"All disease comes from the same root cause ....... excess tissue acidity"

Dr Theodore Baroody
Alkalize or Die
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This book is only produced for educational purposes and represents the opinions, observations and research of the author who is not medically trained. Anyone considering implementing any suggestions of a medical or nutritional nature should discuss with their trained health practitioner.

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Introduction

“To get through the hardest journey we need only take one step at a time, but we must keep stepping”

Chinese Proverb

Disease is not normal. We are wonderfully designed to live healthy, energetic and vibrant lives. However, we have been conditioned to believe that disease is normal and that it requires complex solutions. Many of the solutions are actually very simple and it is extremely sad to see so many people suffering needlessly the effects of ill health when there are simple changes that can be made which will repay huge dividends. We are increasingly conditioned to believe that most disease is genetic, and although our genes do contribute to our levels of wellness, correct choice in terms of diet and lifestyle can often defy the negative impact of our genetic programming. Genetic engineering has spawned a massive industry but has neglected the big picture of holistic health.

There have been major advances in natural medicine over the past few decades including an increasing awareness of the vital role acid alkaline balance has on our health and well-being. This impacts on our energy levels, our immunity and the rate at which we age. In fact several leading researchers and natural health doctors have stated that it is the root cause of all disease.

Many traditional allopathic medical doctors still cling to the view that, except in extreme situations, the body’s buffer systems will adjust the body pH to correct levels of balance, no matter what. However recent independent research suggests that this is not the case. Modern living, particularly the typical western diet, leads to long term disturbance of acid-alkali homeostasis resulting in a low-grade chronic acidosis. Research has connected this imbalance to diseases such as osteoporosis, kidney stones and rheumatoid disorders. However more and more health professionals in the natural medicine sector link this deviation of pH towards acidity as the root cause of our modern day epidemics: diabetes, cardiovascular disease, cancer, arthritis, auto immune disorders, hormonal disorders, chronic fatigue and most gastrointestinal disorders. The underlying problems behind these diseases may be multi-faceted but there is no doubt that a disruption in acid alkaline balance exists when these disorders occur. Focusing on correcting and maintaining your body’s pH balance will bring significant benefits.

The fact that you have downloaded this report suggests that you are ready to take responsibility for your own health; you are actively looking for solutions.
This report

- will give you an introduction to the subject of body acid alkaline balance;
- will help you assess your current acid alkaline status;
- will help you identify areas where you can take action;
- will provide you with a list of resources we have found helpful

Hopefully, it will stimulate your interest in investigating the subject more fully. We hope it brings you some insight as to your current health problems and shows you the simple steps you can take to bring about the positive change you want.

We first recommend you read through the report in its entirety and then reread it focussing on one or two areas where you can start work immediately. This will encourage you to continue to take steps along the road to optimum health. We are designed to be healthy, we are not meant to be sick so irrespective of your current health status take responsibility for your health and be inspired to take action: the rewards are immense.

Please note that this report is not about managing disease. This report does not offer medical advice and you are advised to consult your health practitioner if you are making changes to your lifestyle or your diet. This report is prepared to share information which the writer, who is not medically qualified, has found helpful personally and has seen numerous other people benefiting from.

“Natural forces within us are the true healers of disease”

Hippocrates
My Personal Story

Like many other people working in the natural health sector I became interested and later involved through having to find solutions for my own health problems.

During the 1980’s while in my early 30’s I was debilitated with ME or chronic fatigue syndrome. This was in the early years of recognition of ME and was still regarded by many as being ‘all in the mind’ or was referred to as yuppies disease. In fairness my medical doctors were supportive and did their best to help. However they really did not have anything to offer and I was increasingly told that I would have to live with it. At that time you were told that if you had suffered for more than 5 years with the disease your chances of ever recovering were slim.

Thankfully I did not buy into that thinking.

During the 80’s I consulted many other health practitioners in addition to my medical doctor. I tried acupuncture, homeopathy, herbalism, kinesiology and particularly osteopathy and chiropractic to relieve the problems of back pain that accompanied the problem. These also gave a measure of relief but did not really give the lasting solution I was looking for. In addition to the muscle pain, brain fog and poor immunity, my blood pressure was extremely high. Fortunately losing weight and improving diet help to normalise that. In the decade prior to contracting ME I had suffered from recurrent throat and chest infections with numerous courses of antibiotics, which I believe was a major contributor to the onset of ME.

At one stage I followed a gluten free, dairy free diet recommended by a kinesiology and did notice a significant improvement particularly in digestive function. I had suffered with irritable bowel syndrome since my teens.

In 1990 I visited a medical doctor who was in private practice and who was using Vega testing. It was my first introduction to mind – body medicine. His testing highlighted a number of emotional issues that needed to be accepted and dealt with in addition to using homeopathic remedies to address the physical issues I was still suffering from. He encouraged me to read a couple of books, one being Louise L Hay’s book ‘You can heal your life’ and Tony Robbins book ‘Awaken the giant within’. I was fortunate to have encountered a doctor that was free from the blinkers of most western medical doctors.

Changes in diet, lifestyle and thinking did a huge lot to improve my wellbeing. However it was at this juncture that my interest in natural health was really engaged and from them on I have read extensively.

During my years with ME I was never debilitated for lengthy periods of time as some people are, symptoms abated and recurred and I was always able to keep
working, albeit as I was self-employed through these years and able to vary my work routine to fit in with my health.

About 2002 I picked up a copy of the book ‘Ph Miracle’ by Microbiologist Robert Young. It immediately made sense to me. At that time I was involved in the environmental sector - primarily in industrial waste water treatment. When operating biological waste water treatment plants there are two parameters that are critically important, one is the pH level the other is the oxygen concentration of the water. Consequently the pH Miracle book made sense to me. I realised that if pH and oxygen levels were critical for bacteria in a waste water treatment plant they must also be critical for us also since we are biological systems. I then began researching the subject further and implementing further changes and appropriate supplementation. This again had a further beneficial impact on my health.

My job was particularly demanding and involved extensive travelling both nationally and internationally. I was able to cope with this level of activity in stark contrast to 15 years previous when some days it was a major challenge to contemplate travelling 10 miles into the nearest town. I was glad I never bought into the thinking that I had no option but to learn to live with my health problems.

The company I was a director of went into administration in 2004 and I was forced to take up employment for the first time in 27 years. I had always been either self-employed or a director of my own business. Employment did not sit easily with me particularly working with a large multinational company where decision making was lengthy and bureaucratic.

In 2006 I visited the main European water treatment technology exhibition looking for new technologies for my employer. On entering the exhibition I passed the Korean pavilion and was asked by an exhibitor if I was interested in ‘antioxidant water’. I thought ‘what is he on about’. That night the penny dropped and the following day I visited all the companies from Korea who were offering alkaline antioxidant water technologies.

In reality they were probably in the wrong exhibition since this was primarily an industrial and municipal water treatment event. I evaluated a number of products, decided on one, brought in a small supply for testing and on the basis of my results handed in my notice and formed Water for Health Ltd. I was then able to work in the sector that I had become deeply interested in, natural health and wanted to share my findings with other people and show what was possible to help people maintain or regain health.

At Water for Health Ltd we gradually introduced other products to our range with the focus being on quality products which enhanced body acid alkaline balance.

Over the years changes in diet and lifestyle helped me to regain my health from chronic fatigue and poor immunity when I was told I would just need to learn to live with it. However alkalizing did help me in other ways also – in particular
significant improvements in digestive health. My IBS problems are fortunately now history.

Drinking alkaline water and taking greens and a few key supplements has become part of my daily routine. It serves me well in helping me keep functioning at a pace which would not have been possible 25 years ago.

My own experience has taught me that proper nutrition with a focus on proper body acid alkaline balance can pay enormous health dividends. I consistently hear from clients and contacts that have adopted these principles and have markedly improved their health and the quality of their lives. Some of these had life threatening health challenges.

I firmly believe that if you give a sick body what it needs the body will respond and heal itself. The crucial thing being to understand its needs and do what it takes to meet that need at every level.

Holistic health is the result of addressing imbalances at many levels. We have been wonderfully created and I believe designed to lead healthy energetic lives. Sickness is not normal.

Regrettably ‘modern medicine’ has few answers to today’s plague of degenerative diseases primarily offering ‘drugs’ to mask symptoms. I had no wish to be consigned to a life of medication with often serious side effects and would encourage everyone to consider the vital role that good nutrition and proper hydration can have on health.

