# Chapter 3: Alkaline Food VS Acidic Food



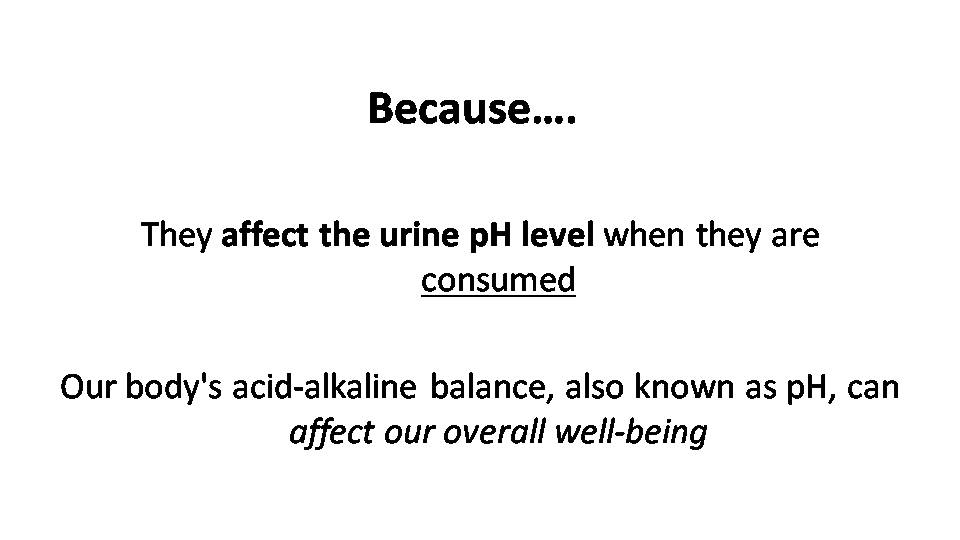
**S1:** Hello! Welcome and thanks for choosing this video course. In this video, we are going to talk about the Alkaline Foods VS Acidic Foods



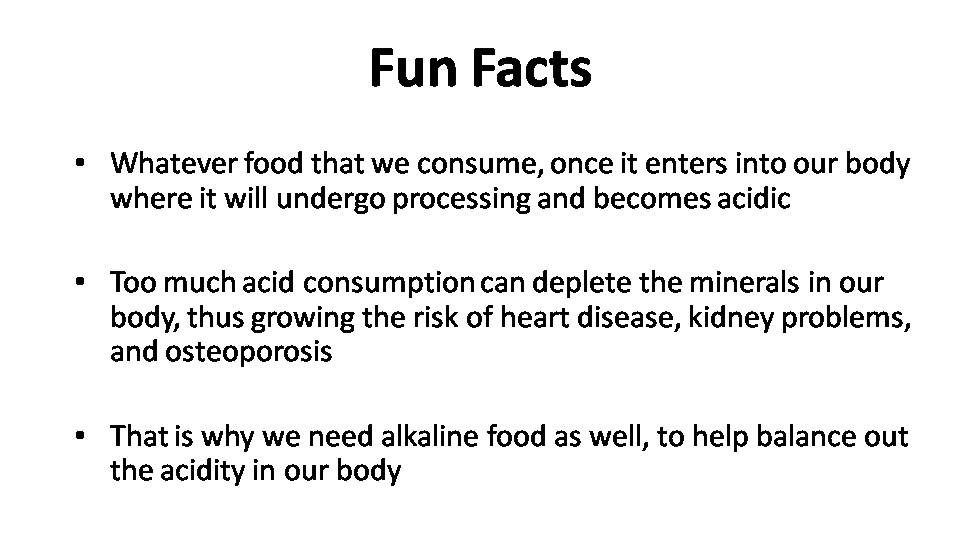
**S2**: Before going into detail, first you have to understand that food can be classified into two groups namely the acidic food group and the alkaline food group.



