you need for daily activities.

In the Traditional Chinese Medicine (TCM), they considered whole grains as the foundation of human vitality. They even consider the different type of grains as herbs that have special health effects.

For instance in TCM, brown rice boosts the function of large intestine and lungs while millet strengthens the spleen and stomach. Brown rice strengthens the 'qi', which is the flow of energy in our body, making our body more energetic. It is believed in the Chinese culture that athletes should consume more brown rice so that they will have more vigor. Brown rice is also an excellent source of magnesium, selenium and fiber.

Whole grains are food like brown rice, millet, buckwheat, red rice, wholemeal bread, are rich in fiber, which will help to reduce the risk of coronary heart diseases, and help to reduce constipation. Besides being rich in fiber, whole grains are also rich in vitamin B (folate, niacin, riboflavin, thiamin) and minerals (magnesium, iron and selenium).

The next time you go shopping for grains, remember to choose whole grains instead of processed grains. Whole grains are usually defined as the entire grains being edible, whether it is rice or oats, or wheat.

You may also want to get organic whole grains instead of normal whole grains. Non-organic brown rice is found to contain traces of arsenic that may cause cancer when consume in large amount. In fact, processed inorganic white rice is a better alternative than inorganic brown rice. The hull of inorganic brown rice is often sprayed with pesticides. As a result, it would not be advisable to consume inorganic brown rice.



Notice in this case, even though grains are considered acidic in nature but we do not want to go overboard and have everything alkaline in our meals and driving our pH level to be above 7.5. Having 10% of grains in our meals would keep our body's pH in balance as well as allowing us to absorb the necessary nutrients from grains.

## Proteins

In the earlier section of this book, we talked about the fact that we do not need too much protein for a healthy lifestyle.

For vegans, they are always constantly afraid that they do not have sufficient protein and hence they try to replace meat with beans and tofu.

Even the experts have different opinions on how much protein we need! The truth is the protein from fruits and vegetables is sufficient and you do not need to consume additional protein.

You may also hear that vegans or vegetarians are lacking of complete protein that can only derive from animals.

Complete protein is a complete nonsense that is totally refuted by modern nutritionist. It is observed from a vegetarian population that all the essential amino acids can be obtained from vegetables or grains eaten over a 1-2 day period.

As quoted by Andrew Well, MD: “You may have heard that vegetable sources of protein are “incomplete” and become “complete” only when correctly combined. Research has discredited that notion so you don't have to worry that you won't get enough usable protein if you don't put together some magical combination of foods at each meal.”

## Key #2 – Oxygen & Exercises

We all know that without Oxygen, life is unsustainable. We can go on without food and water for days, but minutes without Oxygen, we cannot survive. Oxygen is one of the most vital elements required to sustain life. Besides giving us life, it also destroys harmful bacteria in our bodies (this is without affecting good bacteria that our body needs).

Lifestyles of today with depleted Oxygen levels in our atmosphere do require our cells to use more oxygen to help us deal with several stresses on our body's ability to function well.

### How to Breathe Healthily

Life consists of but a chain of life giving breaths. In short, breathing is living. Man can live without consuming food for long periods of time, can do without water for a few days, but, without breathing oxygen, it would take just a few minutes for man to cease to exist. Breathing is the most vital aspect to living, which deserves our utmost attention.



Breathing properly is among the most essential parts of maintaining health and well being. There is a proper and improper way of breathing. Young children deeply breathe by means of their diaphragm. However, adults breathe from the chest, and breathe rapidly and more shallow. Deeply breathing is the most ideal.

