Acid Alkaline Balance: Choosing Your Foods Wisely

Transcript

Hello and welcome to Acid Alkaline Balance and How To Choose Your Foods Wisely. I am Dr. Ritamarie Loscalzo and I am excited to be here to bring you this information that could have a major impact on how you feel. Before we begin I want to make sure that you understand that the information in this presentation isn't intended to replace a one-on-one relationship with a qualified health care practitioner. It's not intended as medical advice.

It's intended as a sharing of knowledge and information from my research and my clinical experience, and the experts who I've consulted with. I encourage you to make your own healthcare decisions based on your own research and you can use my input as part of that. That's why I'm sharing this. And also in partnership with a qualified health practitioner, if indeed you are under the care of one for a diagnosed medical condition, or you're on any kind of medication.

Let's begin with what we are going to cover in this presentation. Acid alkaline balance is all about the pH of your blood and your body tissues. We are going to define for you what that really means, what the pH scale is, how it's measured and how that affects you. We are going to talk about what your blood pH is normally and your body's mechanisms for maintaining it.

We are going to talk about measuring your pH and how to do this at home; the dangers of excess acidity, what it causes in your body, and why it is so dangerous; and what causes the excess acidity so you can learn how you can control it. Then we will talk about the importance of an alkaline forming diet, and I'll share with you an Alkaline Acid Food Chart that you can use as a reference as you start to move towards a more alkaline diet.

Let's talk about pH. This is a measure of the acidity or alkalinity. Right in the middle of the chart is 7, which is neutral, and neutral means the concentration of hydrogen ions compared to distilled water. Distilled water has a pH of zero. As you go up the scale towards alkalinity you have a tenth as much, a hundredth as much, all the way up to 10 millionth as much and the same going in the other direction.

Notice that each time we move up one point on the pH scale we go up by 10 times the amount of hydrogen ions and that is extremely important to understand: one point change in your pH is huge, it's exponential. On the right hand side of the chart we show some of the liquids that you can actually put a pH paper in and measure where they fall.

Battery acid falls at zero, which is the most acidic. At the top, on 14, is liquid drain cleaner and caustic soda. Right below that are bleaches and oven cleaners and ammonia falls in at 11. And you can see all the other kinds of acids like hydrochloric acid is at one. Lemon juice is at 2 so it's very acidic. Grapefruit and orange are at 3 as well as soft drinks. Tomato juice is 4. Acid rain and black coffee 5, urine and milk tend to fall in at 6, and pure water is 7.

We are looking at how different liquids measure going *into* your body. Later, we will be looking at how the ash is after that food is used up in your body. Lemon juice is way down here at 3. It's very acidic going in but when it is in your body it actually produces a lot of alkalinity.

Our blood maintains its pH between 7.35 and 7.45, that's your normal range. It has to stay in that range or you will get very ill. If you go down to 7.2 you're in a state of what's called acidosis, which means a lot of tissue damage is happening. When you get down to 7.0 you are at death and that's still neutral but you can die. The same thing happens in the other direction too if you get too alkaline.

Your body maintains this at all cost. You will not find people who are walking around in normal life that, when you measure their blood pH, is outside of 7.35 to 7.45. If you were at the hospital, looking at people who are dying, you might be seeing some very different numbers there.

You can measure your own pH and get an indicator of how your body's doing. You measure this using your saliva or your urine. Now with the saliva the range is generally 6.8 to 7.2 and you can take your first morning saliva, which gives you an idea of how you are after going through a night of detox. You can also take it during the day. Or you can 'challenge' yourself by drinking some lemon juice, which brings the pH way down, and then you can watch how your body reacts to that. That gives you an assessment of how your alkaline mineral reserves are, what your sympathetic stress levels are, and a whole bunch of other things. It's an interesting test.

Your first morning urine is usually measured and hopefully it falls somewhere between 6.5 and 7 (anywhere in that range is good).

The pH of the urine will be a little bit more acidic than your blood because your body is trying to filter and get rid of the things that would bring the blood into a more acidic range. Overnight is when you're neutralizing. One thing you can do is measure your first morning urine and then you measure your second morning urine and compare.

If your first morning urine is more acidic but your second morning urine rebounded back up, that says that whatever is going on is more short term.

Maybe it's related to the meal you had the night before, or you had a fight with your wife or husband. You can also measure it later in the day to see how well you maintain it throughout the day.

Why are we even talking about this? What are the dangers of excess acidity? We know if we take in and expose ourselves to too much acid forming substances, then that's going to threaten our blood pH. But our blood pH is maintained at all costs. What happens to maintain it is that your body goes and finds pools of alkalinity in your body.

