

# The Importance of *Maintaining* an Alkaline Body



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Everything we eat affects our health and makes our bodies either more acidic or alkaline. The normal pH of our bodies is supposed to range from 7.35 to 7.45. A pH value of 0 is the most acidic, while 14 is the most alkaline. A pH of 7 is neutral, as it's in the middle of the scale. The pH of the foods you consume daily play a huge role in weight gain or loss, what your skin looks like, how susceptible you are to disease and illness, and how you feel upon waking every morning.

So what foods cause our bodies to become more acidic or alkaline? Alkaline foods include vegetables, fruits, green tea, seeds, nuts, and beans. The most alkalizing foods are typically dark-green, leafy vegetables, mainly due to their high chlorophyll content. Acidic foods and drinks include meats, dairy, soda, caffeine, alcohol, and sugars. (See foods list here.) When you consume acidic foods and drinks, and don't drink enough water, or get little-to-no exercise, the body has to work hard to maintain its pH balance. While the body is working to restore equilibrium, it loses essential vitamins and minerals. This is thought to increase the susceptibility to disease and illness.

The purpose of eating an alkaline diet is to help the body maintain a normal pH, not to increase the pH. The body will always try to maintain a pH of 7.35. Eating acidic

foods makes it harder for the body to do this. According to professionals, over-acidification is a vicious cycle. More acids equal more toxins, which equal a rapid decrease of healthy cells, a.k.a. oxidation. So basically, the more acidic foods you eat, the more toxic your body will become, and that's where disease and illnesses thrive. In an epidemiological study published in the *Journal of the European Associate for the Study of Diabetes (EADS)*, over 66,000 women were followed for 14 years. During that time, 1,372 new cases of diabetes had occurred. Analysis of the participants' food intake determined that those with the highly acidic diets had a significantly greater risk of developing diabetes.

What steps can you take to alkalize your body? There are many things you can do to move toward a healthier pH balance. I recommend turning many of these steps into lifestyle changes, not just something you implement for a week or two. Start off by checking your saliva pH so you know where you're at on the scale, and then check again periodically throughout the process. You can get pH strips at a health-food store. The following steps will help you shift your body away from excess acidity to a more healthy alkaline balance:

- ◆ *Reduce meat and dairy intake and opt for a more plant based diet*

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## FOODS from Most Alkaline...

### HIGHLY ALKALINE

pH 9.5 Water  
Lemon & Lime  
Himalayan Salt  
Avocado  
Broccoli  
Celery  
Cucumber  
Garlic  
Grasses  
Kale & Parsley  
Sprouts  
Spinach  
Tomato

### MODERATELY ALKALINE

Coconut Water  
Beets  
Basil  
Capsicum/Pepper  
Green Cabbage  
Carrot  
Collard Greens  
Ginger  
Green Beans  
Endive & Leeks  
Lettuce  
Mustard Greens  
Radish  
Red Onion  
Turnip  
Zucchini  
Lima & White Beans  
Chia & Hemp Seeds  
Quinoa

### MILDLY ALKALINE

Distilled Water  
Almond Milk  
Asparagus  
Brussels Sprouts  
Cauliflower  
Comfrey  
Potatoes  
Peas  
Pumpkin  
White Onion  
Squash  
Watercress  
White Cabbage  
Coconut  
Grapefruit  
Pomegranate  
Almonds  
Fennel Seeds  
Lentils

## ...to Most Acid-Forming

Sesame Seeds  
Herbs & Spices  
Most Veg. Oils

### MILDLY ACIDIC

Rice & Coconut Milk  
Cantaloupe  
Fresh Dates  
Nectarine & Plum  
Sweet Cherry  
Watermelon  
Black & Garbanzo Beans  
Buckwheat  
Millet  
Oats/Oatmeal  
Couscous  
Freshwater Wild Fish  
Brazil & Hazel Nuts  
Flax Seeds  
Pecans  
Pumpkin/Sunflower  
Seeds

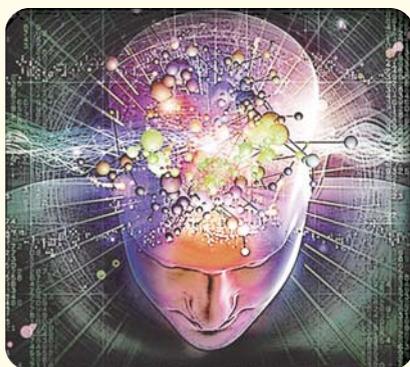
### MODERATELY ACIDIC

Fresh Juice  
Ketchup  
Mayonnaise  
Butter  
Most Fruits  
Goat & Vegan Cheese  
Brown & Wild Rice  
Rye Bread  
Wheat Bread  
Walnuts  
Ocean Fish

### HIGHLY ACIDIC

Alcohol  
Coffee & Black Tea  
Fruit Juice (sweetened)  
Cocoa  
Jam & Jelly  
Mustard  
Vinegar  
Sugar & Sweeteners  
Dried Fruit  
Beef, Chicken, Pork  
Eggs  
Farmed Fish  
White Rice  
Cheese & Dairy  
Mushrooms  
Drugs & Medications

SOURCE:  
[pHMiracleLiving.com](http://pHMiracleLiving.com)



Marlenea La Shomb, ND

**W**ith its abundance of organic, garden-fresh greens, fruits, vegetables and sprouts, the summer season is the easiest time to shift our eating habits. By restoring the pH balance in our body, all your body's systems can repair and rebuild themselves—truly a balancing act.

