

## Nutritional Habit 5– Acid-Alkaline Balance

Another aspect to consider when making your food choices is the acid-alkaline balance of your body.

The ideal pH of the blood is 7.4. Your body will do whatever it can to keep the pH level within a healthy range because if the blood becomes too acidic or too alkaline, the body becomes a breeding ground for disease.

The types of food we eat affect our acid-alkaline balance. To simplify it, vegetables and fruit are more alkalizing and everything else is more acidifying.

Allergic reactions/food sensitivities and other forms of stress tend to produce acids in the body; therefore, if an individual has digestive issues **plus** has a great deal of stress in their life **plus** consumes a diet high in sugar and refined carbohydrates and/or drinks alcohol, and regularly eats red meat and dairy products, they will tend to be more acidic, and thus will be at higher risk of developing disease.

It will vary depending on the individual, but as a general rule, the ideal diet consists of 75% alkalizing foods and 25% acidifying foods. It sounds complicated, but really, it isn't. The solution is quite simple – eat lots of vegetables and incorporate sea vegetables and some fresh, ripe fruit into your diet. When vegetables are completely digested, what remains is mineral ash. This mineral ash is what makes your body more alkaline if you are in an acidic state, which is the state most people are in. Even if your body is too alkaline, which is not as common, vegetables will still help because potassium is what is needed to correct this condition and vegetables are high in potassium.

Keep in mind, to maintain a healthy and comfortable body fat percentage, you still need to maintain an appropriate ratio of carbohydrates, proteins and fats. Eating too much fruit can throw this ratio out of balance.

Emotions and mental state factor into the equation as well. When a diet of 90-100% acidifying foods is consumed, you are likely to feel more anger and be uptight and argumentative. Alkalizing foods, by contrast, are calming.

If you desire to be calmer, then in addition to eating your vegetables, incorporate some or all of the following into your life as your mental state can affect your acid-alkaline balance as well: prayer, meditation, massage therapy, breathing exercises, yoga, calming music, walking in and appreciating nature, reaching out to others with love and sincere compassion – all of these things promote a calm alkaline body.

Symptoms of a Slightly Acidic State	Symptoms of a Slightly Alkaline State
Fatigue	Sore muscles
Pain – Stomach or chest	Creaking joints
Frequent sighing	Bursitis
Allergies	Bone spurs
Insomnia	Drowsiness
Water retention	Hypertension
Arthritis	Hypothermia (low body temperature)
Migraine headaches	Edema
Low blood pressure	Allergies

Symptoms of a Slightly Acidic State	Symptoms of a Slightly Alkaline State
Dry hard stools Alternating constipation/diarrhea Difficulty swallowing Burning in the mouth and/or under the tongue Bumps on the roof of the mouth or tongue Aches and pains on rising which improves throughout the day	Night cramps Asthma Chronic indigestion Night coughs Vomiting Menstrual problems Hard dry stools Prostatitis Skin itching In the absence of disease, the primary cause is taking antacids for digestive complaints

The above material is for informational purposes only and is not meant to be a substitute for professional medical advice.

References:

1. Haas, Elson M. (1992). *Staying Healthy with Nutrition*. Berkeley, California: Celestial Arts Publishing
2. Graci, Sam. (1999). *The Power of Superfoods*. Scarborough, Ontario: Prentice-Hall Canada Inc.
3. Bateson-Koch, Carolee. (1994) *Allergies: Disease in Disguise*. Burnaby, BC: Alive Books