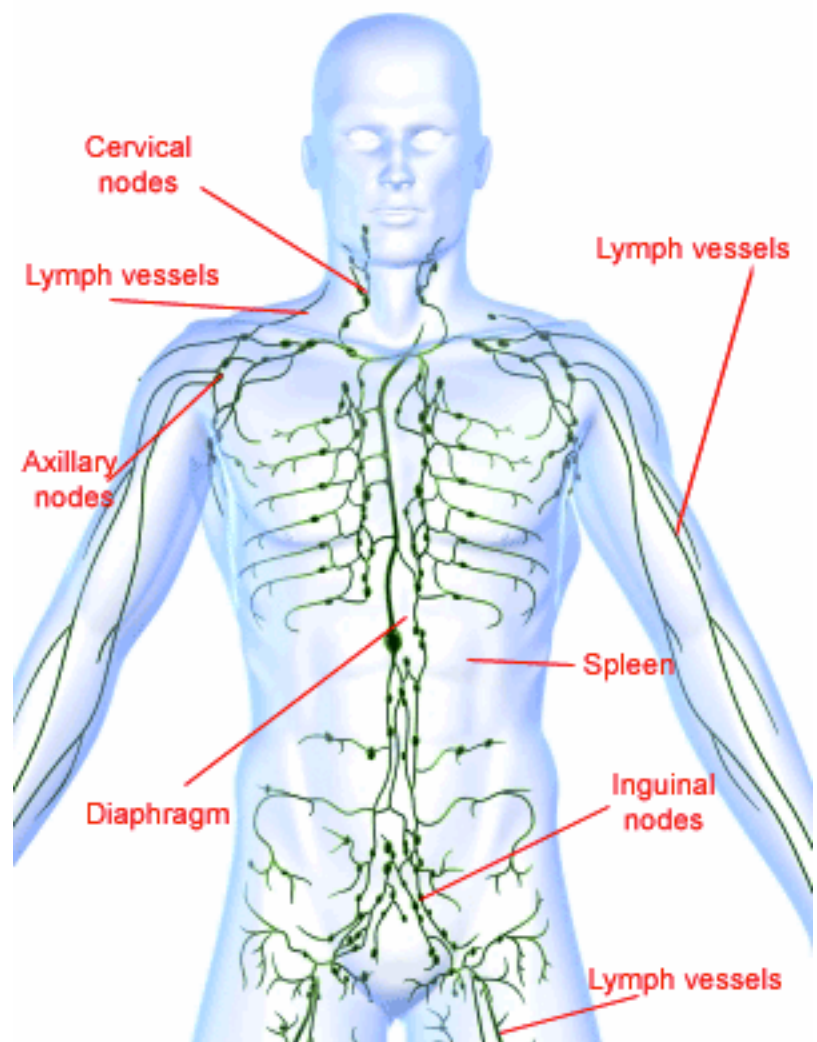
It is recommended to take a few minutes every day to practice deep breathing. In the following pages, you will see a breathing exercise that will show you how to breathe deeply throughout the entire day.

## The Lymphatic System and Deep Breathing

The efficiency of the lymphatic system is highly dependent on the level of deep breathing. Now, what is the lymphatic system? Others think the lymphatic system works the same way a sewage system works. Each and every cell in the human body is enveloped in lymph membranes.

This is how the lymphatic system functions. Blood, pumped from the heart, flows through the narrow and porous capillaries. Oxygen and nutrients, carried through the blood to the capillaries, are absorbed into the fluid lymph membrane, which covers the cells in the body.

The cells in the body are programmed to absorb the oxygen and nutrients they require to carry out their duties, followed by the secretion of toxins, some of the toxins are



excreted back to the capillaries. However, blood proteins, dead cells, and additional toxic substances are removed through the human body's lymphatic system. The lymphatic system is stimulated and activated by means of deep breathing.

The cells in body are highly dependent on the body's lymphatic system to rid the cells of toxic substances and surplus liquid materials, which are mainly responsible for the restriction of oxygen the cells require for rejuvenation and regeneration. The outer lymphatic membrane is responsible for absorbing toxic materials and dead cells, which are considered poisonous to the body, and are neutralized and destroyed.

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To give you an idea on how important and vital the lymphatic system is to the human body, in just 24 hours of the lymphatic system's shutdown, the body will be unable to eliminate excess fluids and blood proteins around the body's cells, and the result will be a definite death. This is why it is of the utmost importance to stimulate activity in the lymphatic system through deep breathing or jumping on a small trampoline. These are the two ways to get your lymphatic system going, and running efficiently.

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The lymph acquired throughout the human body is drained in the blood, through two ducts, which can be found at the bottom of the neck. From the two ducts, the liquid travels to the thoracic duct. Breathing is responsible for this action to continuously occur. Breathing deeply and exhaling deeply massages the thoracic duct upwards towards the neck, and allows the abundant flow of fluid. The duct releases the lymph into the body's veins, and in turn develops into an element of blood. After this, the lymph travels to the body's liver and goes through the process of metabolism, and is finally filtered through the kidneys.



This is what you should know about the lymphatic system. The said system is two times the size of the circulatory system. There are two times more lymphs than blood, and there are two times more lymph vessels than blood vessels. The key to good health is keeping the lymphatic system running and free flowing.

As we all have learned, the human body consists of mostly water. A portion of the water is found in the blood stream, most of the water is found in the body's lymphatic system. The cells are found in an abundance of lymph, which is a fluid pale in color.

Similar to the body's cardiovascular system, the body's lymphatic system consists of various channels, nodes (filters), and valves. However, unlike the body's cardiovascular system, the body's lymphatic system does not have a central pumping organ like the heart, which pumps the lymph in and out the lymph vessels. In the place of a pumping heart, the lymphatic system relies on muscle movement, gravity, and, most of all, breathing for the lymphatic fluid through the entire body.