**S3:** Now the question is why are these food categorized as such?

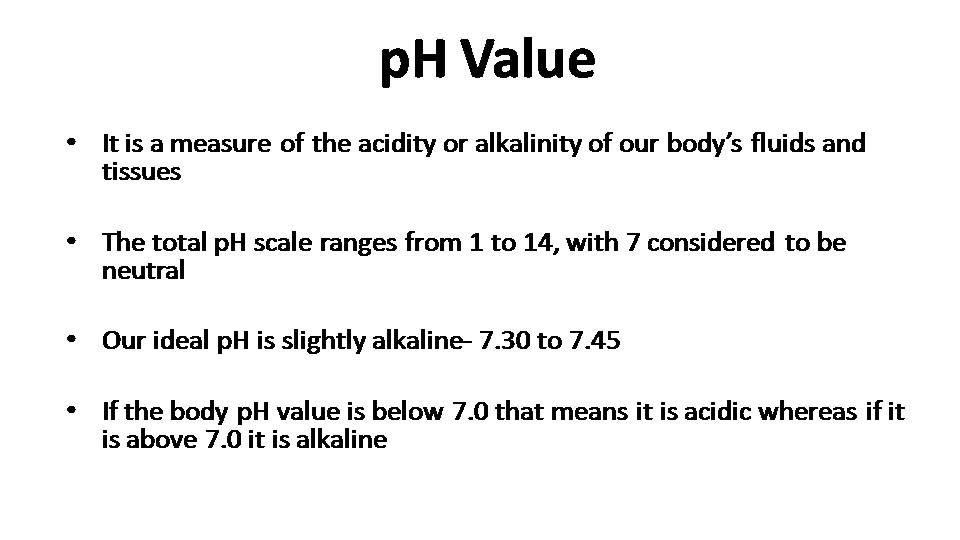


**S4**: The answer is because they affect the urine pH level when they are consumed. Our body's acid-alkaline balance, also known as pH, can affect our overall well-being.



**S5**: Whatever food that we consume, once it enters into our body where it will undergo processing and becomes acidic. Too much acid consumption can deplete the minerals in our body, thus growing the risk of heart disease, kidney problems, and osteoporosis.

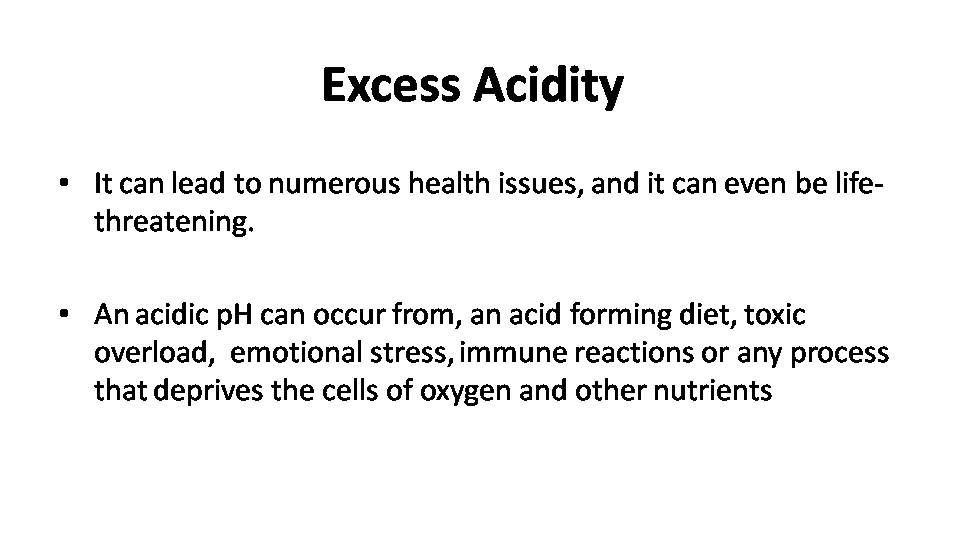
That is why we need alkaline food as well, to help balance out the acidity in our body.



**S6**: Next, we'll talk about pH Value.

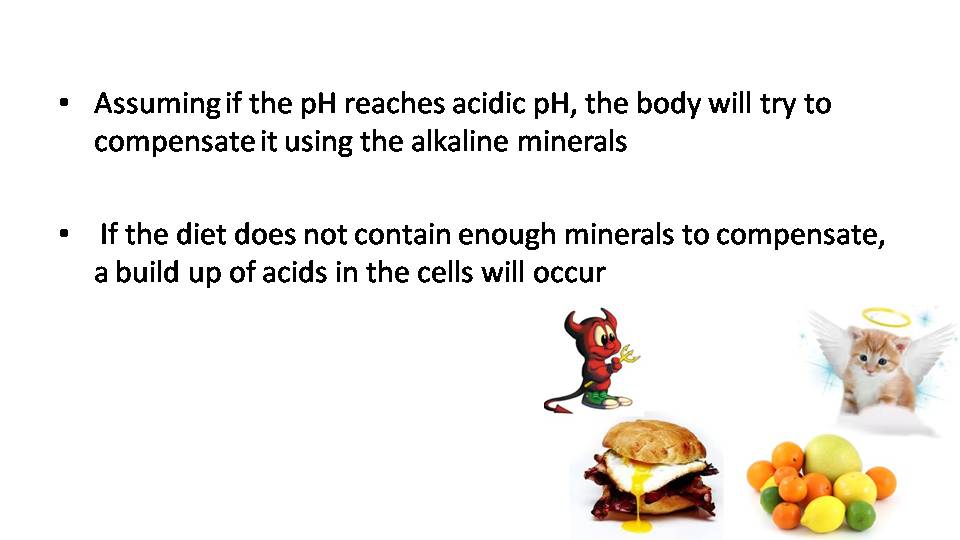
pH stands for power of hydrogen, it is a measure of the acidity or alkalinity of our body’s fluids and tissues.