We all want to live healthy, pain free, fulfilling lives. Good nutrition focusing on proper body acid alkaline balance is in my view is a crucial part of it. I hope this short ebook has stimulated your interest to explore further and begin to take steps towards health. If I can be of help to you in any way please feel through to get in touch through my web site www.water-for-health.co.uk. Above all don’t think disease – THINK HEALTH.

“Disease is just a signal from the body that there is an imbalance that needs to be corrected. That imbalance could be nutritional, in our lifestyle or in our thinking. Addressing the imbalance, rather than suppressing symptoms, is vital to achieve optimum health.”
Body Acid Alkaline Balance – What are the benefits?

‘All disease comes from the same root cause, excess tissue acidity’

Dr Theodore A Baroody Alkalize or Die.

There is no doubt that our bodies are wonderfully designed. We are extremely complex biochemical systems. Our body pH is one measure of the health of these biochemical systems.

So what do we mean when we talk of pH? Technically this stands for potential hydrogen and is a scale used to measure the concentration of hydrogen ions in a solution and thus determine the relative acidity or alkalinity of that solution. The scale runs from 0 to 14. A pH of 7.0 is neutral, values below 7 are acid (more hydrogen ions) with 0 being the most acid, values above 7 are alkaline (less hydrogen ions) with 14 being the most alkaline. The scale is logarithmic and each whole number change represents a tenfold change in the concentration of hydrogen ions. So, a reading of 9 is 10 times more alkaline than a reading of 8 while a reading of 4 is ten times more acidic than a reading of 5.
When we refer to the pH of the body we are talking about the pH of body fluids. The body's fluids can be divided into two groups:

- **intracellular fluid** – fluid found inside the body's cells
- **extracellular fluid** – fluid found outside the body's cells made up of:
  - **a) interstitial fluid**, the fluid which surrounds the cells
  - **b) blood plasma**, the fluid which makes up our blood.

The ideal pH of our blood is 7.365, which is very slightly alkaline. Our body works hard to maintain a blood pH between 7.35 and 7.45. If blood pH drops below 7.35 it results in a condition called acidosis and if it rises above 7.45 a condition called alkalosis occurs. If blood pH continues to fall below 6.8 or rise above 7.8 the end result may well be death. Slight deviations from the ideal value can have profound effects on our health.

Three major mechanisms are used to maintain blood pH:

- **Buffer Systems.** Control the concentration of hydrogen ions in the blood by reacting with weak acids and alkaline salts. There are three major buffer systems:
  - Protein buffer system
  - Carbonic acid-bicarbonate buffer system
  - Phosphate buffer system

The *Respiratory System* - Increases or decreases the respiratory rate to increase or decrease the amount of carbon dioxide (acid) exhaled.

The *Renal system* - Controls the amount of hydrogen ions excreted by the kidneys.
Traditional thinking was that the body would maintain blood pH with little impact on the rest of the body. This may well have been the case when we were hunter-gatherers but today, for the majority of us, our typical diet tends towards acidity resulting in long term stress on the buffer systems which are our body’s first response to maintaining body fluid pH. This means that we are continually borrowing from the buffers’ alkaline reserves without fully paying back leading to a gradual depletion. In the long term this may result in chronic disease as alkaline minerals are stripped from our bones and muscles to neutralise the excess acidity leading to impairment of our bone structure, connective tissue and muscles.

We all want to live long, healthy, energised lives and although body biochemistry is complex we do not need to understand it to improve our overall wellbeing. Body biochemistry and imbalances of body pH are affected by lifestyle, nutrition, psychology, environmental factors and medication. (We do not advise anyone to stop or alter their medication without consulting their doctor).

There is lots we can do to help cancel out the negative effects of modern living and simple changes to our lifestyle and nutrition can have a significant positive impact.

We discuss some of these changes in the following chapters but let’s get started by replacing the belief that disease is normal with the belief that we are designed to live healthy, happy and meaningful lives.

Although it is increasingly stressed that disease is genetic it does not always follow that if you have a genetic susceptibility you will get the disease. Changes to lifestyle and nutrition can offset genetic weaknesses.

Some of the benefits that people have experienced through improving their body acid alkaline balance are:

- Improved immunity
- Increased energy levels
- Reduction of pain - ‘Wherever there is pain there is acidity’ Dr Robert Young, microbiologist and author of the pH range of books.
- Better control over blood sugar levels
• Reductions in elevated blood pressure
• Improved mobility
• Reductions in cholesterol levels
• Improved ability to survive cancers
• Improved skeletal health with reductions in osteoporosis and arthritic pain
• Improved digestion and the reduction of gastrointestinal pain as a result of acid reflux, ulcers and bowel problems
• Improved nutrient uptake and better detoxification
• Weight loss if overweight - excess weight is an acid problem!

This is by no means an exhaustive list but some of the areas where people have experienced improvements when they address underlying acid alkaline imbalances.

“According to the research of Dr Enderlein, our bodies can only be healed of any chronic illness when our blood is at a normal or slightly alkaline pH”

Michael Lam, M.D.
You Are Responsible

Most healthy people have a very important common characteristic - they take personal responsibility for their health. They do not give away that responsibility to anyone: doctors and health practitioners are their servants not their masters.

Many people have abdicated responsibility for their health. Regrettfully this has been encouraged over the last 50 + years by a medical care industry where the dominant strategy has not been to identify and cure health challenges but to medicate to deal with the symptoms. Little effort has been directed towards disease prevention: after all the 'real' money is made in managing and maintaining disease not in promoting wellness. As a consequence many people have been consigned to a lifetime of medication which in many instances could be avoided by dietary and lifestyle changes. Taking personal responsibility will encourage and empower you to examine all the options - and there are lots of options - for your health and follow the strategy that is best for you. Taking personal responsibility is the first thing you have to do in your pursuit of wellness. Make a commitment to yourself that from now on you are in charge, and starting right now take personal responsibility for your health.

- You are responsible for what you eat, and drink
- You are responsible for what you think about
- You are responsible for your habits, good and bad
- You are responsible for controlling your home environment as far as you possibly can.

Taking personal responsibility is tremendously empowering. When you take personal responsibility for your health you will begin to make the choices which will move you towards your goal – optimum health. It does not matter what your current health status is:

- You may be healthy and want to maintain that health ensuring a lengthy life span of quality living.
- You may have a life threatening illness
- You may have minor health niggles
- You may have a chronic health condition

Wherever you are take personal responsibility and begin to make the choices that will make a massive difference to your health.  

“Destiny is no matter of chance. It is a matter of choice”

William Jennings Bryan
Where am I now? Determine your current body acid alkaline status

Is your body’s pH out of balance? How can you tell? You may currently be suffering many of the effects of a body which is out of balance yet be unaware of the root cause of your problems. So, the first thing you need to do is ascertain your body’s current position and this will then allow you to monitor improvements as you go along.

The ideal way to monitor your body pH is by venous blood analysis over a period of time. This will give you an accurate picture of your acid alkaline balance. Most doctors, however, will be reluctant to do that and private tests can be expensive. The alternative, which will give you an indication of the status of your body pH, is to check the pH of your saliva and urine over a period. It is important to do this over a period to see the trend rather than on a single reading which is unlikely to reflect an accurate picture.

Special pH test strips are available that are calibrated between a pH of 4 and 9 suitable for testing the pH of urine and saliva.

**Blood pH Levels**

<table>
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<th></th>
<th>Death</th>
<th>Acidosis</th>
<th>Normal pH</th>
<th>Alkalosis</th>
<th>Death</th>
</tr>
</thead>
<tbody>
<tr>
<td>pH</td>
<td>6</td>
<td>7</td>
<td>7.34</td>
<td>7.38</td>
<td>7.8</td>
</tr>
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*It is vitally important to maintain the body acid alkaline balance at the correct pH level to enjoy good health and avoid degenerative disease.*

The following is the protocol recommended by Dr Michael Lam in his book [beating cancer with natural Medicine](#).

**Salivary pH Test**

Just wet a piece pH test paper with your saliva two hours after a meal and match it against the colour scale. This will give you a reflection of your state of health. Although saliva is generally more acidic than blood, it is a fairly good indicator of health. It tells you what your body retains. Salivary pH is a fair indicator of health for extracellular fluids and their alkaline mineral reserves.