When the lymph system is free flowing and working efficiently, the body is healthy. When the efficiency of the lymph system is compromised, then there will be a lot of trouble for the body. When this happens, the result will be catastrophic, and will eventually lead to death. All the other major systems in the human body are negatively affected, when the lymphatic system is not working properly.

As a result, the body's defense against harmful substances is impaired. Aside from working as a filter from toxic substances, the body's lymph nodes are responsible for producing antibodies which are in charge of fighting viruses and bacteria. The said system is also responsible for destroying abnormal cells, which can develop in the body. Abnormal cells are known as potential cancer cells. The lymph system not only works as a sewage system of the body, the system also works as an integral part of the body's immune system.

The lymphatic system is essential if all the functions of the body are to work efficiently. The need to keep the system clear at all times is essential. In order to do this, its drainage capacity has to be increased, and the consumption of toxins has to be kept at a minimum. All of these are accomplished through a healthy diet, the reduction of stress, adequate exercise, and breathing deeply.



## Breathing – A Vital Essential We Must Never Forget

Aside from a prerequisite to living, breathing is also essentially needed in good health and well being. Yes, you do breathe whether you like it or not. However, there is a proper method of breathing unknown to the vast majority.

There is a process that determines the way you breathe. This will only take a few seconds of your time. Stay still, and try not to move. Try to determine how deeply you breathe in and breathe out. Now try to notice which part of your body is moving. Is your chest moving, or is your stomach moving. Now try to determine how much your lungs can carry.

Majority of the people breathes from the chest and are called “shallow breathers.” Each and every time they breathe, only 30 percent of their lung’s capacity contains oxygen, and is mostly stored beneath the chest cavity. This is done by the body when it naturally tries to conserve energy.



However, when the body does this, you do not get enough oxygen to optimize your bodily functions. The body does not fully alkalize, and does not get the required energy it needs. Furthermore, due to the bad posture most people have, they do not even get the 30 percent capacity of shallow breathing.

You might think to yourself, “Why is shallow breathing a problem?” There are a number of health conditions, which is directly or indirectly caused by shallow breathing, problems such as chronic fatigue, heart disease, numbness, muscular cramps, digestive problems, panic attacks, hallucinations, and nightmares.

The reason why these health problems occur is because the richest source of blood comes from the lower lungs. When you deprive yourself of oxygen by breathing the wrong way, you deprive your body of optimal bodily functions.

**Properly breathing requires the use of the diaphragm.** The diaphragm is a muscle layer, which separates the lungs and the chest cavity from the abdominal cavity. Breathing properly requires the diaphragm to contract, and the stomach sticks out. This process expands the lungs and fills it with air.

Now this is how to properly do it.

- 1. Try to imagine air flowing into your lungs from the bottom up. Place a hand on your chest and a hand on your stomach.*
- 2. Slowly inhale by means of your nose, and feel the air go to your abdomen.*
- 3. Push your stomach with your hand as gently. Your chest will move a little, when you push your abdomen.*
- 4. For optimal results, take ten breaths, three times daily in the following order; inhale, hold for four seconds, and exhale.*

**Use this method of breathing each and every day, most especially when you are tired, lacking in mental focus, stressed out, or are feeling anxiety.** This method of breathing will maximize the amount of oxygen your lungs take in before, during, and following physical activities, which will be discussed in the next topic.

## Movement Stimulates Lymph

No health course would be complete without exercise. But since you've heard it all before, let us look at another aspect to exercising. Yes there is something else exercise or moving your body can do for you.

We all know the importance of exercise in keeping the body toned, maintaining good cardio, and preserving overall health. When most people are asked, "What do you think exercise does for you?" They answered, "It burns calories, and of course, it burns fat." Yes this is true, but other than this, exercise does more. Before we get into this, there is a little bit of information you must know.

There are two circulatory systems in the human body, the cardiovascular system and the lymphatic system. The cardiovascular system is in charge of pumping blood all throughout your body. The lymphatic system is in charge of pumping lymph all throughout your body, acting like a sewage system, which carries toxins and dead cells out of your body.

Our bodies have an average of 15 pints of blood, which is pumped all over the body by the heart. Our bodies also have an average of 45 pints of lymphatic fluid, but have no pump to move it all around the body. The question is what moves all that lymph fluid around? There is just so much of it; even more than blood.

Lymph fluid moves through your body by means of muscle contractions, which squeezes the lymph all throughout a system of valves. Lymph carries harmful toxins to the lungs, and is expelled through exhaling.

Since the information above has been well established, we can therefore conclude that the lymphatic system is better stimulated and functional if you exercise on a daily basis. When there is a lack of exercise, the forces of gravity pull the lymph fluid down and become stagnant. Since lymph carries harmful toxins, the toxins stay in your body and become stagnant as well. As we all have learned, the longer toxins stay in your body, the more you are susceptible to infections and illnesses, which is not what you want for your body.