The total pH scale ranges from 1 to 14, with 7 considered to be neutral. Our ideal pH is slightly alkaline - 7.30 to 7.45. If the body pH value is below 7.0 that means it is acidic whereas if it is above 7.0 it is alkaline.

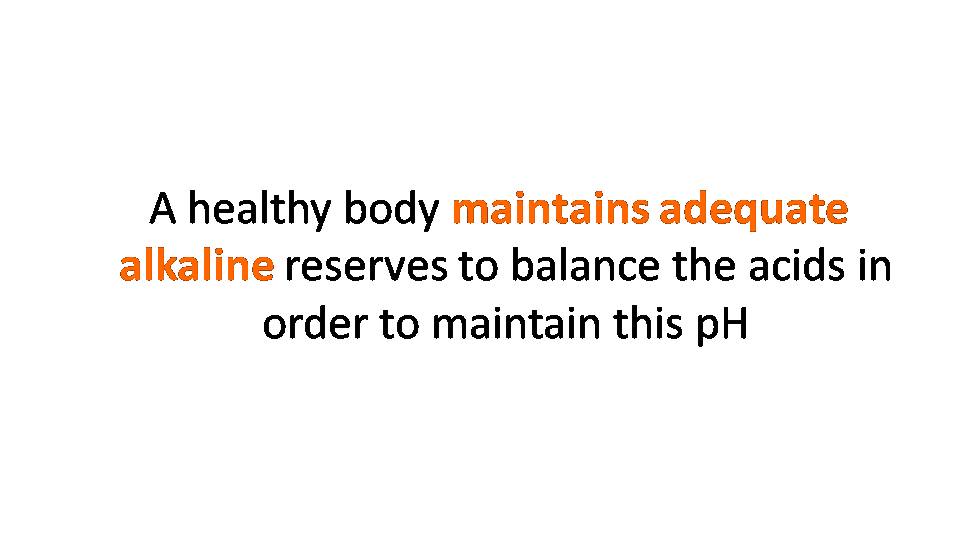


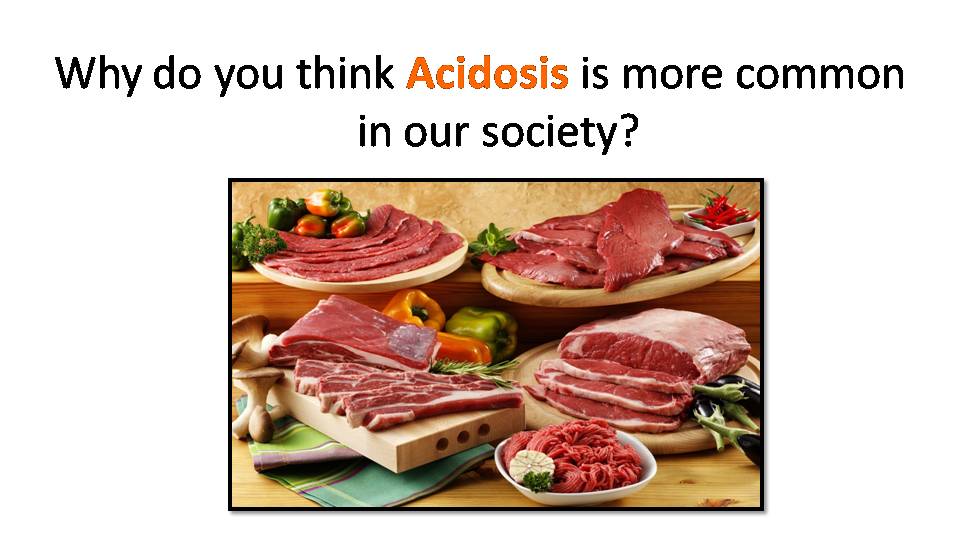
**S7:** Now let's talk about the most common form of pH imbalance.

The most common form of pH imbalance is excess acidity.  It can lead to numerous health issues, and it can even be life-threatening. An acidic pH can occur from, an acid forming diet, toxic overload, emotional stress, immune reactions or any process that deprives the cells of oxygen and other nutrients.