Most of us have at least heard of pH balance and I thought I had most books on the subject until I laid eyes on: *The Complete Idiot's Guide to the pH Balance Diet*. This book is unique with its meal plans and recipes, along with the science of pH balance. It is written by Maria Blanco, CFH, a certified family herbalist and holistic nutrition consultant specializing in: food allergies, family and childhood nutrition, diabetes prevention, and weight-loss management education. She is blessed with nine children and eleven grandchildren; she and her husband reside in SW Louisiana.

Balance exists in all things, and the body's pH is no exception. The least you need to know is that the pH of the body's various tissues is normally held within very tight bounds. However, because today's Standard American (SAD) Diet is too acidic, it tends to throw that balance off. When these levels cannot be consistently maintained, the

## BRIDGING THE GAP BETWEEN MENTAL & PHYSICAL

# Your Body's pH: What It Is & Why It Matters

resulting toxicity gives way to chronic illness and disease. By eating foods rich in alkalizing minerals, your body will restock its reserves and always have plenty on hand to maintain homeostasis (the proper pH balance). When the body's tissues and secretions don't fall within their normal pH ranges, the processes they are responsible for are performed less efficiently—or not at all!

Your body is made to heal itself. Immediately, as you begin to restore this balance, the body rapidly cleanses and detoxifies, replacing old tissues and repairing past damage. Soon you'll be astonished at how great you feel.

In addition to the body's lower elimination organs, the kidneys, lungs and skin work mightily to expel excessive acids and maintain a slightly alkaline balance. When these organs cannot keep up with the demand for acid elimination, the body draws upon its mineral alkaline reserves, including calcium from the bones. This is the cause of osteoporosis and its precursor, osteopenia.

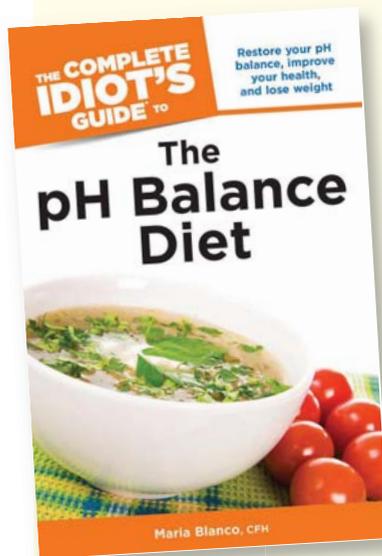
### WHAT IS pH?

In chemistry, pH (potential of hydrogen) is a measure of how acidic or alkaline a substance is on a scale of 0 (most acidic) to 14 (most alkaline), with 7 being neutral.

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- ◆ Reduce sugar intake in foods and beverages
- ◆ Add dark leafy greens to meals and juices
- ◆ Aim for a fruit and vegetable-rich diet
- ◆ Drink water with lemon.
- ◆ Become conscious of the fats and oils you use to cook your food in.
- ◆ Limit processed foods—basically anything that comes in a package.
- ◆ Work to reduce alcohol, drugs, and stress from your lifestyle! ■

Happy Cleansing!



To get technical, the pH scale is logarithmic, so a pH value of 4 is ten times more acidic than a pH of 5, while a pH of 9 is ten times more alkaline than a pH of 8. The pH of pure water is normally 7—right in the middle. Lemons are most alkalizing for the body, while vinegar, whiskey and drugs are among the most acid-forming.

Irish writer and hobby chemist Robert Boyle first referred to substances as either acids or alkalis during the 17th century. Nearly 200 years later, Swedish scientist Svante Arrhenius hypothesized that water could dissolve chemical compounds into individual ions. In the late

19th century, Danish scientist Sorren Sorensen studied the effect of ion concentration on proteins and discovered that the relative concentration of hydrogen ions was important. To give meaning to the measurement, he created the pH scale. To this day, the pH scale is still one of the most basic tools of chemistry, nutrition and other sciences.

No other people in history have eaten so much processed, non-fresh, non-plant foods—acid-forming foods. This applies to our pets, too. Most modern diseases can be linked back to too much acid in the body. As early as 1931, Dr. Otto Warburg published research that showed cancer begins in cells suffering from the lack of oxygen, due to weakened cellular respiration. These oxygen-starved cells begin a kind of fermentation, which increases their acidity. Inflammation (i.e., arthritis and pain) are also known to be caused by an excess of acid waste in the joints, muscles and body.

**BOTTOM LINE?** Your body needs the basics in life. Absorbing sunlight, breathing fresh air, drinking pure water, and daily movement all help to

balance your pH. As always, eating a diet that's rich in fresh fruits and vegetables, especially the greens, will ensure your body's ability to stay in pH balance. Take a look at the chart. A great place to start is to move from 50/50, then 60/40, then eventually 70/30 in terms of eating more alkalizing foods. And take heart—with your very next balanced meal, your body will go to work to create homeostasis and remove excess acids. ■



Amanda Kimmel is certified through the International Association of Colon Hydrotherapy, I-Act, and the National Board of Colon Hydrotherapy, NBCHT. For questions or an appointment call Amanda at (406) 404-0951, or schedule an appointment online at

[BigSkyCleanse.com](http://BigSkyCleanse.com). Send email to: [KimmelAmanda@gmail.com](mailto:KimmelAmanda@gmail.com). The Big Sky Cleansing Center is located at 2419 W. Main Street, Ste. 1, in Bozeman. (Take the side road off Main at Perkins Restaurant; go to the rear of the office complex there.) The center offers colon hydrotherapy, ionic foot spas, and health coaching in Bozeman. Discounted packages are available.



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