## The Difference between Anaerobic And Aerobic Exercises



When we mention aerobic and anaerobic exercises, most people cannot tell the difference. Now what are the major differences between the two, let us start by their definitions.

### **Anaerobic Exercises**

Anaerobic exercises are intense exercises, which activates anaerobic metabolism. It is mostly practiced by athletes in sports that do not involve endurance. These types of exercises focus on developing strength, power, and speed. They are also used by body builders to better develop muscle mass. This leads to a body that performs well in high intensity sports, which lasts for a few seconds at a time; at the most, two minutes. If the physical activity were to exceed two minutes, the athlete would expend too much energy.

## **Aerobic Exercises**

Aerobic exercises are exercises that optimize the consumption of oxygen in our body. The very meaning of the word “Aerobic” means in the company of oxygen. This refers to the utilization of oxygen in our body’s metabolic, or the process in which our body’s generates energy. Aerobic exercises are meant to improve our endurance, which makes us last longer. They are performed at lower intensities, but at longer durations.

## **The Best Exercise for Breathing**

From the very word itself, aerobic (in the company of oxygen), we can accurately guess which exercises are the best for breathing. Aerobic exercises teach us how to better optimize the capacity for air of our lungs, thus, taking in more oxygen. Aerobic exercises improve our stamina, which will be to our advantage in performing our daily activities. In other words, we last much longer, and perform much better.

### **What are the best aerobic exercises?**

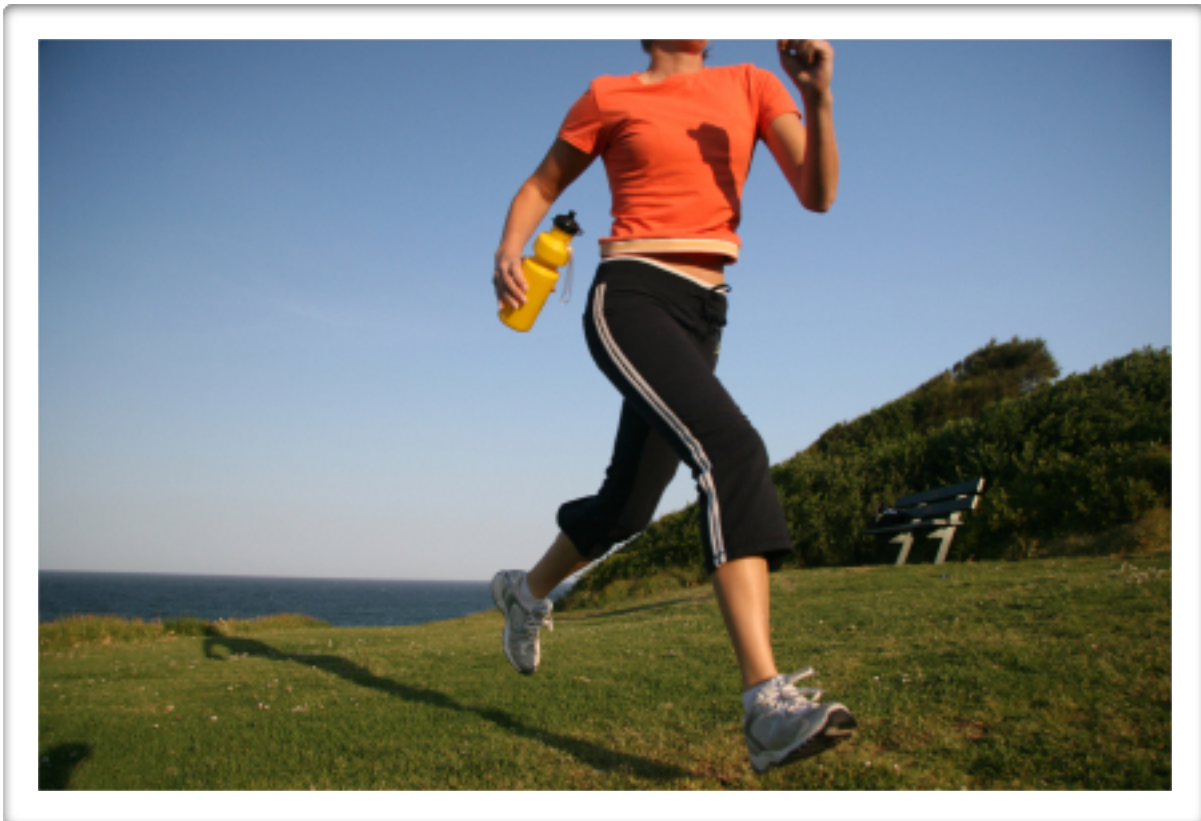
There are three types of exercises that are a cut above the rest, when it comes to improving the way we breathe. These exercises are swimming, jogging, and jumping on a trampoline.

