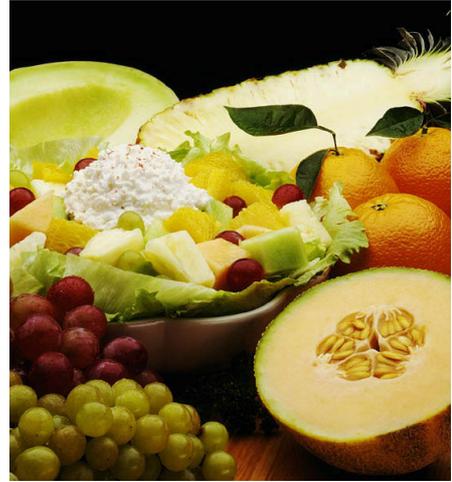




Acid alkaline balance

If you find yourself feeling generally 'out of sorts', grouchy and irritable for no reason, often tired, sometimes headachy with generalised achiness, then you could have too much acid in your blood. If you also have raised uric acid levels (confirmed with a blood test), then you most certainly need 'alkalising'.

The blood is naturally alkaline with a pH of about 7.4 to 7.5 and the body constantly strives to maintain that alkalinity. With correct pH, you feel calm, energetic and centred. Many factors affect the acid/alkaline balance of the blood. When foods are metabolised, acids are produced that are neutralised by the alkaline salts (carbonates) of calcium, magnesium, potassium and sodium. Our intake of these mineral salts affects our acid/alkaline balance, as does the type of food we eat.



Foods containing large amounts of chloride, phosphorous, sulphur and nitrogen, such as most animal products, tend to be acid-forming.

Those rich in calcium, potassium, magnesium and sodium, e.g. fruits and vegetables, tend to be alkaline-forming.

Broadly speaking all fruits and vegetables, seeds, mineral water and almonds are alkaline-forming. Meat, fish, eggs, butter, grains, nuts and pulses are acid-forming.

Highly acid-forming are sugar, artificial sweeteners, refined carbohydrates, coffee, black tea, alcohol and smoking.

The ratio of alkaline to acid-forming foods that you should be eating is 60 to 70% alkaline to 30 to 40% acid.

Exercising raises acidity (eat some fruit before and after exercising) as does smoking.

One of the reasons we feel sluggish and 'hung over' after a night out eating, drinking and smoking is the rise in blood acid levels. One of the best ways to get back in balance is to spend the next day eating fruit, almonds and salads and drinking mineral water.

Deep breathing also makes the blood more alkaline and if you have problems with food cravings, eating alkaline will help to reduce them.

Eating "Alkaline" means that your body doesn't have to struggle to conserve blood alkalinity (normally around 7.4 or 7.5 on the pH scale). You feel calmer, more energetic, less irritable and moody, and full of health and vitality.

The basic rules for eating alkaline

Using the acid/alkaline chart and plate diagram as guides, eat around 50 – 60% of your diet as fruits, vegetables and other alkaline-forming foods.

If your uric acid levels are high, eat up to 80% of your diet as alkaline-forming foods.

Eat only whole, unprocessed foods. Avoid regular consumption of sugar and sugary foods, chocolate, coffee, cola drinks and strong black tea (all of which contain caffeine), alcohol, highly salted snacks and meals, and smoking.



One of your meals should be based on a mixed raw salad, and the other should be based on lightly cooked vegetables, accompanied by a protein which could be meat, fish, eggs, cheese, yoghurt, beans, tofu, nuts and seeds, and a complex carbohydrate, which could be whole grain rice, bread, potatoes in their skin, wholemeal pasta, quinoa, millet, oats, rye, barley.

In the winter make vegetable soups high in potassium and therefore alkalising.

Eat between one and three pieces of fruit per day.

If you feel acidic, try drinking a cup of hot water with juice of half a lemon squeezed into it. A glass of fresh pressed fruit juice diluted 50:50 with water will also help to neutralise acid in the blood.

The following chart will act as a ready guide. However, when I checked references to acid alkaline-forming foods, I found there was some disagreement among the experts. I have therefore taken a consensus, also based on my own experience with reducing acidity.

Acid-forming Foods	Exceptions
All grains, e.g. wheat, oats, rye, buckwheat and rice All meat, poultry, seafood and fish, including bacon Cheese Eggs Pulses (beans, peas, lentils, soya beans and tofu) Nuts (including peanuts though not a nut) Foods made with flour, especially white flour Breakfast cereals Bread (all kinds) Vinegar Sugar and anything made with it. Artificial sweeteners Alcohol, coffee, black tea and smoking	Millet , quinoa Milk and butter are regarded as neutral Almonds. Unless made with millet or quinoa
Alkaline-forming Foods	Exceptions
All fruits (including citrus fruits and dried fruits). Lemons and watermelons are the most alkalising. All vegetables (including seaweed and potatoes). Pumpkins and potatoes are especially alkalising. Seeds, e.g. pumpkin, sesame, sunflower, linseed Millet, quinoa and almonds Mineral Waters Ginseng, ginger, mustard, pepper, curry, most spices	Olives, plums