



How Health Depends on the Body's Acid Alkaline Base Balance

Health is not only the absence of illness; it is the experience of a steady strong current of life force that informs every cell in our body. Homeostasis – the body in harmonious functionality - is the ideal state of being. When we are also at peace and feel safe and secure, it is hard to beat the ensuing quality of life, which is easily visible under the microscope when well-formed red blood cells flow freely.

Our body's primary cycling is the ebb and flow of breath, of balancing acid and alkaline throughout the day, the growth and death of cells; organs, tissue renewing and repairing, and with it all an internal wisdom that informs our decisions.

Aging begins at the cellular level and alkalizing our body fluids is the most important thing we can do to regain and retain vitality. Eating for health and vitality means eating direct foods, rich in life force that don't cost us energy to digest, but enhance and sustain our cells.

This means mostly uncooked foods in their natural state.

The attached list offers a listing of foods that create an acid or alkaline residue in the body. It is intended to balance what you eat and to empower your choices.

Animal flesh, most grains and nuts create an acid ash. Processed foods with preservatives, coloring and other artificial additives make the body acidic. Vegetables and fruits tend to be alkaline forming. Balancing the foods from the chart to eat an 80/20 diet is a goal, which may take a couple of years to arrive at.

Metabolism, cellular renewal and exercise create their own acid ash (carbonic acid) and the body balances that through the lungs, our breath. This is how daily deep abdominal breathing brings ongoing alkalizing opportunities.

Proper hydration with clean alkaline water and deep breathing are two tools that work always, wherever you are.

The body is acidic by process and alkaline by design.

So one can say that the physical processes of metabolism and renewal are acid based and as such the engine that drives us, while the return to the restful, regenerative state is alkaline. When this activity is a smooth flow, a sense of heightened wellbeing exists. We feel alive vital and strong with a body that bounces back and effortlessly renews itself. A mind becalmed, a heart open and glad, with a joyful outlook.



LIFESTYLE MENTOR HANDOUTS

#2 Acid Alkaline Balance - proper pH

There is a constant tension between alkaline and acid states, which is the natural yin and yang of our bodies. It's a cyclic in nature, and when the return to alkalinity is hampered, or the necessary nutrients through food and mindfulness are not available, we experience discomfort and over time waste accumulates and dehydration sets in.

Whether its tumors, cysts or deposits in organs and joints, there is debris and toxin accumulation, causing inflammation and pain. Our body's primary command is to survive and it does so by compensation. By removing the waste to areas that are 'less important' the body retains the flow of vital energy to the heart and circulation. It keeps the blood at a narrow range of pH 7.35-7.45; this is a number one survival rule.

Stress, fear, anxiety, self-doubt, guilt, blame, fighting, pain, worries and grief do also cause acid residue in the body. In fact, if you are mostly happy, your body handles bad choices much easier. At that point you are probably not interested to eat what's unhealthy for you.

The first step to alkalizing your body's fluids is through hydration. In many people the signal areas in the brain that separate thirst from hunger are confused, and they think they're hungry when really their body is asking for water. Drink clean pure water.

Try drinking a glass of water anytime you feel hungry, and before you give in to the midnight snack. Wait 15 minutes and see if you're still 'starving' after that.

Complete hydration may take a few months until toxins and waste have been flushed out and the body has gotten used to being given a steady flow of clean alkaline water. Alkaline water that promotes wellbeing has a pH of 8.5 and higher, generally distilled is pH 7 and by adding trace minerals we can get it even higher. Water infused with Xooma Worldwide's X2O coral calcium sachets creates an excellent source of alkalizing hydration and trace minerals.

The general recommendation for people eating a standard diet is to drink half your body weight in fluid ounces so a person weighing 140 lbs ideally drinks 70 oz. that is a little more than a gallon a day.

Work your way up to this amount over a period of a few weeks and then do what you can to stay there. You may have to moderate it at times due to your lifestyle, travels, availability of bathrooms, and you can figure out how you can make this work for you. People do it all the time.



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For information on how vital hydration is, read the book "Your Body's Many Cries for Water" by Dr. Batmanghelidj, available at the bookstore.

Alkalize or Die by Dr. T. Baroody is also a great guide to natural vitality and discusses pH and acid alkaline balance in detail.

Our diet is meant to provide us with plenty of natural water, naturally organic because it's from inside the fresh produce we eat. We are meant to replenish ourselves with nutrients that assist in the renewal of our blood cells and all tissue. We have known since 1936 that most commercially grown produce no longer contains the necessary elements from the soil. The ground was depleted, overharvested, sprayed with plenty of synthetic awfulness to grow even more without a thought to how it would affect the earth.

When soil resources are depleted, the food grown is also mostly dead and without vitality. Stick to organically grown, and better yet, eat produce from the farms around where you live or find out where your produce comes from to be clear that your intake is full of clean fresh nutrients that allow your body's best experience.

Eating processed foods, the intake of excessively salty foods, fatty and fried foods, excess intake of animal flesh, alcohol and smoking as a habit, does lead to a depleted system with rampant symptoms of inflammation, aches and pains. Doing this for a few years leads to the body's use of alkalizing bone minerals. Remember? The body blood needs to stay at a pH of 7.35-7.45, no dice.

Our skeletal structure is the most abundant source of calcium and other minerals. These minerals, supposed to come from the food we eat are used by the body to alkalize our blood stream. This results in bone loss and often an excess of calcium in the blood stream. The depletion of the electrolytic household – minerals such as organic sodium, potassium, chloride, calcium, magnesium, can result in a sluggish digestive system, mental lethargy, loss of energy and enthusiasm for life, parasitic infestation, systemic yeast infections and a severely slowed recovery rate. Expect digestive disorders, chronic inflammation and even osteoporosis, among others.

Every disease is based on the body's lack of alkaline reserves. From tumors to full blown deathbed disease, an over acid condition always underlies the illness. In conventional medicine, this issue is hardly addressed and the medications and treatments offered add to the burden by creating even more acid ash, further exacerbating the problem.

It's a really good idea to take stock of your diet and review how you could improve both your alkaline reserves to feel better and live longer with greater vitality.



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You might want to check out handout #3 for the list of foods and their affect on the body.