Swimming is one of the best forms of aerobic exercise, because it teaches us to hold in more oxygen while in water. It also better distributes oxygen in the body. Jogging is also among the best forms of aerobic exercises, because the moderate speed in which the jogger jogs, keeps optimal oxygen intake at a constant. It is also the most practical method of improving cardiovascular health, physical fitness, and bone density. Jumping on a trampoline is also one of the best forms of aerobic exercises, because it has the same benefits of jogging, with less strain on the muscles and joints.



With the information given above, aerobic exercises are the best forms of exercises, which dramatically improve and optimize the amount of oxygen our lungs can carry. Try to practice these three best forms of aerobic exercises to improve and correct the way you breathe, and at the same time improve your stamina and overall health.

Now you can ask yourself, what are some of the exercises you love it and enjoy? Design an exercise plan for the next 30 days and for each exercise, do make sure that it is at least 15 minutes not including the warm up and warm down.



## Key #3 - Water

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Water is life, as the saying goes. Of all the food and beverages that we can take in everyday, water is the only calorie-free, almost cost-free and very essential to keep you alive. This water, which maybe described as plain is actually better and gives more lasting and essential health benefits than probably all the other beverages combined, whether alcohol, fruit juices, sodas, tea or coffee.

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According to the director of Duke Integrative Medicine, which is a part of Duke University Health System, Dr. Beth Reardon, “water drives basic body performance. All of the systems in the body require water for proper functioning, and so do 90 percent of all chemical reactions in the body.”

Drinking water is considered by many nutrition and health professionals as the magic potion for losing weight and in gaining total wellness. If the natural fluid balance in the human body varies serious disruptions may happen in the metabolic processes of the body which is primarily composed of water. Cultivating a good habit of drinking water high in alkalinity will help in the promotion of the body's total health and wellness.

### Natural Detox

Pollutants, both air borne and from food intake, unhealthy habits, and stressful lifestyle imputes to us toxins and deadly fats. Stored toxins and excess fat attract a gallery of sicknesses and diseases. Alkaline water is vital in eliminating body waste because it quickly flushes out such waste materials from the body.

Daily consumption of the recommended amount of alkaline water makes the body detoxified, relaxed and light. Drinking a minimum of between 8 to 10 glasses of water daily is the suggested amount given by every nutritional program globally.



But of course, in order for fluid intake to be more effective in total wellness, we must be drinking not just any other ordinary water that's commonly available in the market today, which is high in acidity and low in nutritional benefit; we must choose the brands that are high in alkalinity such as mineral water. Among the list of bottle water that have zero nutrition are purified and distilled drinking water. In buying bottled water, choose mineral or alkaline water. Some of the best brands on the market today are Evian, Fiji, and Volvic.

### **Natural Laxative**

Constipation accompanied with gas occurs when dry stool is hard to pass because the colon has become dry. Bloating and painful elimination happen. This is the result when we eat lots of meat and dairy products, drink lots of fluids high in acidity such as caffeine, sodas, artificial fruit juices and fermented drinks but the body does not receive the right amount of alkaline water supply.

On the other hand, if the colon is flushed with the right amount of water, proper bowel function will be restored as the colon is rehydrated. In order to maintain a healthy bowel movement and the finest health, it is imperative to drink an ample amount of mineral water every day.

### **Natural Diuretic**

Diuretics are anything that helps the kidney form and release of urine. Lots of people become reliant on synthetic diuretics just to lose excess bodily fluids. It becomes a malady when the body retains excess fluid. This happens when the body doesn't get sufficient water, it identifies a survival threat and starts to clutch on or hoard to each drop that it can.

Amazingly, the top treatment to this water retention problem is actually consuming enough water because if the body is given the right amount of water it needs, it will immediately release any excess water. The body will stop its natural defense of hoarding fluids.

The human body is made of about 75 percent water and through our regular bodily functions we lose around 2.5 liters of normal amount of water a day that turns into waste material. But, most people fail to replenish the said amount of water lost, and if ever they are able to put this amount back in they often replace the lost water with acidic liquids such as alcohol, coffee, cola, cordial, tea, and the like.

All said beverages are dehydrating diuretics. It is highly recommended by experts that if one drinks 8 ounces of any caffeinated beverage such as coffee, tea or cola, one needs to add an equal 8 ounces of water to avoid dehydration.

The key to wellness is hydration for our bodies bloom when we are completely hydrated, but alas majority of us suffer from chronic dehydration. If you are thirsty now and your mouth is dry then you are actually having one of the final signs of dehydration. Meaning to say the rest of your body is already dehydrated and damage has already been done by the time you get the thirst signal.

