

Acid or Alkaline: what your pH Says About Your Overall Health

It's likely you've heard or read about pH levels and how your body's alkaline and acid balance may determine your overall state of health. For optimum health and well-being, leading health experts agree we should have a pH level as close to 7 (neutral) as possible.

And while most of us follow a healthy diet, we tend to be more acidic than alkaline. This can be a result of consuming too many acid-forming foods such as poultry, eggs, meat, grains, legumes, nuts and seeds. Cola beverages, alcohol and coffee are among the most acid-forming, and should be avoided when possible. Strenuous exercise and regular stress can also contribute to an abundance of acidity.

Besides depleting our energy and impacting our daily well-being, new research shows a highly acidic body can cause a variety of serious health issues, including:

- Free radical oxidation (premature aging)
- Improper absorption of essential vitamins and minerals
- Poor skin and hair health
- Osteoporosis
- Elevated stress hormone production
- Weight gain
- Frequent colds, flu and headaches

To find out what your pH level is, look for a pH paper kit in your local health food store. The test is relatively straightforward and will help you determine your acid/alkaline balance.

How to become more alkaline

To decrease acidity and to become favourably alkaline, your diet should include 25% acid-forming foods and 75% alkaline-forming foods. Some of the most alkalizing foods include: fresh, colourful, in-season salads, vegetables, herbs, sea vegetables, vegetable juices and fruit.

For the quickest and easiest way to become more alkaline and get more energized, do what nutritional researcher Sam Graci does every morning: use an extra energy 'green drink' supplement. According to University of Toronto researchers using the Potential Renal Acid Load (PRAL) test, the leading green drink was found to be the most alkalizing food. In fact, it proved 200% more alkalizing than spinach and 300% more than dark grapes or raisins.

Graci, author of a number of books including *The Bone-Building Solution*, also recommends combining acid-forming foods with alkaline. This can include eating chicken with broccoli or tofu with dark green vegetables. By combining foods like these, you can naturally promote a healthier acid/alkaline balance, which in-turn promotes a healthier, more energized body.

Your mental state is also an important factor to you health and can impact your pH levels. Meditation, Tai Chi, reflexology, massage, calming music and yoga all activities which can help buffer the acids of daily living, and promote an alkaline body. Try deep, slow breathing daily as oxygen rids your body of stale, acidic carbon dioxide. Oxygen is the first and foremost cell-friendly nutrient, and takes only a few minutes each day to get yours!

For a complete list of alkalizing and acidifying foods, go to www.genuinehealth.com