The optimal pH for saliva is 6.4 to 6.8. A reading lower than 6.4 indicates that there is not enough alkaline reserves. After meals, the saliva pH should rise to 7.8 or higher. If there is no increase, it will imply that the body has a deficiency in alkaline minerals especially calcium and magnesium, food will not be absorbed and assimilated well. To deviate from an ideal salivary pH for an extended time will lead to illnesses.
If the salivary pH level remains too low, we should take more fruits, vegetables and mineral water and avoid strong acidifiers such as sodas, whole wheat and red meat to maintain its balance.

**Urinary pH Test**

The pH of the urine is an indication of how well the body is working to maintain a proper pH of the blood. It reflects the efforts of the body via the kidneys, adrenals, lungs and gonads through the buffer salts and hormones. The urine also shows the alkaline building (anabolic) and acid tearing down (catabolic) cycles. By taking urine samples, we can get a fairly accurate picture of our body pH as our kidneys filter out the buffer salts of pH regulation. The same litmus test can provide blood pH estimates based on what the body is eliminating. The urine pH can vary from around 4.5 to 9.0 but the ideal range is still 5.8 to 6.8.

To increase the alkalinity in our blood, we can consume these foods: almonds, aloe vera, apples, apricots, bee pollen, buckwheat, grapefruit, honey lettuce, millet, parsley, raisins, peaches, pineapple, soy products, sprouted seeds, crooked spinach, turnip tops, wakame miso soup, azuki beans and mineral water.

Getting an estimation of your current pH level will give you a point to work from and may also explain why you are feeling the way you are now. You can then start making simple changes to make the difference that you need and want. Measuring improvements in body pH balance as you start to implement and maintain these simple changes will help keep you focused and the actual improvements you feel should help keep you on the right path.

Now we can go on to look at some of the major areas that are contributing to imbalance of body pH and biochemical functioning and some of the simple changes you can make to regain your health.
Nutrition: Give your body real food and it will respond positively.

It is often said that we are what we eat, but is more accurate to say that we are what our bodies metabolise.

The typical Western diet, high in animal products, sugars and refined and processed foods can lead to chronic low grade acidosis. Our body is acidic in function with many essential metabolic reactions producing acid residues. This is added to by acid residues from food breakdown: every food breaks down into either acid or alkaline residue within the body.

The body is equipped, within reason, to deal effectively with these residues however the dietary trend towards high protein intake combined with low fruit and vegetable intake has led to an imbalance with which our bodies struggle to deal – some experts believe that after so many years of a hunter gatherer diet our bodies have not yet evolved to deal with this modern, relatively new, trend.

Ideally we want to eat 20-30% of acid forming foods and 70-80% of alkaline forming foods. However most of our diets are the opposite with a significantly higher proportion of food intake coming from acid forming foods. As a general guideline most animal products, processed foods, sugar products, grains, alcohol and cigarettes are acid forming whilst most fruit and vegetables are alkaline forming. Although many proponents of an alkaline diet recommend a vegetarian or vegan approach, I am not convinced that this is ideal for everyone. Some people appear to need some meat in their diets to prosper.

For example the digestibility of vegetable protein is lower than that of animal protein, heme iron from meats is well absorbed compared to non-heme iron from plants, and some people need more protein than others in their diet. For best effect you may want to ascertain your metabolic or nutritional type before setting up your diet plan. You will find a link within the resources section to give you more information on metabolic typing.
Fruit and Vegetables

It is also true that most people need to greatly increase their consumption of fruits and vegetables – particularly the latter. The government (UK) recommend 5 portions of fruit and vegetables per day but this should be regarded as a minimum requirement and ideally you should aim for 2-3 portions of fruit and 7-8 portions of vegetables per day.

Fruit and vegetables provide the principal alkaline minerals calcium, potassium and magnesium and are packed full of phytonutrients with many health promoting attributes including antioxidant, anticancer and anti-inflammatory properties. Ideally you should use organic produce bought locally to preserve as much of the nutritional value as possible. If you have the space, why not try growing your own?

Your diet can impact the manner in which blood flows through your body. An acidic diet, while over working the body’s buffer system, is also likely to be high in cholesterol, saturated and trans-fats. Long-term, this will impair blood circulation. You will note that the Dietary Approaches to Stop Hypertension (DASH) diet shares many similarities with an alkaline diet. One of the main functions of blood is to transport oxygen and nutrients to the cells and one of the principal benefits of correct body pH balance is the body’s ability to transfer oxygen efficiently through the body. This is vital for immunity and high energy living. Cancers are known to flourish in low oxygen conditions.

“Truly the vegetable kingdom contains our best medicine”

Henry G. Bieler, M.D
Sugar

Refined sugar as well as being acidic is considered by some to be a drug and when you consider the consumption in the UK and the USA it would appear that we may have many addicts.

Sugar is a simple carbohydrate that has a dramatic effect on the body’s energy system. Blood sugar balance is key to having a steady energy supply throughout the day and high intakes of refined sugar cause this balance to be in continual flux and may eventually lead to conditions such as diabetes.

Ideally everyone should eliminate sugar from their diet, this includes biscuits, cakes, sweets, soft drinks (which are particularly acidifying), alcohol and all refined carbohydrates such as white pasta and white rice. This can be particularly challenging for most people to achieve but will have a profound effect on your body so start with little steps. It is probably the one nutritional recommendation that will have the biggest impact on our wellbeing:

Substitute whole grains for refined grains - try quinoa, wholegrain pasta and brown rice.

Use safe sweeteners such as raw honey, Xylitol which is now commonly available in supermarkets and Stevia if it is available in your country – both of these may have other health benefits.

Avoid artificial chemical sweeteners such as aspartame (I recommend that you read the book Sweet Poison by Janet Starr Hull if you are in any doubt), sucralose and saccharin which although banned as an additive in Canada is commonly used in many other countries.

Nuts and seeds, hummus and vegetable sticks / oatcakes / rice cakes rather than sweet cakes and biscuits.

Drink water and herbal teas instead of soft drinks – try freezing herbal teas as ice lollies in warm weather, the fruit ones work best.

Don't skip breakfast. You may start craving junk food or sugary snacks.

Other benefits of eliminating sugars include:

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“Cancer is a sugar-feeder. Learn to cut down the sugar intake (including granular and refined sugar) by up to 90% to create a new sugar environment. You do need food for energy. Change to low glycaemic index complex carbohydrates. Cut off all soda pop, most grains, rice and potato.”

Dr Michael Lam, M.D

“The main waste product from the anaerobic breakdown of glucose by cancer cells is lactic acid, which may explain why the body of a cancer patient is so acidic, in contrast to the naturally alkaline body of a healthy person.”

Andreas Mortiz
Author of Cancer is not a Disease
Helping to control the candida Albicans (yeast) infection which is associated with many debilitating health problems. Candida Albicans infections are implicated in many debilitating health complaints. Candida and other parasitic infections which feed on sugars, flourish in acidic conditions and add further to the acid load on the body in that they metabolise your nutrients and dump their toxic, acidic waste in your body. Eliminating sugars and focusing on an alkaline diet will greatly help to create conditions in the body that are less hospitable for these harmful microorganisms to flourish.

Protein

Most of us eat much more protein than we require – most people will only need 0.8g of protein per kg of body weight – try to think of a portion of meat protein as the size of a pack of cards. If eating meat, eat good quality meat, ideally organically grown and concentrate on white meats such as chicken and turkey. Limit red meat as much as possible, try to reduce consumption to once or twice a week, and eliminate processed meats such as bacon, ham and sausage which have been linked to cancers. Note also that pork is the most difficult meat to digest, is a potential source of the parasitic infection and as such should be avoided. Fish offers a good alternative to meat, with oily fish being particularly beneficial. However it is best to avoid shellfish which are often toxin laden. Their function in the environment is to purify the oceans.

However if you are suffering from a serious health challenge you would most probably be better to focus on getting your protein from vegetable sources. Good concentrated protein products using pea protein, alfalfa protein, rice protein and spirulina are an excellent protein alternative with an amino acid profile similar to human muscle.

Artificial Additives

Aim to eat as natural a diet as possible and if you achieve this you will have automatically eliminated artificial additives. I've already mentioned avoiding artificial sweeteners but there are many more artificial additives out there including MSG, artificial food colourings, BHA, BHT, nitrates, sulphites and benzoates... these are implicated in food allergies and intolerances, hyper activity in children and certain cancers. Artificial additives do nothing to improve body acid alkaline balance.
Raw Diet

Many people advocate a raw diet as this conserves the maximum nutritional value and indeed for many foods cooking will lessen the nutritional content of the food. Raw vegetarian diets have been enormous help to lots of people and in particular people suffering from serious life threatening conditions such as cancers. Juicing vegetables and fruits is a great way to give the body great alkalizing nutrition.