It has also been proven that, at the very least dehydration can cause: dizziness or light-headedness, dry mouth, excessive thirst, fatigue, headache, muscle weakness, little or no urination. Just being properly hydrated bestows on one dramatic improvement of energy, vitality, and weight loss. So let's consume not less than 8 glasses of alkaline water daily to be properly hydrated.

## **Water Helps In Weight Loss**

The best way to loss weight is by drinking the proper amount of water recommended in order to reach the perfect weight for a certain body type. Flushing out the unwanted toxins and fats from the body through drinking enough water places one in tiptop state of health.

If we consume 8 to 10 glasses of mineral water every day the body properly metabolizes stored fat. If we do not, the kidneys will not be able to function properly resulting to the liver taking over. The function of the liver is essential in losing weight, and if it is loaded with some of the tasks of the kidneys, it cannot effectively metabolize fat. And if the liver metabolizes less fat, the body stores more of it and weight loss stagnates or becomes slow.

Also, many people think that they are hungry but in fact they are not. In reality, they are only thirsty, because thirst and hunger tell the brain that energy is needed by the body. Thus, a person who is thirsty or dehydrated would often misinterpret such feeling and end up overeating.

Many studies have been made in which subjects were asked to drink alkaline water at the initial sign of hunger. In majority of the cases, the craving rapidly passed, and in less than a year, subjects' weight loss went to a staggeringly high of 35–40 pounds. It is recommended that one drink 8 ounces of alkaline water at the initial sign of hunger and 15 minutes before every meal as water is a natural suppressant of appetite.

## **Water Helps You to De-Stress**

When faced with a very stressful day, Dr. Reardon suggest that you make sure to sip water throughout the day as it can soothe all those stress-induced maladies such as tense muscles, headache, fuzzy thinking, low energy and pounding of the heart. Stress can tax all of your bodily systems which can be magnified when you are even slightly dehydrated.

According to Realdon, since more than one half of your body is made up of water, as little as just 2 percent “reduction in hydration has a dramatic impact on energy levels and cognitive function.” She further explains that when a person is dehydrated the level of cortisol which is the “stress hormone” increases dramatically.

Of course drinking water alone will not wash away all your stressors. But, it can give you the help you need to raise your energy levels, reduce the strain that your heart feels, slow your breathing and ease all your tensions.

## Optimal Amount of Water Intake

Experts recommend that we drink not less than 8 glasses of mineral water a day. It varies according to one's body weight and lifestyle. For people with sedentary lifestyle like office workers, or those with home-based jobs, or call center agents who sit in front of the computer most of the time, the recommended daily water intake is measured by the person dividing his body weight, which is measured in pounds, by two. Then convert the quotient into ounces of mineral water. Thus, the formula is:

Body weight in pounds/2 = ounces of daily water intake.

As an example, for huge people, a 300-pound obese person should drink 150 ounces of water per day. For ordinary people with an average weight, 150-pounders should drink not less than 75 ounces of alkaline water daily. Lightweights averaging around 90 pounds should drink at least 45 ounces each day.

For people with high physical activity like athletes, construction workers, house painters, firemen, lumberjacks, welders, military men and the like, they should drink  $\frac{3}{4}$  or 75% of their body weight in pounds, converted to ounces. Thus, the formula is: body weight in pounds  $\times$  0.75 = ounces of daily water intake.

For example, a decathlon athlete who weighs around 200 pounds should daily drink 150 ounces of alkaline water. A lumberjack who weighs around 250 pounds should drink not less than 187.5 ounces of mineral water everyday.

To be more practical, let's convert the ounces into glasses. There is a whole gamut of ordinary table glass sizes the smallest of which is 8 ounces. There is also a 10-ounce glass, a 12-ounce glass, a 14-ounce glass, and so on and so forth. The following formula helps measure how many glasses of water one should drink in a day:

## **For people with a sedentary lifestyle**

Body weight in pounds / 2 = Number of ounces / type of glass

For example, a 300-pound obese should drink 150 ounces of alkaline water daily. If he uses an 8-ounce glass he should drink 18.75 to 19 glasses a day. A 150-pounder should drink 9 to 10 glasses, while a 90-pounder should drink not less than 6 glasses of alkaline water daily.

## **For people with high physical activity**

Body weight in pounds x 0.75 = Number of ounces/ type of glass

Let's go back to the 200-pound decathlon athlete who should drink 150 ounces a day or 18.75 or 19 glasses. The 250-pound lumberjack, on the other hand, should drink 187.5 ounces a day or 23 to 24 glasses of water a day.

