

Eating for Healthy Alkaline Acid Balance

If you asked most people whether or not their bodies were too acidic, they might look at you as though you were speaking a foreign language. But if you asked them if their health was OK, they'd probably give you an earful about their digestive problems, fatigue, achy joints and other complaints.

Truth is, both questions, about acidity and health, are the same question. When your body is too acidic, your health suffers. But restore your body to the right amount of alkalinity, decreasing acidity, and you see your health blossom.

If only more people knew this health secret! While millions flock to doctors because they suffer from a litany of chronic diseases—conditions like diabetes, emphysema, arthritis, arteriosclerosis and cancer—they don't realize that the root of their suffering is an unhealthy accumulation of acid in their bodies. A growing number of medical researchers and nutritionists now understand that our epidemic of chronic conditions derives from this one common factor: The body's over-supply of acidity.

A close look at your health complaint will probably show that it is linked to the acid-alkaline balance in your body.

Acid Interference

Acidity in the body interferes with the body's physiology and use of nutrients. Acidity in the body drains your personal energy, blocks the absorption of nutrients (including minerals that would make you more alkaline), impedes cellular repair, renders you more vulnerable to damage from heavy metal contaminants and creates an interior environment where cancer cells flourish.

The pH Puzzle

Though most people don't understand what the designation pH means, it's a relatively simple concept: It stands

for the *potential of hydrogen*, a measurement device that represents how acidic or basic (alkaline) a solution is. A higher pH is more alkaline, a lower one is acidic. These range from a high of 14 (the ultimate alkalinity) to a low of 0 (ultimate acidity). In the middle, a pH of 7.0, is neutral.

Each food you eat has a tendency to either make the body more acidic or more alkaline. If your diet includes too many acidic foods, the body employs certain organ systems to bring it back to its normal, slightly alkaline state. The extra acid can be eliminated by the lungs (when you exhale), the kidneys (in its excretions) and the skin (in perspiration).

The body also carefully maintains the pH of the blood which it keeps at a somewhat alkaline level, usually at a pH between 7.45 and 7.35. The acidic diet that most Americans consume, heavily weighted with sugars and saturated fats and missing the alkalinizing effects of fruits and vegetables, makes the preservation of this alkaline pH a serious struggle for the body's systems, a struggle that most people lose. The result: Acidity that makes them liable to fall victim to chronic disease.

Signs that your body is too acidic include frequent viral infections, nagging allergies, head colds, osteoporosis and headaches. These represent symptoms that the body is struggling to return its pH to a healthier level.

Signs of Acidity

In order to most effectively switch your body to an alkaline physiology, it helps to first know your acidity. You can test your acidity or alkalinity with litmus paper or pH strips. Of course, if your diet contains a plethora of meats, processed foods, milk and dairy products, sweets and fried foods, your foods are contributing to your body's acid load. The more frequently you skip fruits and vegetables and gorge on fast food,

Foods that Help the Body Stay Alkaline and Healthy

80% of the foods you eat should be from these alkaline-forming foods.

Vegetables	Leek	Barley Grass	Tangerine	Flax seeds
Artichokes	Lettuce	Millet	Tropical fruits	Pumpkin seeds
Arugula	Mushrooms (all)		Watermelon	Sesame seeds
Asparagus	Mustard greens	Fruits		Sprouted seeds
Avocado	Okra	Apple	Grains	Squash seeds
Beets	Olives (ripe)	Apricot	Millet	Soy nuts
Bell peppers	Onions (all)	Banana	Vegetable pasta & spelt pasta	Sunflower seeds
Bok Choy	Parsley	Berries		Walnuts
Broccoli	Parsnips	Cantaloupe	Beverages	
Brussels sprouts	Peas (fresh)	Cherries	Fresh coconut water	Protein
Cabbage	Peppers	Coconut	Green tea	Beans
Carrots	Pumpkin	Currants	Filtered water (neutral)	Tempeh
Cauliflower	Radish	Dates	Alkaline antioxidant water	Tofu
Celery	Rutabagas	Figs	Apple cider vinegar	
Chard	Seaweed	Grapes	Banchi tea	Sweeteners
Chicory	Spinach	Grapefruit	Dandelion tea	Stevia
Collards	Spirulina	Lemon	Fresh fruit juice	
Cucumbers	Sprouts (all)	Lime	Green teas	Spices & Seasonings
Dandelions	Squash (all)	Melons (all)	Ginseng tea	All herbs
Eggplant	Tomatoes	Nectarine	Green tea	Chili pepper
Endives	Turnips	Orange	Herbal tea	Cinnamon
Garlic	Watercress	Peach	Kombucha	Curry
Greens	Wheat grass	Pear	Mineral water	Dill
Jerusalem artichokes	Wild greens	Pineapple	Vegetable juice	Ginger
Kale	Zucchini	Plums	Goat's milk	Cumin
Kelp	Cereals & Grains	Raisins		Fennel
Kohlrabi	Amaranth	Prunes	Nuts & Seeds	Mustard
			Almonds	Sea salt
			Chestnuts	Horseradish

the more likely it is that you'll need to make a serious effort (and dietary change) to achieve alkalinity.