Lightly steaming or stir frying vegetables are preferable for many people. In cold, northern climates warming foods are often essential to many people especially in winter. Take a sensible approach and learn to read your own body’s reaction to food and you will learn what is best for you.

Many cancer sufferers have found a raw diet to be particularly helpful. However all of us would benefit if we consumed at least 50% of our diet from raw foods.

Note: The antioxidant nutrient lycopene found in tomatoes is increased and also made more digestible by cooking.

Overeating

It is interesting to note that one of the best things most people in the western world can do to improve the quality of their life and extend their lifespan is to eat less. Overeating, particularly of the wrong type of foods, increases the production of harmful free radicals which are damaging to our body. Additionally the extra weight you end up carrying puts stress on your body’s organs and is the basis of many medical complaints such as diabetes, cardio vascular problems and increased cancer risk.
Moving Forward

Although most medical doctors accept that nutrition can play an important part in maintaining health, few accept that good nutrition can actively heal the body. The power of good nutrition is often overlooked although there are many people who will testify to the fact that they have healed their bodies, often from life-threatening diseases, using only good nutrition. This does not happen overnight. There is no nutritional magic bullet, no quick fix: change through nutrition is a process and if you wish to test the power of nutrition then you have to commit to the long haul and focus on quality nutrition for life. This may seem daunting but you will probably notice small changes pretty quickly – more energy, better sleep, better mood, and a heightened sense of wellbeing.

Moving towards a more alkaline diet should be a gradual process unless you are suffering from a life threatening condition when you need to take serious concerted action in conjunction with your health practitioner. Gradually eliminate unhealthy food choices and increase your consumption of vegetables and fruits. You will begin to experience the benefits of these gradual changes and this will make further changes easier to implement and so the cycle will continue with each benefit motivating you to take more action and to enjoy even more benefits.

In the resources section at the end of this report we have included a number of books that you might find helpful in choosing and preparing foods that are healthy for you. You will also find a list of common foods and whether they are alkalizing or acidifying on the body. What is important to note is that it is the alkalinity or acidity of the food after it is metabolised that is important not its acidity or alkalinity before it is eaten. As an example lemons and limes are very acidic fruits but when metabolised leave an alkaline reserve in the body.
Good Water: The Body’s Most Vital Nutrient

Probably the simplest thing that everyone can do to improve their health and help body acid alkaline balance is to drink plenty of good health giving water. Regretfully most people are dehydrated which has very negative implications for our health in both the short and the longer term.

Our bodies are typically 70% water, consequently it is vitally important to keep that water healthy if we are to keep the cells in our body, which are surrounded by water, healthy. Our brains are 85% water and are particularly sensitive to dehydration- that is why brain fog and memory impairment is increased when we are dehydrated.

“Other than alkaline reduced water I also make various kinds of water with healing power. In addition, some kinds of natural water have miraculous healing powers. I am continuing to conduct research in order to prove effectiveness of these various waters. In experience I experience incurable diseases (by modern medicine) being cured by water every day.

Nothing would be better if the water we drink every day in show treatment effects in chronic diseases and make people healthy. Water will defiantly become a new breakthrough for modern medicine, which seems to have reached a limit.”

Professor Won H. Kim, Author of Water of life - a Cure for your body.

Dr Batmanghelidj, an enlightened medical doctor who trained in London under Sir Alexander Fleming, the discoverer of penicillin, carried out extensive research and lectured internationally on the health benefits of water. He went on to write several books on the subject.

In his book Water & Salt he stated:

“After much clinical and scientific research, my understanding is that early indicators of acid burns in the interior of cells and potential genetic damage that can take place are different forms and intensities of pain. Depending on the degree of dehydration as well as the extent and location of acid build up inside the cells - when greater flow of water should have cleared the acid from that area - the classic pains of the body are produced...

• Heartburn
• Dyspeptic Pain
• Anginal pain
• Lower Back Pack
• Rheumatoid joint pain
• Migraine headaches

• Colitis Pain
• Fibromyalgic Pain
• Morning sickness during pregnancy
• Bulimia”

“Water plays the role of the untiring of carrier of light energy and heat. First and foremost it is carrier of all substances that sustain life.”

Viktor Schauburger, Author of Fertile Earth
Many people have concerns about drinking public supply water and although most of it in the UK and the developed world is subject to extensive treatment there are increasing concerns about low levels of pollution and particularly hormones and drug residues - both legal and illegal. Although these may only be present in very low concentrations it is not yet known what harm ingesting these may cause in the longer term. Consequently it is best to filter tap water before drinking. The most popular types of filtration systems are based on either filtering using activated carbon or using reverse osmosis membranes.

Reverse Osmosis systems will remove all compounds and ions from the water, but have the disadvantage of leaving the water slightly acidic, which is not water that is best for your body. In my view this water is ‘pure dead water’ and not the type of water that is best for our bodies.

Activated carbon filtration will absorb the majority of organic pollutants such as benzene, pesticide residues and hormones in addition to removing chlorine. They often form a part under-sink inline system as well as simple jug filters. It is worth noting that jug filters using activated carbon and ion exchange resins leave the water acidic after filtration. They are fine, if your primary concern is to stop your kettle furring up but not ideal if what you are looking for is the best water for your health.

Should you drink bottled water? By drinking bottled water you are avoiding the principal pollutants that can be found in tap water. However there is cause for concern if plastic bottles are left exposed to direct sunlight which can potentially break down the plastic releasing DEHP and DEHA into the water. Although free from pollutants bottled waters do not contain the vital energy of good health promoting water. Environmentally it is also a poor option with high transport costs and significant mountains of waste plastics.

Over the last few decades there has been considerable research into the therapeutic properties of water. Since the 1960’s the Japanese have been researching the properties of alkaline ionized water and developing processes
with significant health benefits. As a result millions of people in Japan, Korea and other far eastern countries drink this water on a daily basis to maintain their health. It is also used in clinics often treating very serious health problems.

Professor Won H Kim, an Oxford University trained microbiologist and a leading Korean authority on the therapeutic benefits of water, listed in his book ‘Water of Life - a Cure For Our Body’ six characteristics that good water should have:

1. Water should be free of any contaminants harmful to the human body.
2. The water should contain an appropriate amount of minerals required by the body.
3. The water needs to be alkaline.
4. It requires being abundant in hexagonal water which makes water structure compact.
5. The water should have the ability to eliminate reactive oxygen species (free radicals), which are a major contributor to degenerative disease.
6. The water has to have good energy.

Unfortunately tap water, bottled water and most filtered water does not satisfy many of these criteria. Experts have concluded that the ‘miraculous waters’ from many famous sources contain these characteristics naturally, which is what gives them their healing power.

Since the early 1960’s the Japanese have been developing electronic water ionizers to produce the type of water that is ideal for the body and gives healing benefits. These ionizers split the water into alkaline and acidic fractions. The alkaline water stream has many of the benefits listed above.
However in recent years the research has moved towards using the natural energetic properties of minerals such as tourmaline, jade and rare minerals to create water which supplies the vital properties listed above. This is now being utilised in a number of simple devices such as jug filters and portable water ionizers, bringing the health benefits of alkaline ionized water within the financial reach of everyone. These systems are much more cost effective than electronic ionizers and provide great results. If you already have an existing reverse osmosis system or an inline carbon filtration system you can incorporate an alkalizing cartridge into your existing system to turn your water into filtered alkaline ionized water.

Although most people put great emphasis on the alkalinity of the water this is probably not the most important attribute of this water. Its compact structure giving better hydration, its ability to neutralise harmful free radicals and the good energy that the minerals transmit into the water are at least as important if not more important than the change in alkalinity.

In Russia there is technology being used based on the structure of water for both environmental and health applications. In the health area it is being used to treat people with radioactive poisoning and there is no doubt over the coming years more and more will be heard about the healing benefits of properly structured water.

“Our bodies are 70-90% water, so finding ways to increase the alkalinity of the body is vital to health”

Carolyn Dean, M.D., N.D. Author of The Magnesium Miracle

There are a number of key misconceptions about the role of water in the body and these misconceptions have probably led to millions of people suffering and dying prematurely. In his last great book 'Obesity Cancer and Depression - How Water Can Help Cure These Deadly Diseases' Dr Batmanghelidj expands on four of the most common misconceptions;

Dry mouth is the only sign of dehydration in the body.

Actually dry mouth is not a sign to rely on. The body can suffer from deep dehydration inside its cells without manifesting a dry mouth symptom etc.

