

Acid-Alkaline Balance Two Recommended Books

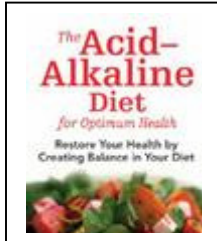
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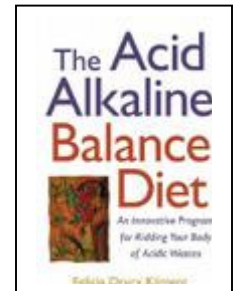
Two books on the subject of Acid-Alkaline Balance make excellent end of summer reading for those who are interested in making more informed dietary choices.

The topic itself is basic science, very fundamental, fairly easy to understand and likely to be key in the future of degenerative disease prevention.



*The Acid Alkaline Diet
for Optimum Health* by
Christopher Vasey, D.N.

*The Acid Alkaline
Balance Diet* by
Felicia Drury Kliment



Each book covers the same topic but with a different focus, making both recommended reading. **Vasey's** book gives the reader a comprehensive understanding of the acid-alkaline producing properties of most foods and offers concrete suggestions on how to balance everyday meals.

The **Kliment** book focuses on the mechanisms of various illnesses and how to bring better balance with specific foods and dietary supplements. She covers such illnesses as: digestive ailments, obesity, diabetes, hypothyroidism, cardiovascular disease, kidney disease, mental and neurological disorders, lung disorders, arthritic conditions, eye disease, insomnia, alcoholism, prostate enlargement and female reproductive disorders.

To entice you here are Christine's CliffsNotes:

Our body's metabolic processes produce acid wastes, which are eliminated through the lungs, skin, urine and digestive tract. The body needs to maintain a pH of 7.365 for optimum health. Therefore to assist the body in self-cleansing it is very important to keep lungs well oxygenated with exercise and deep breathing; keep one's skin moist, exfoliated and clean; keep one's self well hydrated/urine clear and keep digestion moving freely and fully everyday. If not, there is acid waste retention, which causes a cascade of problems in our body.

When foods are broken down they become either acid or alkaline. Modern diets are typically high in acid producing foods (meat, hard cheese, grain, sweets, fruit, alcohol, coffee/tea, soda pop). The body must bind the acid food byproducts with alkaline materials such as the minerals and salts ultimately supplied by our diet or if our diet is lacking in alkaline materials, it leaches them from body tissue such as bone, connective tissue and organs. This is of particular interest to all of us who would like to avoid osteoporosis, spine surgery and joint replacements.

Poorly chewed and poorly digested food is more acidic in nature. Simply slowing down and chewing food more slowly reduces the acidity your system has to neutralize.

Many diets for osteoporosis recommend decreasing protein, grain, sugar, coffee and soda pop all of which metabolize into acid byproduct. Even fruit is acid producing, save for the banana. It amazed me to think that I could be leaching calcium from my bones simply by having a dietary imbalance of even “good food”. Also, much of the produce we do get from agri-business grown farms has low mineral content, so buy biodynamic/organic when you can.

The one category of fruit, which is sometimes acid producing, sometimes alkaline producing is citrus. For people who can metabolize it, citrus is alkaline producing (even though it tastes acidic). There are a great many people who cannot metabolize citrus or citric acid (an ingredient in many foods and beverages) and those people are more prone to digestive problems.

So there are three ways in which the acid-alkaline balance can be improved. Through good body elimination/cleansing processes; through a dietary balance of acid and alkaline foods and through minimizing environmental irritants in what we touch, ingest or breathe (because they add an extra load to our body’s cleansing mechanisms).

Lastly, an acidic system effects health in three detrimental ways.

First, acidosis decreases the body’s natural enzymatic processes, which require a more neutral pH to function optimally.

Secondly, since acid waste is caustic, it causes irritation of tissues, for example gastritis, cystitis, colitis, asthma, rashes from acid sweat, headaches, nervousness and joint pain. Inflamed tissue is more susceptible to infection, disease and plaque formation. Acid waste that is bound or neutralized in the body is often found in areas of injury or weakness.

Thirdly, excess acid waste slowly robs minerals from of tissues such as the bones, teeth, intervertebral discs and connective tissue, making them weaker over time.

You may be asking yourself how do I know if my body’s acid-alkaline ratio is balanced?

Metabolic and dietary needs are different for each individual. Kliment discusses various tests such as simple litmus paper saliva or urine tests (www.ph-ion.com) as well as metabolic type testing from blood samples. Let’s suffice to say that if you daily consume more protein, sweets, coffee/tea, alcohol or even grains than you eat vegetables, then you are likely stressing your body with excess acid waste to clean up. If you have degenerative illness, adjustments in diet and lifestyle will be beneficial.

Just a few closing tid-bits: Did you know that not all forms of dairy are acid producing? Large curd cottage cheese and fresh soft well-*drained* cheeses are a better choice than hard cheese, avoid the liquid whey.

Cabbage and its juice help clean the lungs. Potato and corn are alkaline carbohydrates, so assuming no allergies to them, you might choose corn tortillas over flour ones and choose potato over rice or bread. (Sorry, even good brown rice is acid producing so must be eaten in balance.) Try to reduce or eliminate drinking strong black tea and coffee. If you do drink it, add milk to reduce the acidity. Banana is the only alkaline fruit, so a smoothie with ice and soymilk/milk is just the tonic when you feel peaked. Almonds are alkalizing! Make a large salad (2-3 cups worth) full of not only lettuce but also cabbage, celery, spinach or chard, grated carrot and fresh herbs part of your daily meal plan. Homemade dressing it the best. I hope you find these books as fascinating and helpful as I have!

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