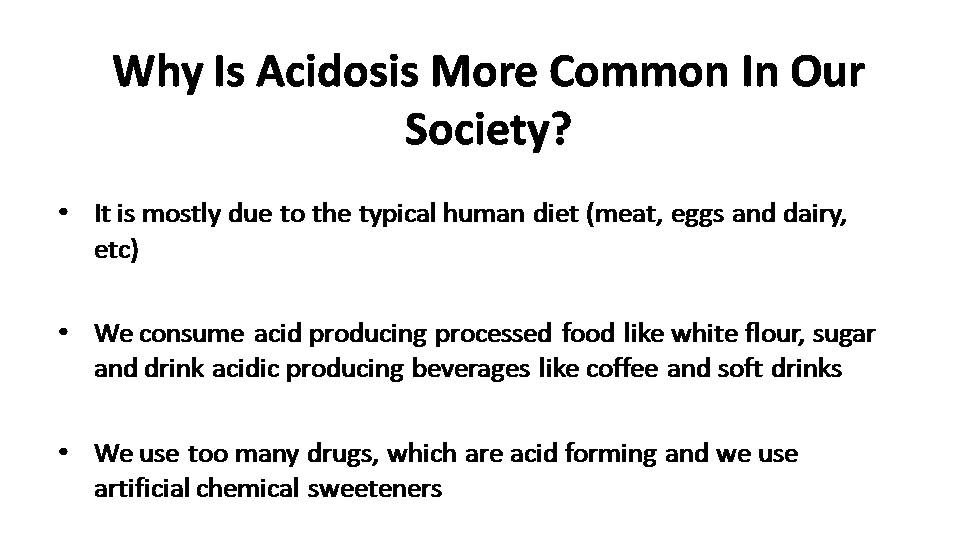
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**S8**: Assuming if the pH reaches acidic pH, the body will try to compensate it using the alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur.

**S9:** A healthy body maintains adequate alkaline reserves to balance the acids in order to maintain this pH.



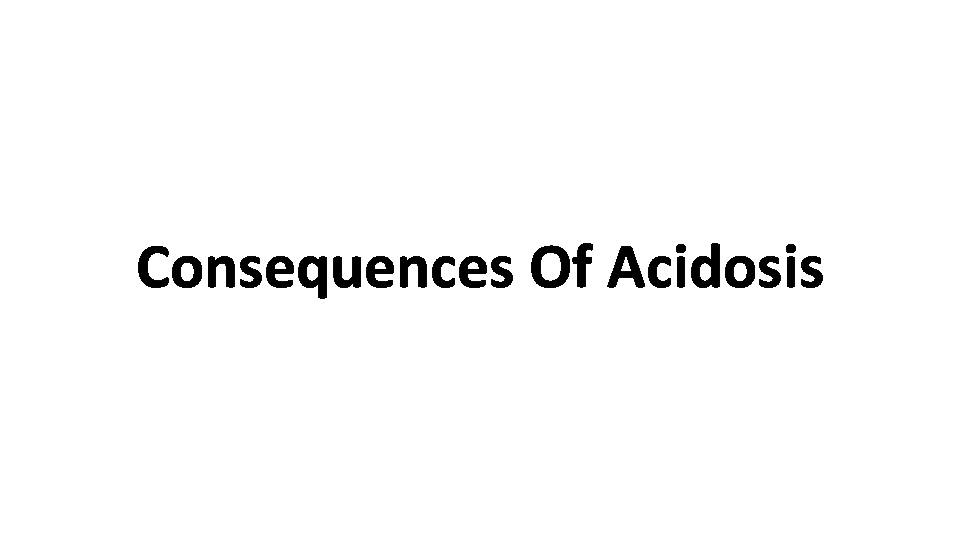
**S10**: Why do you think acidosis is more common in our society?

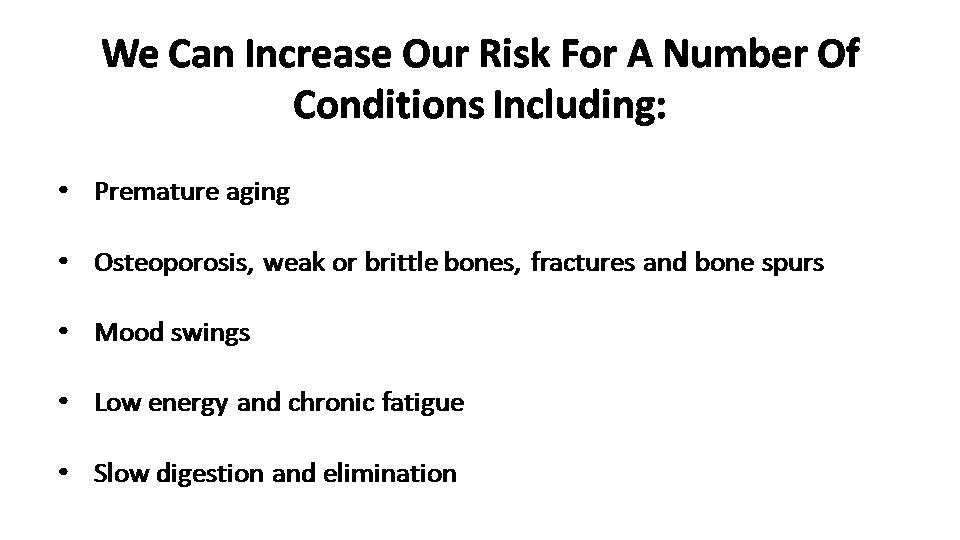


**S11**: The reason acidosis is more common in our society is mostly due to the typical human diet, which is far too high in acid producing animal products like meat, eggs and dairy, and far too low in alkaline producing foods like fresh vegetables.