Water is a simple inert substance that only dissolves, circulates different things and ultimately fills up the empty spaces. It has no chemical role of its own in the physiological functions of the body. All chemical actions in the body are performed by the solid matter that is dissolved in it.
Water is not a simple inert substance. It is the single most complex element in nature.

The human body can regulate its water intake efficiently throughout a person’s life.

This too is incorrect. As we grow older we lose our perception of thirst and fail to drink adequately until the plum like cells in vital organs become prune like and can no longer sustain life etc.

Any fluid can meet the body’s water needs: all manufactured beverages and fluids will serve the body in exactly the same way as water.

This is probably the most serious of all mistakes when it comes to fluid management of the body. This mistake is background to all the health problems of our society at present.

How much should we drink?

The volume of water that you should drink on a daily basis will be dependent on your weight and to a certain extent on the climate. As a general rule Dr Batmanghelidj recommended that you drink a half ounce (14ml) for every pound (45kg) of body weight. This translates to 3 litres of water for a two hundred pound person (90kg).

Water should be consumed throughout the day but at least 500ml should be taken first thing in the morning to replace water lost during hours of sleep. It is best to drink separate from our food: ideally at least a half hour before meals or at least 2 hours after. What is essential along with the water you drink is to maintain body electrolyte levels – the next section looks at the vital role of good salt.

As you begin to again drink good water, your sense of thirst returns and you begin to feel the energy levels rising in the body. Nothing can take the place of drinking good healthy, alkaline water. It is the most important thing you can do to help promote better body acid alkaline balance. Dr Robert Young, biochemist and author of the pH Miracle range of books says ‘If people ask me what is the one thing they can do to improve their health, my answer is Drink alkaline ionized water’.
Salt – Villain or Lifesaver?

There has been lots of advice in recent years to reduce our dietary salt intake and this has, in some people, become so ingrained that all salt is perceived as 'bad'. We have forgotten that the body needs salt to survive and also to maintain our body acid alkaline balance. Not all salt is created equal. Our common table salt which is used in most processed foods is refined, bleached with chlorine, and contains artificial additives to prevent the salt sticking together. Processed salt should be avoided. As I mentioned before, you want to eliminate artificial additives from your diet and also to avoid processed/refined foods so what's your salt alternative? What good salt exists out there?

Two good choices of salt are unprocessed sea salt or Himalayan rock salt. These contain a wide range of trace minerals which supply the body with essential electrolytes required for the body's day to day functioning. My personal preference is Himalayan salt which is mined in the unpolluted foothills of the Himalayan Mountains. It is rich in trace minerals. My reservation in using sea salt which would be the next best choice is the increasing pollution load on our oceans.

Common table salt has iodine added to it which is not the case for most natural sea salts or Himalayan Salt. It is important that you get sufficient alternative iodine from your diet or you may need to supplement.

Most people are aware that salt helps regulate the water content of the body, however Dr Batmanghelidj in his book 'Water and Salt – Your Healers from Within' lists numerous functions of salt in the body including:

- Salt is a strong natural anti-histamine.
- Salt is a strong anti-stress element in the body.
- Salt is vital for extracting excess acidity from inside the cells, particularly the brain cells.
• Salt is vital for the kidneys to clear excess acidity and pass the acidity into the urine. Without sufficient salt in the body the body will become more and more acidic.
• Salt is essential in the treatment of emotional and affective disorders.
• Salt is essential for preserving the serotonin and melatonin levels in the brain.
• Salt, in his opinion, is vital for the prevention and treatment of cancer.
• Salt is vital for maintaining muscle tone and strength.
• Salt can be very effective in stabilising irregular heartbeats and contrary to the misconception that it causes high blood pressure is actually essential for the regulation of blood pressure - in conjunction with water and minerals.
• Salt is vital for sleep regulation.
• Salt is a vitally needed element for diabetics. It helps balance the sugar levels in the blood and reduces the need for insulin in those who have to inject it to regulate their blood sugar levels.
• Salt is vital for the generation of hydroelectric energy in all of the cells of the body.
• Salt is vital to the communication and information processing of nerve cells the entire time that the brain cells work from conception to death.
• Salt is vital for the absorption of food particles through the intestinal tract.
• Salt is vital for clearing the lungs of mucous plugs and sticky phlegm.
• Salt on the tongue can help stop persistent dry coughs.
• Salt is vital for clearing up catarrh and sinus congestion.
• Salt can help in the prevention of gout and gouty arthritis.
• Salt is essential for preventing muscle cramps.
• Salt is vital in preventing excess saliva production to the point it flows out of the mouth during sleep.
• Osteoporosis may be the result of a water and salt shortage in the body.
• Salt is absolutely vital to making the structure of the bones firm.
• Salt can help you maintain self-confidence and a positive self-image - a serotonin and melatonin controlled personality output.
• Salt can help maintain libido.
• Salt can help to reduce a double chin.
• Salt may help prevent varicose veins and spider veins on the legs and thighs.

His recommendations in terms of salt intake are to take a quarter of a teaspoon of salt for every litre of water you drink. Your salt intake should be spread throughout the day, either on your food or, alternatively, add a little to the water you drink.
Good Fat – Bad Fat

With the amount of research linking high fat diets to heart disease and cancer and the constant reportage in newspapers and magazines it’s no wonder that many of us conclude that fat is bad.

Fat, however, is essential to the body and is the body’s preferred source of energy in addition to its role in hormone production.

When we speak of reducing our fat intake we are especially talking about reducing our saturated fat intake and completely eliminating our trans-fat intake. A saturated fat is solid at room temperature and is mainly found in animal products. Trans fats are commonly found in margarine and processed foods and interfere with essential fatty acid metabolism, increase LDL (the bad cholesterol – actually a transport molecule which carries fats and cholesterol from the liver to the cells) and lower HDL (the good cholesterol, a transport molecule which carries fats and cholesterol from the cells to the liver for excretion or conversion to energy).

As you move to a more alkaline diet you will naturally reduce your consumption of saturated fats and dietary cholesterol, which is very beneficial, and should improve cholesterol levels and your LDL: HDL ratio, whilst reducing your risk of heart disease and hypertension. You need to ensure, however, that you consume sufficient EFAs, the essential fatty acids Omega 3 and Omega 6, as the body cannot produce this itself.

In general, we tend to eat more omega 6 than omega 3 and we need to redress this balance. Several sources suggest that humans evolved on a ratio of 1 whereas in the current modern Western diet the ratio is more likely to be 15:1. A low ratio has been linked to a reduced risk of many of today’s chronic diseases and so it is beneficial to up your intake of omega 3s.

“Omega-3s and 6s are required for building the membranes of all cells in the body. EFAs also lubricate joints, insulate the body against heat loss, and prevent skin from drying out. They lower the risk of heart attack and stroke by lowering arteriosclerosis, triglycerides, total cholesterol, LDL, and blood clots (including the blood clots that can cause gangrene and blindness in diabetics). The body needs EFAs to make prostaglandins, and prostaglandins are critical to many hormonal actions, inflammatory responses, and chromosome stability.”

Robert O. Young, Ph.D. and Shelley Redford Young.

Authors of The pH Miracle for Diabetes
In addition these EFAs are known to be anti-inflammatory and protect against heart disease, cancer, autoimmune disease and skin diseases.

Good sources of Omega 3 include oily, cold water fish such as salmon, mackerel, sardines and herring. For vegetarians try walnuts, linseeds, linseed oil, hemp oil, chia seed oil, green leafy vegetables and seaweed. If you prefer to get your omega 3 from a supplement then choose a fish oil from a reputable, high quality producer who has removed all the contaminants. Alternatively consider chia seed oil which is regarded as having the best balance of Omega 3 and 6 from any of the vegetable sources. However it should be noted that to get adequate levels of DHA and EPA you need to consume fish oil. In addition to its EFA properties chia seed has got a lot of other therapeutic properties particularly for the digestive system.

Sources of Omega 6 include cooking oils such as sunflower, olive oil, processed foods, egg yolks, grain fed meats, nuts and seeds.

By following an alkaline diet and reducing processed and fried foods you should lower your omega 6 intake and improve your omega 6 to omega 3 ratios.

“Trials link excessive omega 6 and lack of omega 3 to lower intelligence, higher aggressiveness, impulsiveness, obesity and sex hormones. The list goes on. Evolutionary design seeks to achieve a survival advantage within natures supply levels of new materials.