Minerals are generally really good bets, and your body can also produce ammonia to deal with the acidity. Minerals are a good place for it to go if you have reserves, and most people have this ready reserve, which is their bone, their skeletal system.

One of the things that can result from this attempt to restore balance in the body due to excess acidity is that you can get dysfunction of your immune system, which makes you more susceptible to infections and to cancer. Cancer cells grow beautifully in an acid environment; they don't grow well in an alkaline environment.

You are going to be more susceptible to fatigue and illness of all sorts including: joint pains, fibromyalgia, rheumatoid arthritis, and autoimmune disease. You are also going to have problems with digestion and your ability to absorb minerals and other nutrients through your digestive tract. Weakened bones, osteoporosis, a tendency towards fractures, can all result.

Lowered energy production in your cells caused by the excess acidity, damages and slows down your mitochondria, which are the little organelles in your cells that produce energy for you. It will also impair your ability to repair the damage to your cells. We have to be on guard to be doing this repairing all the time. This doesn't work very well in an acidic environment. It also decreases heavy metal detoxification, impairing the liver's ability to detoxify in general.

You can see that it's pretty serious to have too much acidity in your body. What causes it? There are lots of factors.

There is your diet and there are all sorts of things in your diet. Meats and breads and grains tend to be more acid forming. A lot of the nuts tend to be a bit more acid forming. Most of the seed tend to be more alkaline forming.

If you are using nuts and seeds as a source of good nutrition, what you want to do is to make sure that you are looking at the charts and not having excess of the acid forming ones. Vegetables are very alkalizing versus sugars, soft drinks, caffeine and alcohol, are acid forming. Lots of medications are acid forming in your body, over the counter and prescriptions as well as the chemicals and preservatives in your food and water.

As we learned in the everyday detox presentation, there is a plethora of chemicals and preservatives we are exposed to all the time. Some of them we can control and some of them we can't because it's in our environment, or our home was built using non-natural materials. There is not a whole lot you can do about it unless you are in a position where you can retire and go hang out at the top of a tall mountain in the Himalayas.

Stress is huge and stress is something you can control. You can't control the circumstances but you can control how you react. When you react in certain ways to stress that cause you to get stressed and go into a state where adrenalin and cortisol are rampant, you better believe it's going to cause a lot of acidity.

If you exercise too much it can cause acidity. When you exercise you want to be exercising at a pace that your body can recover from, and you want to be providing yourself with a lot of really alkalizing foods after. Most people are not at the risk of too much. We are talking about the ultra-marathoners and all those that are constantly going. They really have to be careful about their diet to make sure that they are balancing all that extra acidity.

Not enough sleep will make you very acid. Try it sometime, get some pH paper, measure your pH for a week on your normal bedtime and then the next week deliberately sleep an hour less each night and see. Then sleep more and see how it affects your pH. You might actually be able to find the exact right amount of sleep for you by measuring your pH in the morning, and observing other things like the diet.

Why is an alkaline diet so important? We talked about all the dangers of acidity; it's to help prevent all those dangers. We want to be able to optimize our immune system, build strong bones and teeth, and have efficient digestion and utilization of nutrients, so we have plenty of energy and good bodily function.

You also want to have good joint health, and alkalinity helps with that, as well as to decrease pain and inflammation. Inflammation occurs in an acid environment and when you alkalize you lose the inflammation.

I had one patient who came to see me many years ago, probably 10 years ago, and one of her complaints was knee pain. She'd had this knee pain for 15 years.

She was overweight and she had some bad diet habits and we talked. I said, "The first thing I want you to do is focus on this acid alkaline chart and eat 90% of all your foods from the alkaline side of the chart." She left me a voicemail about four days later and said, "Could this have worked so quickly? I can't believe it, the joint pain in my knees has gone, I've only been doing this for four days."

She was sold, and it can make a huge difference, try it. You measure your pH, you follow the chart and you take care of the stress and those sorts of things, and you will be surprised at how quickly things can change. Of course we all want increased energy, we all want to be safe guarded from disease. Focusing on having an alkaline diet and creating an alkaline residue in your tissues is going to go a long way towards getting you these things that you want.

Let's look at a summary of the pH of some of the common foods that we eat. This is a summary; I'll show you the detailed chart in a second. In your materials you have a detailed chart that you can print out and I recommend that you print out several copies.

On the alkaline forming side are most of our green vegetables. There are a couple of exceptions like spinach and chard because they have a lot of oxalic acid, which makes them more acid forming. Most vegetables are alkaline with the exceptions of zucchinis, which are in the mild acid forming category, and carrots, which are in the moderate acid-forming category. Most of your fruits are in the alkaline forming side.