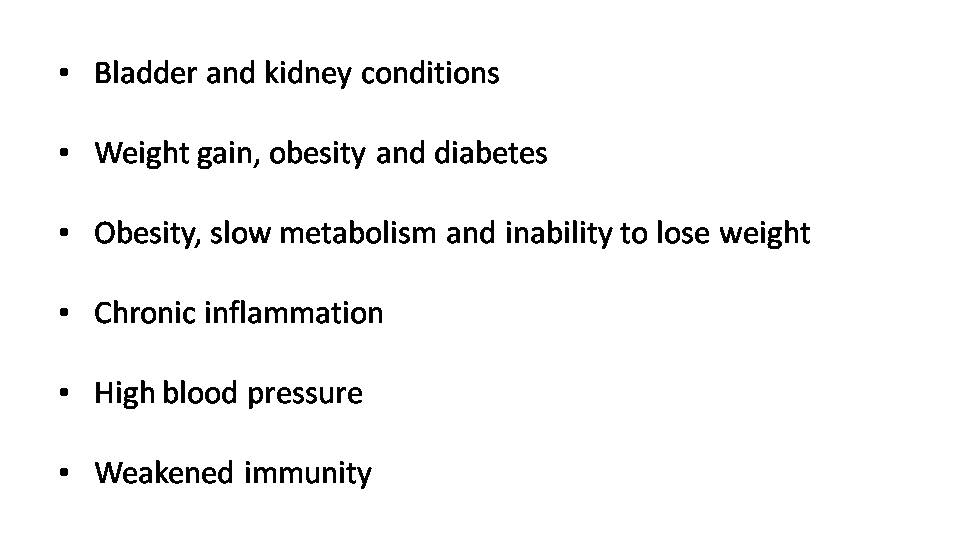
Additionally, we consume acid producing processed food like white flour, sugar and drink acidic producing beverages like coffee and soft drinks.

We use too many drugs, which are acid forming and we use artificial chemical sweeteners like NutraSweet, Spoonful, Sweet ‘N Low, Equal or Aspartame which are poisonous and extremely acid forming.

**S12: Now that we've already covered the reason for acidosis. We'll now move on to talk about its consequences.**

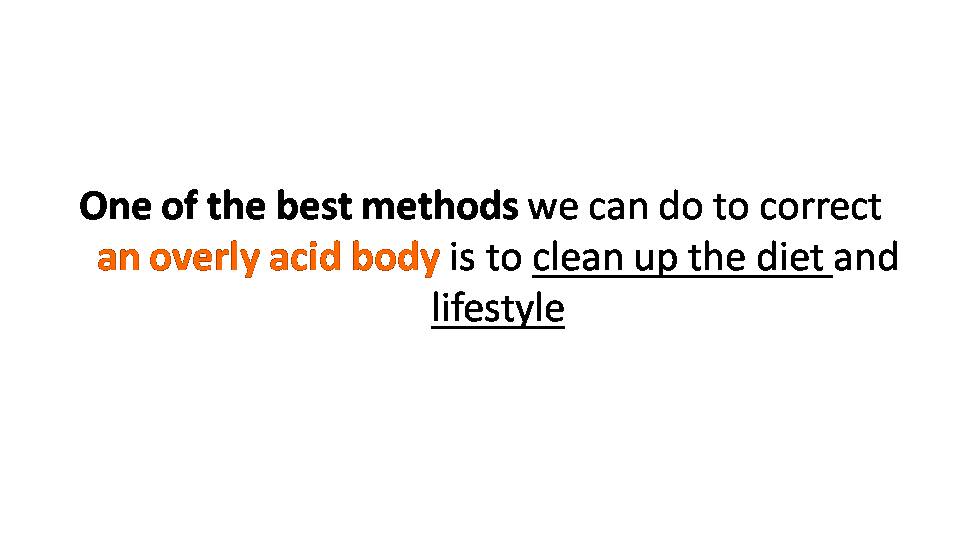
**S13**: If these mineral losses and metabolic abnormalities continue, we can increase our risk for a number of conditions including:

* Premature aging
* Osteoporosis, weak or brittle bones, fractures and bone spurs.
* Mood swings
* Low energy and chronic fatigue
* Slow digestion and elimination