We have broken the supply rules and do not know it. We resupply our bodies with omega 6, upsetting a long held fundamental dietary parameter with dire consequences”

Robert Brown
Author of Omega Six the devils Fat
Role of Concentrated 'Greens'

Green Vegetables with their high chlorophyll content are a vital part of an alkaline diet. They are extremely alkalizing, aid detoxification and help oxygen transfer through the body. They also supply the body with an extensive range of nutrients. They are vital to build healthy blood.

It is an excellent policy to juice green vegetables and grasses such as wheat grass and barley grass. Freshly squeezed juices are extremely nourishing for the body and are easy for the body to digest. They are particularly good if the body is under stress or you are coping with a serious disease. When staring to juice most people find that they need to mix fruit and vegetable juices in order to make them more palatable. As you become accustomed to the tastes and recognise the combinations that you like you can increase the vegetable quantities and decrease the fruit. If you need something sweet try adding carrots or beetroot which make lovely juices by themselves.

Most people however do not relish the thought of eating green vegetables 3 times per day, and do not have the time or inclination for juicing. This has led to the growth of green superfood mixes which can supply the benefits of several helpings of vegetables in a single teaspoon. Most of these superfood mixes combine green vegetables and dehydrated grasses and grass juice powders with algae such as chlorella and Spirulina and on occasion herbal ingredients to give synergistic benefit.

Taking a green superfood mix on a daily basis is a great health strategy to give your body dense alkalizing nutrition. Some people avoid greens on the basis of taste. However if you mix your green superfood with two thirds water and top it up with your favourite fruit juice or smoothie it is actually very pleasant to drink and a great start to the day. There are now great greens combinations such as Green Vibrance Powder, with the spectrum of green vegetables, grasses, herbals combined with Vitamin D, probiotics and enzymes giving your body extensive nutrition to fortify all the body systems and help maintain proper body acid alkaline balance.

“Green Powder is nutrient rich (including easily digested protein) and helps to gently pull your blood and tissues from acidic to alkaline, reaching a natural ideal pH balance”

Dr Robert Young
Author of The pH Miracle
The temperature at which the greens are dehydrated is vitally important to conserve nutrient density and life energy. The lower the temperature the better. You will see in the picture how the life energy in ‘pHresh greens’ makes them stand up magnetically on a spoon. These greens are dehydrated under 25 degrees C which accounts for their vital energy. Interestingly a teaspoonful of greens equates to 3 to 4 servings of fresh vegetables – so taking green superfood concentrates are a great way to increase the vegetable content of your diet with all the benefits that will bring.

Along with plenty of alkaline water, good salt and essential fatty acids, green superfood mixes form the foundation of an alkaline diet. They aid detoxification, oxygen transfer and provide your body with the nutrients it needs for optimal functioning. They help improve immunity and better functioning of the hormonal, cardio vascular, neurological and gastro intestinal systems. They provide what you need to move your body towards its ideal acid alkaline balance, where disease is really not an issue.
Stress: Control it or it will kill you.

Although diet is a central part of the acid alkaline equation, and is the area where most has been written about, stress is a major contributor to body acid alkaline imbalances. Prolonged periods of elevated stress can have an extremely detrimental effect on body biochemistry. Stress causes biochemical reactions in our body which can have implications throughout the body. Our body hasn't quite adapted to modern day stress.

We get stressed when we're stuck in traffic and late for a meeting. However, our body equates this to our hunter gatherer stress when we were running from lions and tigers. We are put into 'fight or flight' mode and the body shuts down the systems it deems unnecessary in a flight situation. Our adrenal system will go into overdrive outputting the hormones adrenaline and cortisol whilst our digestive and reproductive systems will not be considered essential and will be negatively impacted.

The stress reaction was supposed to be short-lived but many people are now living with chronic stress which puts tremendous pressure on their body systems especially the cardiovascular, adrenal and immune systems. Stress reactions are primarily acidifying so this stress can have an enormous adverse impact on our body acid alkaline balance.

Interestingly the more acidic our bodies become the less able we are to handle stress and consequently as we move the body into balance through nutritional and lifestyle changes we are better able to cope with the stresses that are part of daily living. You can help this along by using herbal supplements called adaptogens. These substances help the body to resist stress and include ginseng, rhodiola and ashwagandha. Your local health shop or herbalist should be able to help you in your enquiries although it is becoming increasingly difficult to access many beneficial herbs in Europe due to the EU Herbal directive, an iniquitous piece of legislation which is supposedly to provide consumer safety but is in fact reducing consumer choice.
In an ideal situation we would avoid stress by removing the source, however as this is often impossible we need to change our attitude to that stress. We always have a choice: choose to react or not to react though we often have to learn techniques to help us. Relaxation techniques, yoga and exercise are extremely helpful in calming the mind and body to reduce stress levels and improve our body acid alkaline balance. There are many deep relaxation programmes available that are a good investment for anyone who needs to better manage their stress levels. Exercise is probably one of the best, if not the best, therapy for stress and depression, however many people who are suffering from chronic stress will be exhausted so if you feel that you fall into this category then follow a gentle exercise program – yoga, Pilates, Tai Chi and walking are suitable.

Remember that although exercise is helpful, strenuous exercise can be a stress on the body. Learn to manage your time, prioritise and admit that sometimes you can’t do everything. Communicate with those around you to improve relationships with your partner, family, friends and work colleagues. Stress is often caused by relationship issues.

Most people suffering from high stress levels will be suffering from an underlying fear. Frequently that fear is totally unrealistic.

Fear is just False Evidence Appearing Real. Many of us have spent too much of our lives worrying about things that never happened, with negative consequences on our health. Often the underlying fear is actually related to our health. As we take personal responsibility, begin to make better nutritional and lifestyle changes we realise that we can improve our health which results in our fear dissipating. When we begin to take responsibility and realise that we are in control of our destiny then this helps stress to dissipate. This in turn will produce an additional boost to our health.
Detoxification: Get Rid of Toxic Acidic Waste

Toxins take many forms and may be:

- Endogenous i.e. produced as a result of the body’s metabolism e.g. urea, ammonia.
- Exogenous i.e. external to the body e.g. alcohol, drugs.
- Environmental e.g. pesticides, exhaust fumes.
- Natural e.g. solanine from potatoes, cucurbitacin from courgettes.

Toxins which are not excreted or made inactive will be stored in the body and are acidic not alkaline. Signs of toxicity may take the form of spots, bad breath, headaches, tiredness, irritability, anxiety and rashes. As you move the body from a condition of acidosis towards proper body acid alkaline balance the body will naturally start to detoxify. It will begin to release toxins, such as heavy metals which are being retained because of the body’s acidic condition. Not only will it release toxins but when the pH of the body is in the proper range it will uptake nutrients better from your food and supplements.

Before detoxifying it is essential to ensure that your elimination channels are functioning properly as the mobilised toxins need to be eliminated from your body as quickly as possible. Proper bowel functioning is important, do not start a detoxification programme if you are not having at least one normal bowel movement a day, and ensure that you are consuming adequate fibre and drinking ample amounts of water otherwise toxins will be reabsorbed into your body.

Moving your diet and lifestyle to a more alkaline diet will result in the body naturally getting rid of the toxins and excess acidity that is stored in the body. Detoxification can aid the loss of weight as excess fat is essentially an acid problem. Colonic hydrotherapy is become increasingly popular to aid detoxification.

A healing crisis tends to produce symptoms similar to those of toxicity as the body extracts toxins from the tissues into the blood stream for elimination. These symptoms may make you feel worse than before you started your detox however ultimately you will feel better! Typical detoxification symptoms are slight headaches, flu like symptoms, loose bowel movements and sometimes rashes. If you experience symptoms then rest, drink lots of water, consider an enema. If
symptoms persist it may be necessary to slow down your detox or put it on hold for a little while.

Some complementary practitioners recommend detoxification in the spring or summer rather than in winter when the 'vital force' retreats and starts rebuilding.

Sweating toxins out of the body is a great way to eliminate them, either with exercise if that is possible or with saunas/steam baths. The lymph system drains toxins from the space between cells and is dependent on exercise to eliminate these toxins. Aerobics, brisk walking and Tai Chi will all stimulate circulation but the best form of exercise is actually 10-20 minutes on a rebounder or mini trampoline. Rebounders can be bought relatively cheaply and many can fit under the bed though if your children have a trampoline then simply negotiate some time on that. If you are not fit to exercise then consider locating a masseuse who performs lymphatic massage or try a sauna or steam bath. Saunas are considered better than steam baths as the dry heat promotes natural sweating and Far Infrared Saunas are considered best of all. Far infra-red rays are found in morning and evening sunlight and are easily absorbed by the body. They penetrate 4-7cm into the body's tissues and can activate cells and molecules in the body, they flush toxins from the lymph system, they normalise blood flow and reduce acidity amongst a host of other benefits.