Now, in some other countries they use the Metric system. In order to convert ounce to milliliter, simply multiply the ounce factor with 29.5735296. Thus, in the case of the 300-pounder, he should drink 4,436.02944 milliliters or simply put, 4 ½ liters of alkaline water a day. For the lumberjack, he should drink 5,545.0368 milliliters or simply put, more or less, 5 ½ liters of mineral water daily.

## **Warm is Better Than Cold**

Cold drinks are best to quench thirst. Favorite soda companies capitalize on this as they make ways to cool their products even icy cold. So said by soda companies. This is how they sell in bundles. However, in reality, experts advise that it is better for the body if one drinks hot water or liquid that is warm or at room temperature, than cold ones.

Cold water, fluids or beverages harms the stomach. Cold water will stagnate in one's stomach till it has warmed up to one's body temperature. Not until then will it move to be absorbed by the small intestine. Also, after doing exercise or any physical activity one must drink alkaline water at room temperature, never icy cold drinks.

## Water Content of Various Fruits and Vegetables

Below is a table of various fruits and vegetables and their water content:

(Source: Educational programs of the Kentucky Cooperative Extension Service, University of Kentucky, College of Agriculture, Prepared by Sandra Bastin, Foods and Nutrition Specialist and Kim Henken, Extension Associate for ENRI, Information taken from Bowes & Church's Food Values, 1994)

### Fruits

Item	Food Weight (g)	Water Weight	Per cent
Apple	138	116	84
Apricot	106	92	86
Banana	114	85	74
Blueberries	145	123	85
Cantaloupe	160	144	90
Cherries	68	55	81
Cranberries	95	82	87
Grapes	92	75	81
Grapefruit	123	112	91
Orange	140	122	87
Peach	87	76	88
Pear	166	139	84
Pineapple	155	135	87
Plum	66	56	85
Raspberries	123	106	87
Strawberries	149	136	92
Watermelon	160	146	92

## Vegetables

Item	Food Weight (g)	Water Weight	Per cent
Broccoli	44	40	91
Cabbage (green)	35	32	93
Cabbage (red)	35	32	92
Carrots	72	63	87
Cauliflower	50	46	92
Celery	40	38	95
Cucumber	52	50	96
Eggplant	41	38	92
Lettuce (iceberg)	20	19	96
Peas (green)	72	57	79
Peppers (sweet)	50	46	92
Potato (white)	112	88	79
Radish	45	43	95
Spinach	28	26	92
Zucchini	65	62	94
Tomato (red)	123	115	94
Tomato (green)	123	114	93

## High Quality Water

Although drinking the recommended quantity of water is vital, it is equally essential to drink high quality mineral water. Sadly, no matter where one stays, contaminants like waterborne toxins, chlorine, and heavy metals are plentiful in tap water. It is highly recommended that one filters the drinking water in their homes.

As one starts the discipline of drinking the right amount of water daily, one needs to take into account that it should be of good quality, high in alkalinity and zero acidity. For water that is high in acidity is like a magnet to all kinds of diseases. It is not enough to consume any water, purified and tap water included. It must be good quality mineral water, high in alkalinity.



Contrary to what we think, making good quality, alkaline water is easy. The two easy steps are purification and alkalization. First is purification. There are two ways one can purify water so it can be much cleaner and be of high quality. They are ionization and distillation.

Ionization occurs when a water ionizer divides water into acid fractions and alkaline using the process of electrolysis. However, any water that has undergone filtration through reverse osmosis or distillation will lack mineral ions; thus, said water must be added with minerals for electrolysis to transpire.

Distillation, on the other hand, is a unit operation, a method of separation by boiling, separating mixtures that is based on distinctions in volatility of components in a boiling fluid mixture. Distillation is applied on water to remove impurities, such as metals, chlorine, salt, and the like.

## **Making Your Water More Alkaline**

Once water is purified, it becomes really beneficial if its pH balance goes to as close as 9 as possible. One can do simple things to increase waters' alkalinity. First, one can add mineral salts like sodium magnesium and potassium to increase the water's alkalinity. They are recommended as part of daily consumption as they are powerful alkalisers. This is easy as there are supplements specifically made for such purpose.

Secondly, one can use pH drops which have been recently made available in many drugstores and shops.

Initially, the pH drops were just hydrogen peroxide but at present several brands have come out that guarantee to alkalize your drinking water. Lastly, and maybe the most affordable among the three ways is simply adding juices of fruits high in alkalinity which naturally alkalizes the plain water.

You can squeeze in a little lime, lemon, grapefruit or orange juice into the water and it turns into alkaline water. Citrus fruits have alkaline boosting properties that help in maintaining the natural chemical balance in the water and maintain their alkaline-forming capabilities once inside the stomach

## **How To Store Water**

It is best and safest to store mineral water on glass containers keeping stored water pure from phthalates and chemicals, and fresh in taste and color. Plastic containers have a tendency to leak synthetic by-products into the water, affecting its purity and taste, especially if it is exposed directly to sunlight. Also, do not store water with high temperature in plastic containers because it quickens contamination.