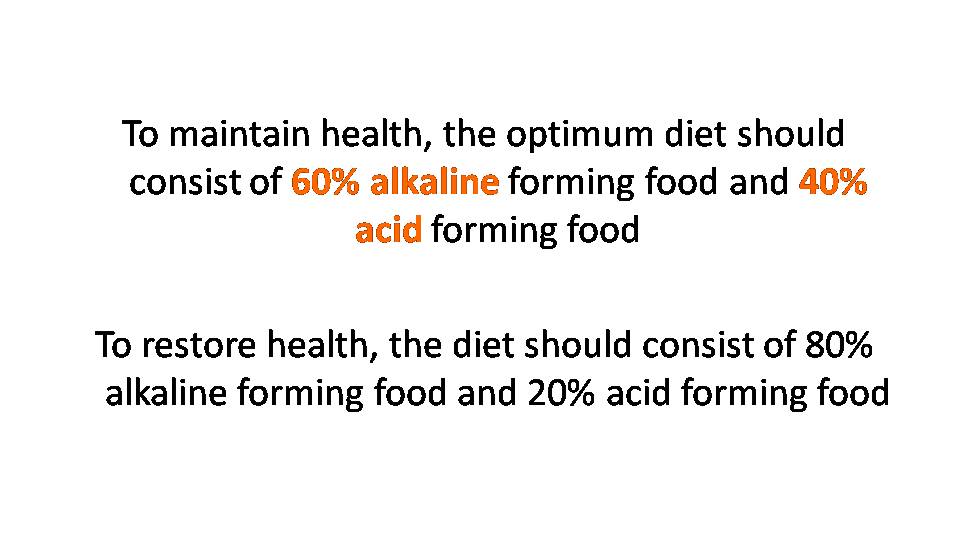


**S14**: Bladder and kidney conditions, including kidney stones

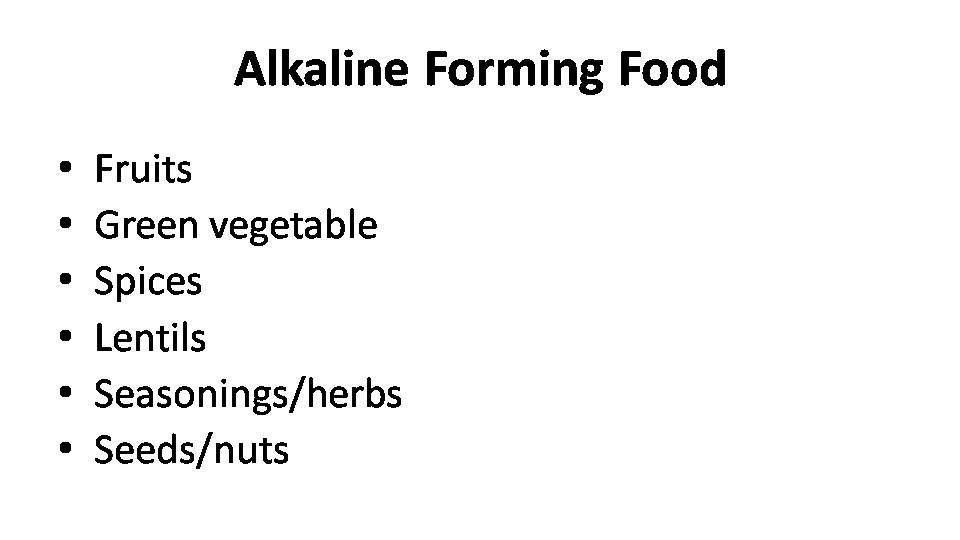
* Weight gain, obesity and diabetes
* Obesity, slow metabolism and inability to lose weight
* [Chronic inflammation](http://www.chatelaine.com/health/wellness/cant-kick-depression-inflammation-may-be-the-culprit/)
* [High blood pressure](http://www.chatelaine.com/health/health-a-z/hypertension-alert/)
* Weakened immunity



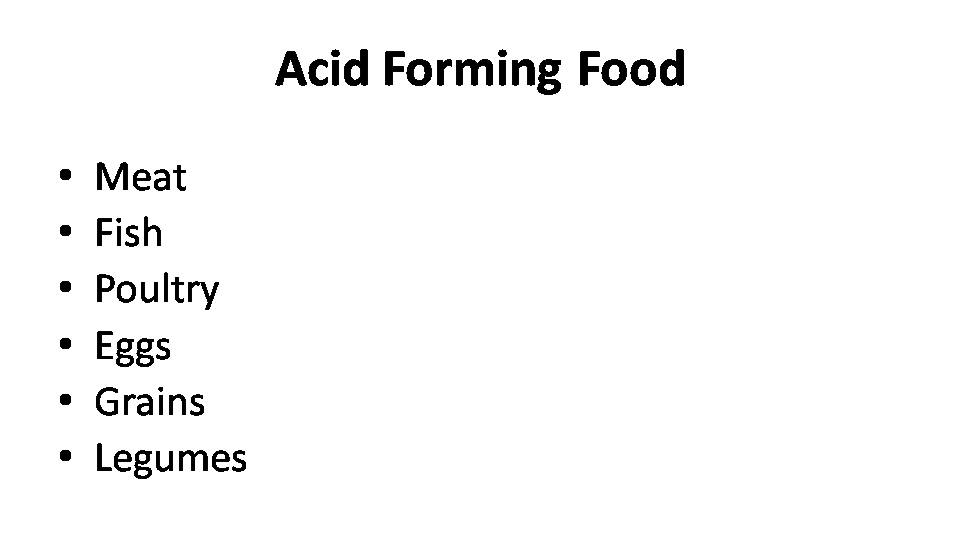
**S15**: One of the best methods we can do to correct an overly acid body is to clean up the diet and lifestyle