There are some notable exceptions for example: plums, prunes, tomatoes, pomegranates and cranberries are in the low acid forming side. Most seeds, and I think the only ones that are not are poppy seeds, and the oils of the seeds would tend to be slightly acid, most of the oils are. The only exceptions in oils are olive oil and coconut oil, which are more alkaline forming.

As for nuts, almonds and cashews are on the alkaline side but most of the rest of the nuts are on the acid side. Almonds and cashews would be good ones to eat when you are trying to become alkaline. There are differences in charts, so you have to measure your own pH to be sure.

Lentils, some charts show them on the very alkaline side of the chart whereas other charts show them on the slightly acidic. Most of the people that I trust have put them the alkaline side. All the other legumes are acid forming.

Quinoa, wild rice and oats tend to be more alkalizing whereas all the rest of the grains; wheat, rye, barley, and corn are all on the other side of the fence. Soy is acid forming. It's not to say that you can never eat the foods that are on the acid forming side. It's that you have to do it in balance. When you have a pH that is out of whack, and you want to get it back in place, you need to be more strict.

Having 85 to 90% of the foods from the alkaline side, and even 100% for a short period of time, is a plan that's going to give you the edge. Here are a couple of more foods to consider.

Apple cider vinegar and umeboshi vinegar are on the alkaline side, whereas other vinegars like wine vinegar, white vinegar, distilled vinegar and balsamic vinegar are acid forming.

Finally, sweeteners are all on the acid forming side with the exception of stevia, which falls on the alkaline side, and I think brown rice syrup might fall there as well. This gives you a general idea. What does it come down to? We want you to be eating lots more fruits and vegetables, whole fresh seeds, omega 3 rich seeds, a little bit of nuts, a little bit of olive oil and coconut oil and foods from the alkaline forming side, very nutrient dense.

Avoid as much as possible the foods on the acid forming side. Certainly avoid any foods that you have an allergy to because that will create acidity and inflammation instantly in your body, but also staying away from foods that are generally known to be allergens until you've proven them otherwise.

The other foods that are on the acid forming side are: meat, fish, dairy, eggs, most oils, most legumes and grains, table salt (whereas sea salt is on the alkaline side), coffee, tea and chocolate, any caffeinated beverages and substances. Some of the vegetables we said are spinach, chard and carrots; some of the fruits like plum, prune, pomegranate and cranberry, are all on the acid side.

I would recommend that you do yourself a favor and decide that you are going to do some length of time on a 90 to 100% alkaline diet. That is a cleanse. You eat whatever you want as long as 80 to 90% of it is from the alkaline forming side. You can get really clean that way. If you do this periodically (because we all know that slipping off the wagon is something that happens), then you can keep your body clean and happy.

Here is the chart. You can't read it here but this chart is in your notes. You've got it, you can download it and you can print a few copies out. Carry one with you, put one by your desk, put one on the refrigerator, put one in your car, and that way when you're making choices you can make a good choice.

If you know that you are eating black beans for example you would want to eat black beans not with carrots or zucchini or spinach, because those are on the acidic side and the black beans are already on the acidic side, you want to choose foods that are more on the alkaline side. It's quite interesting after a while you just know where everything falls. You don't have to look it up.

There are very few things I really have to look up anymore because I've been looking at this for so long and it becomes second nature.

If you want to measure, in your notes I also gave you this chart, and you can monitor and keep track your first morning saliva, your first morning urine and your second morning urine. Keep some notes and bring them to the calls and we can discuss what's going on with you and your pH.

So to wrap up, follow up: what I'd like you to do is to plan to balance your pH. Come up with a plan, print the food chart, several copies, and make sure at least one is pinned to the refrigerator. Then you can take a glance as you are pulling food out and see what might be a good combination to get you more on the alkaline side. You can purchase the pH (fire hydrant) paper. You can go to a local pharmacy and there are a zillion places online where you can get it. It's inexpensive, it's under $10, and you can begin to track your AM pH.

You can also experiment and track your pH after you've had an argument or are all stressed out. Give yourself some information by collecting some data. In general, for maintenance, have 75 to 80% of your food from the alkaline side of the chart. This will vary from person to person. Some people need a little bit more of the acid forming foods to keep them in balance form getting too alkaline.

It's a lot to do with your genetics and your nature but it's something you want to strive for and you will see amazing results especially if you are dealing with chronic pain. That's it. Thank you for being here and go and take action. Don't just let this information be something nice that you watch and it makes sense, and you are nodding your head: take action.

It's really important to take action and work towards this. Get yourself pH paper. I'm going to give you that as a suggestion for this week. Go out and buy some pH paper and start tracking your pH and start doing things to bring it into the range that you would like.