There are centres offering Far Infrared therapy throughout the country or you may want to consider investing in your own Far Infrared sauna – these come in many shapes and sizes and even include portable saunas. These saunas can be used by most people, even those who cannot utilise a standard sauna, as the required temperature increase is much lower sitting as it does between 30-40°C compared to a traditional sauna temperature of 50-60°C.

Skin brushing is also considered beneficial to detoxification. Dead skin cells can block pores preventing toxin elimination via the skin. Skin brushes have fairly stiff bristles and these are used to brush the skin in the direction of the heart. Start from the feet and continue up the body avoiding the face. Skin brushing should be done on dry skin and ideally followed by a bath to open the pores and allow toxin elimination.

To get the best benefit from your bath consider adding Epsom salts – start with a few tablespoons and build up to 1-2 cups. Alternatively use Himalayan Salt in your bath which will draw toxins from the skin. Alternatively try a root ginger bath. Add half a cup of grated ginger root or a rounded teaspoon of powdered ginger to your bath water to promote sweating and toxin elimination. In both cases soak in the bath for 15-20 minutes.
The Power of the Mind

“Holding onto anger is like drinking poison and hoping the other person will die.”
Unknown

The most powerful ‘organ’ in our body is our mind. How we use it is going to have a very significant bearing on the quality of our health in addition to the quality of our life in general.

Positive thinking is not a panacea for all life’s problems, but it is a huge help. It is often said that our attitude will determine the altitude we rise to in life. There is probably nothing more important in our life than our health which is going to be determined by our attitude. Positive emotions such as love and gratitude will have an alkalizing effect on our bodies, while negative emotions such as anger, guilt and fear are acidifying.

An attitude of gratitude is enormously health promoting. We may feel when we are ill that we have little to be thankful for and often adopt a victim mentality. We all have lots to be thankful for and when we begin to list some of these things it will help to liberate us from these negative feelings.

Louise L Hay in her writings says that the mental thought patterns that cause the most disease are Criticism, Anger, Resentment and Guilt. To enjoy total holistic health with a properly balanced biochemistry it is essential to confront and root out the negative thought patterns that have a detrimental impact on health. There are numerous books on the mind-body connection to disease. What is becoming increasingly clear is that to enjoy optimal health with a balanced body chemistry we need to be able to control our thinking. Visualisation techniques can help us with this as can self-hypnosis, neuro linguistic programming and cognitive behaviour therapy. Sometimes just making time to get together with friends and having a good laugh may be all that’s needed – laughter therapy has many adherents. These are only some of the many techniques available, we simply have to take the first step and do a little research to see which one suits us.

“Your emotions affect every cell in your body. Mind and body, mental and physical are intertwined”
Thomas Tulkho
Sports Psychologist and Author
One of the most exciting advances in ‘modern medicine’ in recent years has been the growth of technologies in the field of energy medicine. Energy medicine is a very alien concept to everyone who views themselves as purely matter. At a very fundamental level we are energy systems. Disease is just a manifestation of an imbalance in our energy system. If we are going to enjoy perfect health which is what we all want then we have got to bring our energy system into balance. New advances in quantum physics has led to the development of exciting tools such as Timewaver which accesses the energy field of our bodies, highlights areas of imbalance and then supplies appropriate frequencies to bring our systems into proper balance. This can be a very powerful addition to the changes we are making in our diet and lifestyle.

Holistic health occurs when we address issues at every level, physical, emotional and spiritual. It is the key to healing- it is the key to optimal body acid alkaline balance.

“Out of clutter find simplicity. From discord find harmony. In the middle of difficulty lies opportunity”

Albert Einstein
Vitamin D – the sunshine vitamin

Vitamin D, known as the sunshine vitamin because the body manufactures it when the skin is exposed to sunlight, is actually a secosteroid and currently thought to be more hormone like in its action than vitamin like. A molecule called pro-vitamin D (7-dihydroxycholesterol) is stored in the skin and is activated when the skin is exposed to UVB rays from direct sunlight producing vitamin D3 (cholecalciferol). This then needs to be metabolised by the liver and kidneys to the active form of vitamin D3 - 1,25 dyhydroxyvitamin D.

So why do we need vitamin D? Its main function is to regulate calcium and phosphorous absorption and stimulate bone cell mineralisation, in simple terms it works with calcium and phosphorous to maintain healthy bones. It is important for muscle strength, the immune system and general health and some research has indicated that it may be helpful in preventing heart disease, cancer and diabetes. Deficiency can lead to rickets in children and osteomalacia and osteoporosis. Over the last decade there has been a huge amount of research into the benefits of Vitamin D yet our government has not raised the recommended daily amount which is regarded by leading researchers in this field as being woefully inadequate.

Could you be deficient?

There are few foods which supply vitamin D and those that do are mainly of animal origin and supply it in small quantities so we do need to get adequate sun exposure to ensure sufficient levels within our body.

Where do you live? In the UK deficiency is common especially over the winter months when the sun is too weak to generate enough vitamin D. In fact it is thought that during Autumn and Winter above the 37° latitude the sun is at an angle which minimises UVB rays being absorbed by the skin: this includes most of Europe and a large proportion of the USA (consider that 36.5° latitude was roughly the line used to divide the slave and free states in the USA).

As we age our skin thins which results in reduced levels of pro-vitamin D being available for conversion to the active form of vitamin D and this is compounded by the fact that many older adults are housebound and therefore do not receive nearly enough sun exposure.
Dark skins absorb less UVB rays as melanin acts as an effective sunscreen. If you are of African or Asian decent now living in less sunny climes such as Northern Europe you need to beware of deficiency.

Vitamin D is fat soluble and anyone suffering from an intestinal fat malabsorption syndrome such as Crohn’s disease and coeliac disease may be deficient though in these cases increased exposure to sunlight or recommended levels of oral supplementation of vitamin D may not make a noticeable difference and it would be worth asking your MD to test for deficiency.

Obesity makes vitamin D less bioavailable to the body. As vitamin D is stored in fat cells the body needs to release it from these cells to enable utilisation. This is more difficult if stored in deep fat cells.

Sun exposure has had a lot of bad press in recent years. Many of us would not consider going out in the sun without a sunscreen, however a sunscreen prevents the sun’s UVB rays penetrating the skin so even those who spend much of their time outdoors may be vitamin D deficient.

More than ever we are leading an indoor lifestyle. Most of us work indoors, socialise indoors and exercise indoors. Some days our only exposure to the sun’s rays is the walk from the front door of the home and office to the car.

Within the UK vitamin D deficiency is very common and you should consider supplementation to improve acid alkaline balance and as a consequence better health.

To obtain adequate vitamin D production the skin should be directly exposed to sunlight for 10-15 minutes three times a week. Take into account the risk factors and get your sunlight early in the day or in late afternoon. Expose your shoulders, arms and legs but if you’re worried about wrinkles use sunscreen on your face. We recommend as natural a sunscreen as you can find – you absorb a percentage of what you put on your skin.

Food sources of vitamin D include oily fish: sardines; salmon; mackerel, eggs and mushrooms. In addition some foods have been fortified with vitamin D. The UK’s Department of Health believe that most people should be able to get adequate vitamin D from their diet and sun

“By correcting your Vitamin D deficiency and fixing the acid based imbalance in your diet, you can get a new lease of good health once and for all”

Dr James E. Dowd, M.D.
Author of the Vitamin D Cure
exposure. One study, however, tested 7,500 45 year old white Britons and found that almost 90% of them were vitamin D deficient during winter and spring. Recent research found that more than 50% of the UK population were deficient with 16% severely deficient. So it seems that most are not getting adequate vitamin D from their diet and sun exposure.

To maintain acid alkali balance then we suggest that you take into account your lifestyle and the factors listed above and consider supplementation if necessary. Recent studies have suggested that individuals over 40 should take 1,000 IU per day, teenagers and those under 40 should take 2,000 IU per day and 1,000 IU is necessary for children.
Exercise

I've discussed exercise with respect to detoxification and stress but it also has a direct impact on the body's acid alkaline balance. Lack of exercise can lead to inadequate oxygen uptake in the body whereas over exercise can lead to lactic acidosis. Once again it's all about balance.