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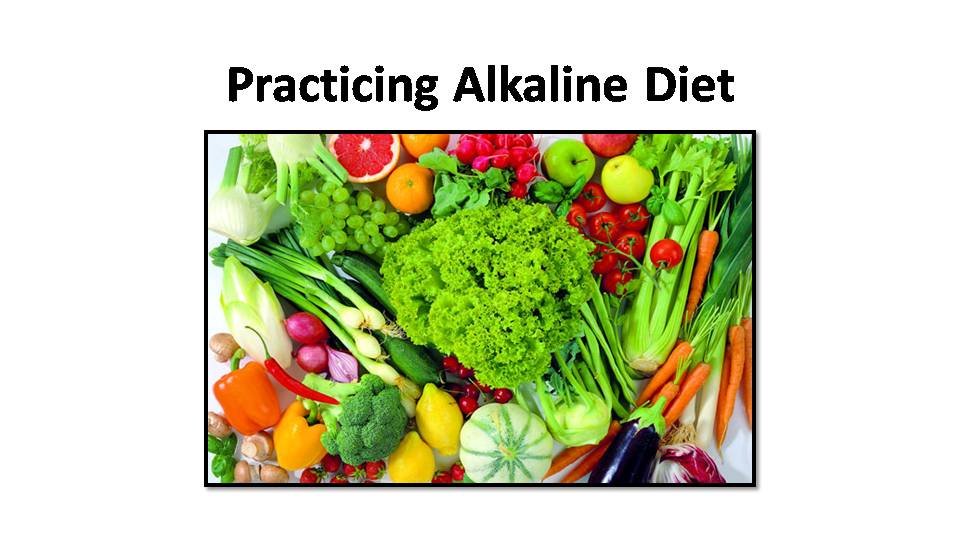
**S16**: To maintain health, the optimum diet should consist of 60% alkaline forming food and 40% acid forming food. To restore health, the diet should consist of 80% alkaline forming food and 20% acid forming food.



**S17**: Generally, alkaline forming food consist of most fruits, green vegetable, spices, lentils, seasonings/herbs and seeds/nuts.

