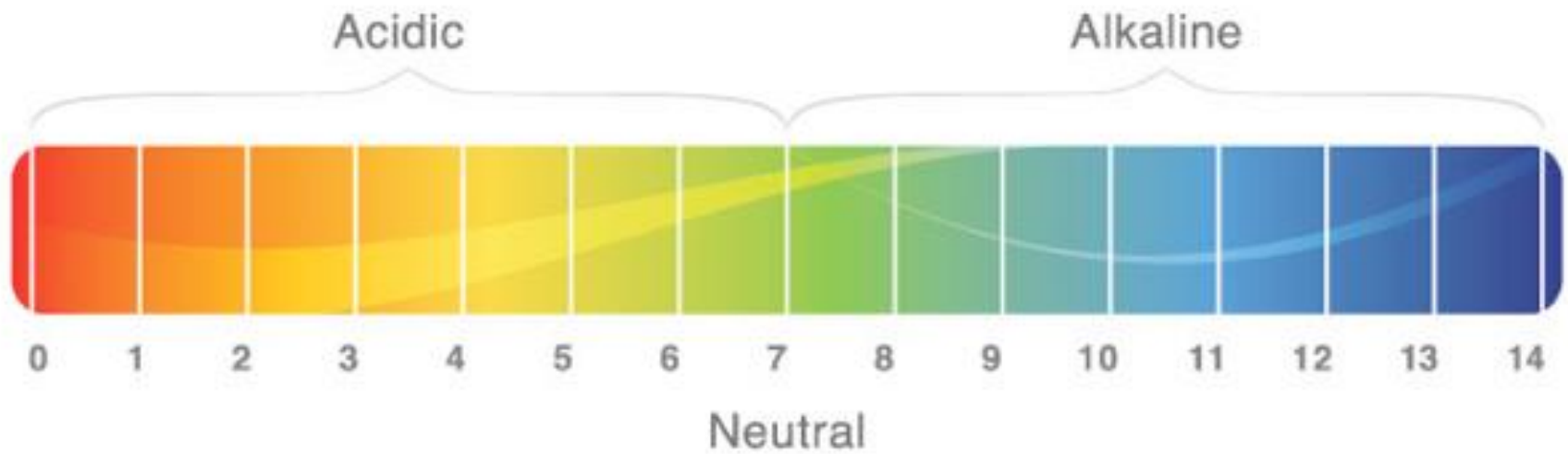


WHAT DOES IT MEAN TO BE “ACIDIC”?



The Ph Scale



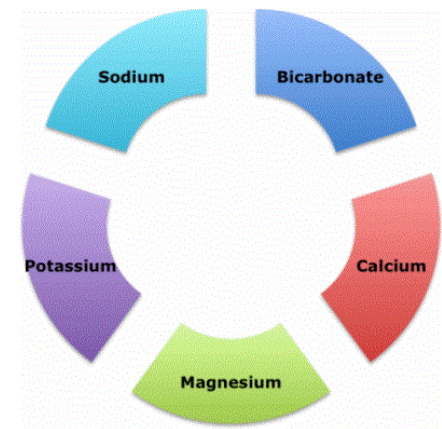
Acid/Alkaline

- Anything above 7 is alkaline
- Anything below 7 is acid
- We are not acid – nothing lives in acid
- We are alkaline – the only acid environment in our body is in the stomach
- We also now know that an acid material from the stomach is neutralized by bicarbonate from the pancreas
- Acid foods such as lemon juice or vinegar are also neutralized by bicarbonate



However...

- We make acids in our body
- Every time protein is metabolised (broken down), it leaves what is called an acid ash
- Every time we make new tissue, we must break down old tissue and since tissue is made of protein, the breakdown produces an acid such as uric acid and others
- This acid must be neutralized as we are alkaline, not acid
- We use alkalizing minerals for this
 - calcium, potassium, sodium, magnesium



Being Acidic

- Our blood must stay between 7.35 -7.45 ph so it is slightly alkaline
- We need to neutralize acids we make both on a cellular level and in the blood to maintain this ph and we use the alkalizing minerals to do this
- These minerals must come from our diet and if we do not have enough – then the minerals can be taken from bone or teeth or hair
- So when you are “acidic” – all it means is that you do not provide enough minerals to neutralize the acids your body produces and do all the other functions in the body that you need minerals for.



An Alkaline Diet

- To “alkalize” the body, means that the diet delivers a lot of minerals to the body
- This means that foods that have a lot of minerals and little protein are considered “alkalizing”
- Food that contain a lot of protein and little minerals are considered “acidic”
- Food that has some protein and have a good amount of minerals are considered “neutral”
- The terminology “acidic” is a euphemism so do not be confused by foods that are actual acids like vinegar



Acid/Alkaline Foods

- Ignore all charts:
- Alkalizing foods: All fruits and vegetables
- Acidic foods: Meat, fish and possibly eggs
- Neutral foods: Grains, legumes, nuts, seeds and dairy products
- This makes it simple
- Having a balanced diet is an alkaline diet.



In Conclusion

- Don't overthink this
- There are alkalizing tablets you can take if you really feel you need a lot of alkalizing minerals
- But you should not need to
- This is just so you understand the terminology
- As you will see, eating the best foods for your gut and for your digestion will be the same as eating an alkalizing diet