If you've been on a heavily acid diet for a prolonged period (check the food chart on page 3 to analyze your dietary choices), your inner environment has been bathing the body's cells in acidity for years. That disrupts their everyday functions and produces toxicity on a cellular level. It also interferes with the body's continual regeneration of its structure and organs.

Your body has to constantly tear down and reconstruct its organs and tissues. So even though you are the same person day to day and year to year, your skin, bones and other body parts are not original equipment but are rebuilt versions of themselves. For example, every second your body produces about 2.4 million new red blood cells which only have a useful life expectancy of about four months. Consequently, the body completely replaces its red blood cell supply three times a year. You also regrow your entire skin covering in anywhere from two weeks to a month. In addition, your superstructure—your bones—are completely

replaced about every seven to ten years.

This continual process of regeneration means that what you eat today sets the stage for what your body will become in the future. Your exercise habits, stress levels, work habits, time spent sleeping and the toxins in your immediate environment also influence the health of those rebuilt body parts.

That is an important reason to keep your body alkaline. The proper alkalinity helps your cells fulfill their functions with fewer impediments and enables them to holistically function in a coordinated way that yields optimal health.

Do it Yourself pH Test

The acidity of both your saliva and urine reflect, in slightly different ways, the acidity (and health status) of your body. Each of these can be tested with litmus paper. Litmus paper, for those who never took high school chemistry, is treated paper that changes color depending on the acidity or alkalinity of the liquid it contacts. So you simply have to dip a strip of litmus paper in a sample of your urine or saliva to measure its pH.

Foods that are Acidifying

Only 20% of the foods you eat should be from these acid-forming foods.

Meat, Poultry & Seafood	Mayonnaise	Sunflower oil	Nuts & Seeds	Rye
Beef	Mustard	Vegetable oil	Brazil nuts	Soy beans
Buffalo	Soy sauce		Cashews	Soy bilk
Chicken	Vinegar	Beverages	Peanuts	Spelt
Duck	Breads & Flours	Beer	Peanut butter	Wheat
Quail	Cereals in general	Black tea	Pecans	White beans
Geese	Corn (processed)	Coffee	Roasted nuts	
Fish (salmon, sardines, carp, red snapper, tuna)	Cornmeal	Hard liquor	Salted nuts	Dairy Products
Goose	Cornstarch	Processed juices	Tahini	Butter
Lamb	Bread, rolls and buns	Soft drinks		Cheeses (cow, goat, sheep, or processed dairy foods)
Mutton	Wheat Pasta (including spaghetti, noodles, macaroni, etc.)	Sport drinks	Grains & Legumes	Eggs & egg products
Pork	Pita bread	Wine	Barley	Milk
Rabbit	Rye bread	Fruits & Vegetables	Black beans	Sweets
Shellfish (clams, crabs, lobster, mussels, oysters, shrimp, crawfish, scallops)	Rye flour	Artificially dried, roasted, sweetened fruits & vegetables	Chick peas	Artificial sweeteners
Turkey	White bread	Canned fruits	Corn	Cakes
Veal	Fats & Oils	Canned olives	Green peas	Chocolate
Venison	Avocado oil	Canned vegetables	Hemp seed flour	Cookies
Condiments	Canola oil	Cranberries	Kamut	Doughnuts
Dressings	Corn oil	Fruits & vegetables with sugar	Kidney beans	Pies
Jams	Flax oil	Glazed fruits	Lentils	Corn syrup
Jellies	Hemp seed oil	Jellied fruits	Lima beans	High fructose corn syrup
Ketchup	Lard	Pickled vegetables	Oats (rolled)	Sugar (white & raw)
Mayonnaise	Margarine	Preserved fruits	Pinto beans	
	Olive oil	Preserved vegetables	Quinoa	Other
	Safflower oil	Processed vegetables	Red beans	Distilled vinegar
	Sesame oil		Rice (brown, white & wild)	Potatoes
			Rice cakes	Wheat germ
			Rice milk	

A saliva test represents the easiest way to measure your physiological pH. To get an accurate reading, don't measure its acidity until at least two hours after your last meal or snack. Spit into a cup or spoon and dip the litmus paper into the liquid. Then you can almost instantly interpret the color of the paper and align it with the chart of colors (sold with the litmus paper) that indicates what your pH level is. For optimal health, it should read between 7.0 and 7.5, levels which mean your body is beneficially slightly alkaline.

