



# Wellbeing Now

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## **EATING A HEALTHY BALANCE**

Anything that we eat should nourish every cell of our bodies. We can perform at our best only when each cell of the body is happy with its nutrition. As each cell performs its task of respiration, growth, repair and so on, it excretes metabolic wastes, which are acidic. These wastes are the end product of cellular metabolism and must not be allowed to build up. The body goes to great lengths to neutralize and detoxify these acids before they are in a position to act as poisons in and around the cell, changing its environment.

A healthy eating system is based on eating natural, organic foods that form an alkaline residue in the body that helps neutralise and detoxify the acidic wastes.

An acid-forming food contributes hydrogen ions to the body, making it more acidic. An alkalising food removes hydrogen ions from the body, making it more alkaline. This classification is based on the effect foods have on the body after digestion, not on their own intrinsic acidity or alkalinity (or how they taste). The term "residue" or "ash" is often used to indicate the effect of a food on the body. A food with an acid ash after digestion contributes hydrogen ions, making the body more acidic; a food with an alkaline ash after digestion removes hydrogen ions, making the body more alkaline.

Acid forming foods are proteins and concentrated carbohydrates and highly refined foods. Meat, fish and grains as well as junk food and sugar all leave an acid residue. Alkaline forming foods are most vegetables and fruit and quinoa.

The alkaline residue in the body is its store of alkaline forming minerals (electrolytes such as potassium, calcium, magnesium and naturally occurring sodium), which are vital to the metabolic functions of our body systems. When we have a sufficient reserve of electrolyte minerals, the buffering process (the cushioning and removing of unwanted acids from our systems), is not a problem as there is a ready store.

**Acid foods are sometimes described as having a tensing, contracting, constipating energy on the body and alkaline foods as having a relaxing, expanding, laxative effect on the body. Too much acidity caused constipation, talkativeness and hyperactivity. Too much alkaline causes loose, flaccid bowels, languidness, listlessness and apathy.**

**There are various theories on the proportions of acid : alkaline : neutral foods compose a healthy diet. People vary, but for most, the ideal diet is 75 percent alkalizing and 25 percent acidifying foods by volume.**

The typical western diet is composed of lots of processed food that contain high amounts of white flour and sugar and chemical flavourings, colours and preservatives, and some estimates consider that it contains 80% acid forming foods.

If a diet high in acid forming foods is eaten over time, the electrolyte mineral reserves can become depleted as they are used to buffer the excess acids. Once the electrolyte reserves become depleted, the body begins to take electrolytes from the various organs and systems of the body to maintain the pH level. This is where the imbalance begins to show. Blood and tissue alkalinity is then maintained, for example, by abstracting calcium salts from the cell spaces of bones and teeth and by abstracting the alkaline element, potassium, from muscles. Thus alkalinity leaves the bones and teeth weakened, and causes the muscles to become acid contracted.

Alkaline forming foods are generally rich in minerals, fibre and plant protein. They are also often low glycaemic foods: those that are broken down slowly and steadily. This means that their digestion allows a smooth curve of blood sugar levels throughout the day rather than the sharp peaks and troughs associated with high glycaemic foods such as refined sugar.

Generally a diet rich in alkaline forming foods has many advantages: it is more nutritious, keeps the excretory systems in good order and maintains blood sugar levels while providing the optimum pH of tissue fluids for the body to function well maintaining good health.

Indigestion creates rancidity, fermentation, putrefaction and sourness. It will happen due to poor eating habits, no matter how good are the dietary choices. Over-eating has an acidifying effect - due to food indigestion and spoilage. Inadequate rest, inadequate water intake, anger, poor attitude, and overall stress are acidifying.

This chart provides information that shows the contribution of various food substances to the acidifying of body fluids, and ultimately, to the urine, saliva, and blood. In general, it is important to eat a diet that contains foods from both sides of the chart.

Alkalizing foods – 70% -80% of the diet in volume			Acidifying foods – 20% - 30% of your diet in volume		
<p><b>VEGETABLES</b> Garlic Asparagus Fermented Veggies Watercress Beets Broccoli Brussel sprouts Cabbage Carrot Cauliflower Celery Chard Chlorella Collard Greens Cucumber Eggplant Kale Kohlrabi Lettuce Mushrooms Mustard Greens Dulce Dandelions Edible Flowers Onions Parsnips (high glycemic) Peas Peppers Pumpkin Rutabaga Sea Veggies Spirulina Sprouts Squashes Alfalfa Barley Grass Wheat Grass Wild Greens Nightshade Veggies</p>	<p><b>FRUITS</b> Apple Apricot Avocado Banana (high glycemic) Cantaloupe Cherries Currants Dates/Figs Grapes Grapefruit Lime Honeydew Melon Nectarine Orange Lemon Peach Pear Pineapple All Berries Tangerine Tomato Tropical Fruits Watermelon</p> <p><b>PROTEIN</b> Eggs Whey Protein Powder Cottage Cheese Chicken Breast Yogurt Almonds Chestnuts Tofu (fermented) Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds Millet Sprouted Seeds Nuts</p>	<p><b>OTHER</b> Apple Cider Vinegar Bee Pollen Lecithin Granules Probiotic Cultures Green Juices Veggies Juices Fresh Fruit Juice Organic Milk (unpasteurized) Mineral Water Alkaline Antioxidant Water Green Tea Herbal Tea Dandelion Tea Ginseng Tea Banchi Tea Kombucha</p> <p><b>SPICES/SEASONINGS</b> Cinnamon Curry Ginger Mustard Chili Pepper Sea Salt Miso Tamari All Herbs</p> <p><b>ORIENTAL VEGETABLES</b> Maitake Daikon Dandelion Root Shitake Kombu Reishi Nori Umeboshi Wakame Sea Veggies</p>	<p><b>FATS &amp; OILS</b> Avocado Oil Canola Oil Corn Oil Hemp Seed Oil Flax Oil Lard Olive Oil Safflower Oil Sesame Oil Sunflower Oil</p> <p><b>FRUITS</b> Cranberries</p> <p><b>GRAINS</b> Rice Cakes Wheat Cakes Amaranth Barley Buckwheat Corn Oats (rolled) Quinoa Rice (all) Rye Spelt Kamut Wheat Hemp Seed Flour</p> <p><b>DAIRY</b> Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter</p>	<p><b>NUTS &amp; BUTTERS</b> Cashews Brazil Nuts Peanuts Peanut Butter Pecans Tahini Walnuts</p> <p><b>ANIMAL PROTEIN</b> Beef Carp Clams Fish Lamb Lobster Mussels Oyster Pork Rabbit Salmon Shrimp Scallops Tuna Turkey Venison</p> <p><b>PASTA (WHITE)</b> Noodles Macaroni Spaghetti</p> <p><b>OTHER</b> Distilled Vinegar Wheat Germ Potatoes</p>	<p><b>DRUGS &amp; CHEMICALS</b> Chemicals Drugs, Medicinal Drugs, Psychedelic Pesticides Herbicides</p> <p><b>ALCOHOL</b> Beer Spirits Hard Liquor Wine</p> <p><b>BEANS &amp; LEGUMES</b> Black Beans Chick Peas Green Peas Kidney Beans Lentils Lima Beans Pinto Beans Red Beans Soy Beans Soy Milk White Beans Rice Milk Almond Milk</p>