So, store alkaline water in glass containers instead of plastic containers, in cool and dark areas. Do not purchase water in smoky plastic bottles, which leak into the water phthalates which are linked to allergies and asthma, and estrogenic chemicals, which disrupts hormone levels.

It is also advisable to put up a whole-house filtration system or install filters for the shower to protect ones skin. The skin is a living organ, and absorbing high levels of chlorine and metals from ones bathwater and shower is dangerous to ones health.

## **Changing the Way We Think About Water**

All in all we have been used to many wrong habits when it comes to handling, storing and drinking water. It is high time that we learn to appreciate the benefits water has for our health. It is also the right time for us to relearn many things so as to maximize the health benefits of alkalized water. Though cold drinks and beverages appeal to the palate, nothing beats water in terms of hydrating and cleansing the body. Let's drink to that!

# The Underlying Problem – Are you going to take action?



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The Standard American Diet has been proven to cause a vast number of health problems, which has claimed countless lives in the short course of its existence. The diet focuses on taste, and rarely places emphasis on the consequences it causes.

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Despite this fact, the food selection in this type of diet has been over marketed and commercialized to the point that it has been the major staple of countless families around the world; a staple which has been falsely glorified behind a misconceived premise and a misleading advertising scheme.

In other words, the Standard American Diet is an industry which sacrifices the health of its consumers for the greedy purpose of earning more profit, and a profitable industry it has been proved to be; earning billions not in a year, not in a month, not in a week, but in mere days put together. The sacrifice mentioned above, although one of the most, if not the most, profitable of all industries, is not worth the gamble, if the price to pay is the overall health of its consumers.

The people who have indulged in the Standard American Diet are recipients of an unbalanced pH balance, leaning towards acidic pH levels. This imbalance is a manmade condition, which unfortunately the body is not prepared to handle and counter, if overly practiced, in the long run. The said diet consists of more than seventy percent acid forming food, when the nutritional requirement of the body cannot exceed thirty percent.

The standard American diet also deprives the body of the four essential minerals needed in the prevention of excess acidity. Excess acidity, as we have learned, is the cause of most, if not all, the known infections and diseases known to man.

Life threatening diseases such as diabetes and all types of cancer are among the consequences of the overindulgence in the said diet. Given the problems mentioned in the previous chapters, a change in habits and lifestyle will definitely have to take place and come into action.

## The Simple Solution

The solution to the problems brought about by the overindulgence in the Standard American Diet is simple; much simpler than most of us may think. The solution can be found on an emphasis on alkaline forming food and a breakaway from the unhealthy habits, which most of us call the normal routine. A routine, if one might add, we should have never put to practice in the first place.

Alkaline diet offers to restore the balance that comes as a result to the damaging effects of the Standard American Diet. Following the alkaline diet not only restores the pH balance, critical in health, but also prevents illnesses and infections from ever reoccurring. Alkaline diet provides the body with the vital nutrients needed in



rejuvenation and regeneration. In other words, alkaline diet offers the option to stay youthful for as long as possible.

Like in most diets, people often question a diet's ability to satisfy the taste buds. True, the selection of food in the Standard American Diet does tickle our taste buds' fancy, but thanks to the genius of technology, ingenuity, and inspiration, who says that the food selection in alkaline diets cannot be as enjoyable and delectable?

The word "indulgence" is often associated to a negative connotation. This is due to the fact to the results of indulging in fatty food, processed food, smoking, manufactured sweets, and alcohol. On the other hand, indulgence in alkaline forming food will bring nothing but good to one's health. Alkaline forming food restores the blood to a healthy slightly alkaline pH level; provides the body with the four essential minerals, namely sodium, magnesium, potassium, and calcium; provides a more than ample supply of energy, which rejuvenates the body, and regenerates the cells and tissues, which dramatically slows down the aging process.

"Dramatically slows down aging." This is an aspect to the alkaline diet that no other diet has even come close to achieving, and a feat the standard American Diet will never achieve. Say goodbye to infections and disease; say goodbye to sluggishness, and say goodbye to premature aging. In a nutshell, alkaline diets provide the practitioners a healthier perspective and alternative to living.

The Fountain of Youth is a legendary spring that allegedly restores youth once one drinks the waters from its spring. The stories of this legendary spring have inspired people to constantly search for its whereabouts, ever since the age of reason, and the quest still continues. Little did these adventurers know that science has found what they have been unsuccessful in searching for. An alkaline diet offers to do just that; restores health, youth, and offers an all new perspective on life. It is up to you to take action and be healthy.