Rebounding has been found to be 68% more oxygen efficient than other forms of exercise. It can be performed by people with arthritis (bounce gently for a few minutes) and will positively help those suffering from osteoporosis by helping build bone mass. Jog, jump or simply bounce gently without even lifting your feet from the rebounder.

Aerobics is an excellent exercise to increase oxygen levels in the body though you need to make sure that you avoid the anaerobic state which creates the opposite effect. Learn to read your body and lower the intensity of your exercising if you are breathing very hard, getting tired or generally feeling uncomfortable. Yoga, Tao Chi and Pilates are all excellent exercises when restoring your body acid alkaline balance as all increase oxygen within the body without over working the muscles and causing lactic acidosis.

One other form of exercise that is becoming increasingly important is to use vibrating plate exercisers. These exercisers vibrate the body giving you a good workout. Ten minutes on a vibrating machine is equivalent to nearly an hour of other types of exercise.

Whatever you choose to do it is important to get moving - not just a gentle stroll round the block but really get your body working. It will pay dividends into the twilight years of your life. If you are really serious about improving your level of fitness, bringing your body properly into balance then invest in a few lessons with a personal trainer.

Exercise also has a powerful effect on mood and can aid in your shift towards a positive mental attitude. It is one of the best cures for depression.

Fitness does not necessarily equate to health. There are many very fit unhealthy people around however exercise is a key part of holistic health.

“Exercise is not just another lifestyle option for a person who wants to preserve the quality of life and extend his or her productive years as long as possible. Our bodies appear to have been designed to require a minimum level of activity – either through work, exercise or both – that we dare not ignore.”

Dr. Jensen
Author of the Guide to Body Chemistry & Nutrition
To Supplement or Not Supplement?

In theory the answer is probably not if we are eating a predominantly alkaline diet with plenty of good vegetable nutrition. We often hear comments made by doctors who know little about nutrition that all people are doing by supplementing is producing expensive urine. That is probably the case if our bodies are very acidic. When the body fluids are acidic we will not uptake many minerals and vitamins properly.

However as we move our bodies biochemistry to better balance we will then get better assimilation of nutrients into our cells.

Intensive farming over decades has resulted in nutrient impoverishment of much of our soils. You could eat a totally organic diet and find that your food is lacking in trace minerals. Our body can function without many of these trace minerals but we will not enjoy optimum health without them.

We may need to supplement in the short term with alkalizing macro minerals such as magnesium, potassium and calcium to help to improve our body acid alkaline balance but we would be well advised to complement that with trace minerals. My favoured option is to use a trace mineral solution from natural plant sources. In particular trace colloidal minerals bound up with fulvic acid. Fulvic Acid is one of the humic acid family and has got its own particular therapeutic benefits. Fulvic Acid was once plentiful in our soils prior to the days of intensive agriculture. Fulvic Acid is believed to aid assimilation of nutrients into the cells and help removal of toxins from the cells. It is also understood to have other antiviral, and ant cancer properties. There are several deposits of decayed ancient plant mineral deposits which are rich sources of fulvic minerals. Analysis shows that these deposits have in excess of 70 trace minerals in addition to a range of amino acids. Frequently they also have a high oxygen content bound up in the fulvic complex. Although fulvic is an acid once metabolised it has an alkalizing effect on the body.

Additionally you may have need for some other specific nutrients. If you suffer from diabetes or blood sugar imbalances you would more than likely benefit from chromium supplement. Again plant based nutrition is best.

If you are dealing with degenerative disease and lowered immunity then you will benefit from taking a broad spectrum high antioxidant blend, ideally plant based.

Many brands of multi vitamin, multi minerals brands on the market are low strength giving limited health benefit so it is important to invest in a high quality supplement.
Summary

In conclusion I hope that this brief report has sufficiently encouraged you to see that there are simple steps that you can take that can make an enormous difference to your health and quality of life.

- From now on you are responsible – enjoy the empowerment that this brings- get informed and begin to take positive steps towards health, vitality and quality of life into the twilight years.
- Start monitoring your body pH balance to get an indication of your current status and be able to monitor improvements as you move your body biochemistry into balance.
- Make good dietary choices – gradually eliminate the main acid forming foods and begin consuming more alkaliising foods – particularly vegetables.
- Drink plenty of good health promoting alkaline water – ideally from mineral based water ionizing.
- Increase your consumption of vegetables and in particular consume lots of chlorophyll rich green foods
- Learn to manage stress rather than let it manage you.
- Increase your exercise programme to help your cardio vascular system, your mood and your general wellbeing.
- Supply your body with alkaline minerals and the full spectrum of trace minerals, ideally from plant based sources.
- Use your mind to help to create health instead of disease. Focus on positive emotions and let the negatives go.

Implementing just one of these improvements on its own will bring you benefit. However if you begin to implement several the effects will be amplified and speed you along to your goal of optimum health through properly balanced body pH.

Each step is in itself a simple step that you will increasingly become thankful for as you move into older age and see your less well informed peers struggling with ill health and accelerated aging.

Good health is not an accident. Good health is invariably a result of proper choices both dietary and lifestyle. Hopefully this brief report will stimulate you to become better informed and to take action now for the sake of your own health and those around you that you love.
Appendix 1 - Recommended Reading

If you are interested in learning more than what you have read in this report I suggest you to read any of these books, all of which I personally have found enlightening in different ways. They are all available from most good book shops, or online retailers.
**Appendix 2 - Food Table**

The table below allows the assessment of dietary effects on acid-base balance. Foodstuffs with a negative value (in milliequivalents per 100 g) exert an alkaline effect, foodstuffs with a positive value an acid effect. Source: Calculation according to Remer and Manz (1995).

<table>
<thead>
<tr>
<th>Beverages</th>
<th>mEq</th>
<th>Cereals &amp; Flour</th>
<th>mEq</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple juice, unsweetened</td>
<td>-2.2</td>
<td>Amaranth</td>
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</tr>
<tr>
<td>Beer, draft</td>
<td>-0.2</td>
<td>Barley (wholemeal)</td>
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</tr>
<tr>
<td>Beer, pale</td>
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<td>Buckwheat (whole grain)</td>
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</tr>
<tr>
<td>Beer, stout</td>
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<td>Corn (whole grain)</td>
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<td>Beetroot juice</td>
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<td>Cornflakes</td>
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</tr>
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<td>Carrot juice</td>
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<td>Dried unripe spelt grains</td>
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<td>Millet (whole grain)</td>
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</tr>
<tr>
<td>Cocoa</td>
<td>-0.4</td>
<td>Oat flakes</td>
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</tr>
<tr>
<td>Coffee, infusion, 5 minutes</td>
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<td>Rice, brown</td>
<td>12.5</td>
</tr>
<tr>
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</tr>
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<td>Mineral water</td>
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<td></td>
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<tr>
<td><strong>Sweets</strong></td>
<td></td>
<td><strong>Herbs &amp; Vinegar</strong></td>
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</tr>
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<td>Nougat hazelnut cream</td>
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<td>Food Item</td>
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<td>-----------------------------------------------</td>
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<td>Fruits</td>
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<td>Nuts</td>
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<td>Soy milk</td>
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<td>Fats &amp; Oil</td>
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</tr>
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<td>Margarine</td>
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</tr>
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<td>Zucchini</td>
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<td>Sunflower seed oil</td>
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</tr>
</tbody>
</table>
Appendix 3 - Resources

Products:

www.water-for-health.co.uk
Leading suppliers of alkaline antioxidant water products, green superfoods and specialist alkalizing mineral products.

www.vibranthealthuk.com
suppliers of quality green superfood blends and specialist supplements.

www.phreshgreens.co.uk
Suppliers of pHresh greens a quality brand of alkalizing greens which is organic and raw.

www.himalayanpinksalt.co.uk
Suppliers of natural Himalayan crystal salt for edible use and bathing.

Useful web Information:

www.watercure.com
The information site of Dr Batmanghelidj the pioneering doctor who publishes several books on the therapeutic value of water.

www.westonaprice.com
An excellent resource on nutrition.

www.vitamin council.org
Latest information on the research on Vitamin D.

www.cancertutor.org
An extensive resource on different complementary health approaches to cancer treatment.

www.metabolictyping.com
Information on the metabolic typing diet and how you should eat to suit your metabolism.

www.ralphmoss.com
A valuable resource for all cancer sufferers: Extensive information on the effectiveness of different cancer treatments.

www.naturalnews.com
A valuable resource on nutrition information and cutting edge research and health news.