The best time to measure the pH of your urine is first thing in the morning. Urinate into a cup, dip the litmus paper in the liquid and interpret the results immediately with the use of the chart of colors that indicates your urine's pH. If your urine is neutral, the strip should indicate a pH of 7.0. Below that level, at 6.5, for instance, your urine is slightly acidic. If you find that your urine's pH is below 6.0,

that means your urine is quite acidic. But remember that urine is almost always more acidic than saliva. You should also keep in mind that the pH of your urine will vary, going up and down, depending on the foods you eat and your exercise habits.

An acid pH in the urine (varying between 6.2 and 6.8) is normal. An extremely acidic urine (pH of 5.0 - 6.2) shows that your kidneys are excreting acid very effectively. As a result, the pH reading of your saliva is a more reliable indicator of your body's alkalinity. and if your saliva is very acidic, it means you need to eat more alkaline foods and avoid acid-producing foods. You can also consume Alkaline Water using Alkaline Body Balance™ which is a taste-free addition to your water (you put in 3 or 4 drops in an 8 ounce glass). This can boost the alkalinity of the beverages you drink every day.

Converting to a Diet that's 80 Percent Alkaline

In planning a diet that is slanted 80/20 toward alkaline foods, you have to keep in mind that fruits and vegetables should be the foundation of your meals and snacks. This is true because vegetarian foods are rich in micronutrients including important minerals.

You also have to remember that whether or not a food promotes acidic or alkaline effects in the body has nothing to do with the pH of the food itself. It has everything to do with what happens physiologically after the food has been digested and then assimilated into the body's tissues. The major factor that determines the end result is the food's mineral content. Fruits and vegetables rich in alkalizing minerals like magnesium, calcium and potassium end up creating alkalinity. Foods dense with acid-forming minerals like chlorine, iodine, phosphorous and nitrogen, acidify the body.

After you digest a food it is oxidized to form carbon dioxide, water and a residue that is either acidic or alkaline. And even though citrus fruits like oranges, lemons and grapefruits are very acidic, their effect on the body after being metabolized is alkaline. On the other hand, meats possess an alkaline pH before you eat them, but

leave behind an acidic effect after it has been digested and used by intracellular organelles.

All of these facts add up to the necessity of focusing your diet on alkaline-producing foods. You should limit acid-forming foods, although you don't have to entirely eliminate them. But if you want to be healthier, keep in mind that a body beset with acidosis represents an out-of-balance physiology vulnerable to chronic disease, aches and pains. Most Americans eat the type of acid diet that causes acidosis. That's why chronic disease runs rampant across North America.

People who make the switch from the typical American acid diet and eat foods that are 80 percent alkaline and only 20 percent acid (along with drinking eight glasses of alkaline water a day) find that their health improves significantly. And the change often occurs within 12 months.

The food chart in this report details how foods contribute the acidification of the body. Research confirms that an acidic body hampers efforts to stay healthy. Make the change to alkalinity today and lower your risk of chronic disease, reduced personal energy, sore throats and every other nagging complaint you've never been able to banish.



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Dr. Cutler is a Board Certified Family Physician specializing in chronic degenerative diseases, fibromyalgia and chronic fatigue. He is a graduate of Brigham Young University (BYU), Tulane Medical School and Natividad Medical Center Family Practice Residency, in Salinas, California.

Dr. Cutler has successfully brought professionals of several healthcare disciplines together to bridge the gap between conventional medical training and effective complementary medicine. Through his patients' experiences, as well as his own, Dr. Cutler has found many complementary practices to augment conventional medicine as an integrative solution. Because of his understanding of nutritional and natural medicine, he strongly promotes self-reliance in healthcare.

Dr. Cutler has more than 19 years of clinical practice experience, providing services including obstetrics, newborn and pediatric care, orthopedics and minor surgeries, internal medicine and nutritional guidance. His focus in clinical care is a highly educational approach, with a focus on the cause of illness.

Dr. Cutler is uniquely qualified as a noted authority on preventative solutions to aging issues, general family ailments and nutrition, with an understanding and respect for the natural harmony of the human body. He has devoted his career to learning how to optimize health through simple changes in diet and lifestyle. His goal is to educate others so they can heal and teach others such principles of sustainable health, thereby shifting the paradigm of healthcare to one of personal empowerment and inspiration from God.

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