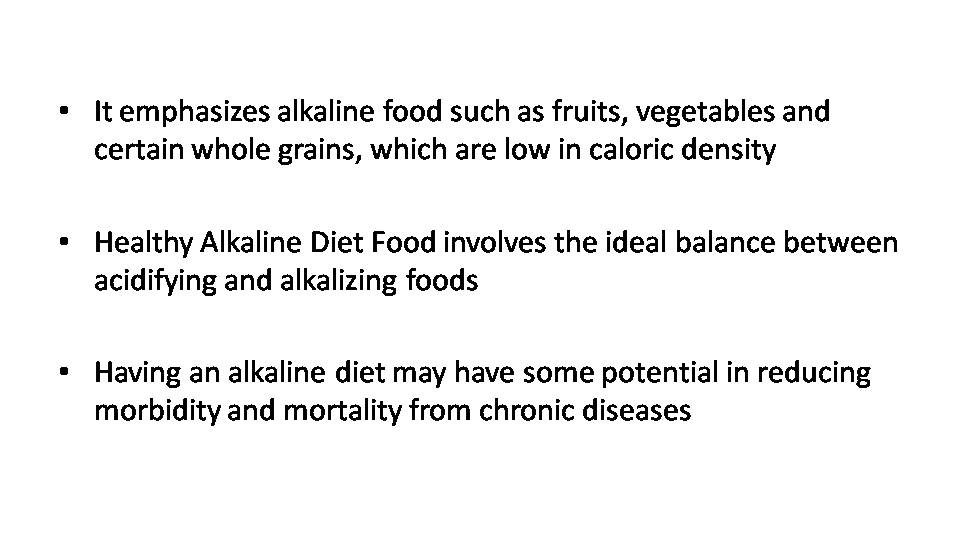


**S18**: Whereas acid forming food comprises of meat, fish, poultry, eggs, grains and legumes.



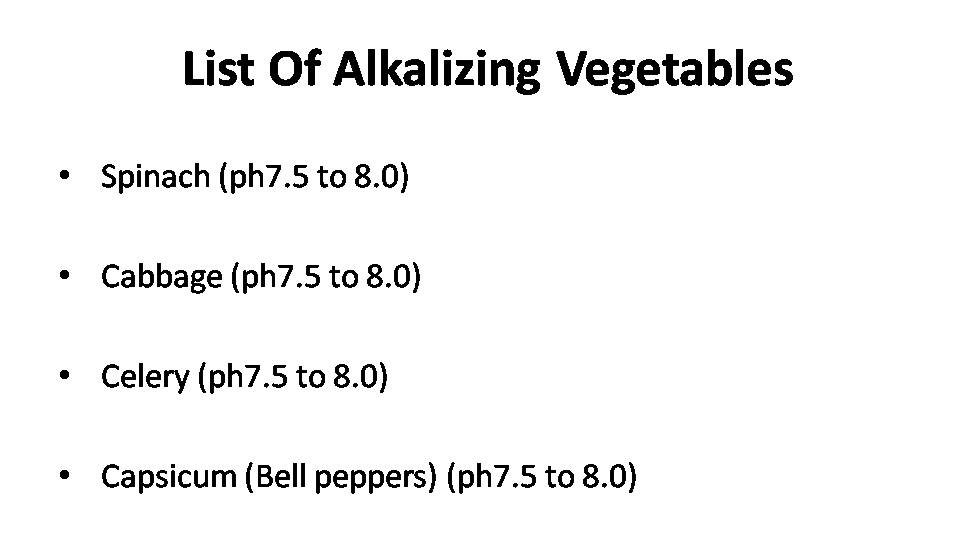
ADD SMTG

**S19: Practicing alkaline diet**



**S20**: [The alkaline diet](https://authoritynutrition.com/the-alkaline-diet-myth/) is also known as the alkaline ash diet or acid-alkaline diet. It emphasizes alkaline food such as fruits, vegetables and certain whole grains, which are low in caloric density.

Healthy Alkaline Diet Food involves the ideal balance between acidifying and alkalizing foods. Having an alkaline diet may have some potential in reducing morbidity and mortality from chronic diseases.

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**S21: List of alkalizing vegetables**

1. Spinach

* Very Low Alkaline Forming Foods
* Moderate Alkaline- ph7.5 to 8.0
* Spinach content raises alkalinity

2. Cabbage

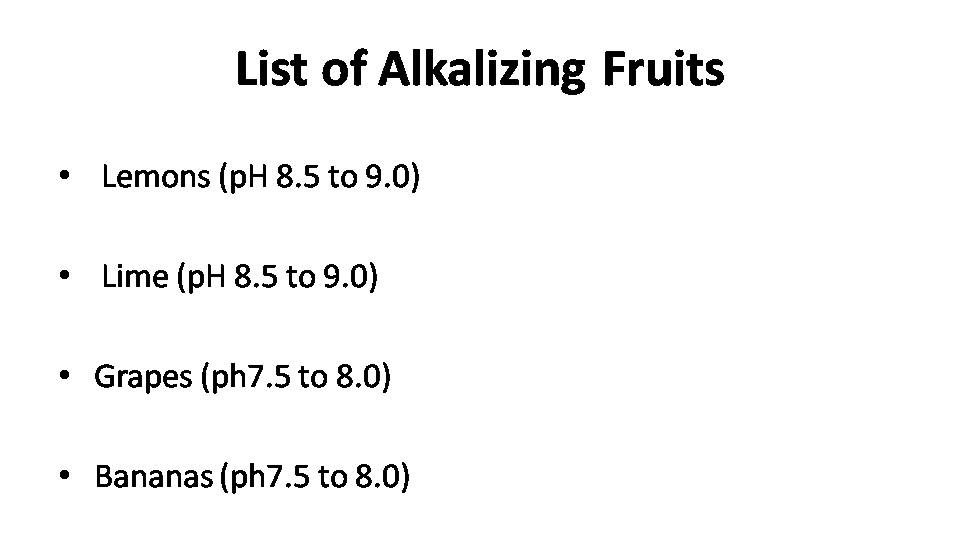
* Low Alkaline Forming Foods
* Moderate Alkaline – ph7.5 to 8.0
* Substitute for coca; mineral rich

3. Celery

* Very Low Alkaline Forming Foods
* Moderate Alkaline – ph7.5 to 8.0
* Elevates acid food 5.0 in alkaline direction

4. Capsicum (Bell peppers)

* Low Alkaline Forming Foods
* Moderate Alkaline – ph7.5 to 8.0
* Substitute for coca; mineral rich



**S22**: List of alkalizing fruits

1. Lemons

* Highly Alkaline Forming Foods
* Extremely Alkaline Forming foods – pH 8.5 to 9.0
* Excellent for remedying against colds, coughs, sore throats, heartburn and gastro upsets

2. Lime

* Highly Alkaline Forming Foods
* Extremely Alkaline Forming foods – pH 8.5 to 9.0
* Purifies kidneys

3. Grapes

* Very Low Alkaline Forming Foods
* Moderate Alkaline – ph7.5 to 8.0

4. Bananas

* Very Low Alkaline Forming Foods
* Moderate Alkaline – ph7.5 to 8.0
* Elevates acid food 5.0 in alkaline direction