

# Eat right and wise : Acid or Alkaline food?

In the beginning of the 20th century, very smart scientists and Nobel Prize winners made a great discovery. If our blood cannot absorb enough oxygen we get sick: cancer, heart issues, arthritis and candida infections, diabetes are the result.

You know that our body tries to maintain a constant temperature 98.5F or 37C. But do you know that your body tries even harder to maintain the right amount of oxygen in your blood (a pH of 7.365) When our pH is too high or too low, we don't feel well, we feel tired, gain weight, have poor digestion and get aches and pains.

How much oxygen your blood can absorb is measured on a pH Scale that ranges from 0 to 14. A pH of 0 is most acidic while a pH of 14 is most alkaline and our blood is in balance when we're slightly alkaline : with a pH of 7.365

Most people in the US and Europe are too acidic : they cannot absorb enough oxygen. That's why cancer, heart disease, arthritis, diabetes are epidemic

**Why are we too acidic? The famous four:** • Stress • Toxins • Parasites and • **The FOOD** we eat.

## Acid Foods List

It's too bad that *the foods we like most* make us most acidic and thus sick. What are these foods? You guessed right:

- Junk & Processed foods;
- Sugar;
- Coffee & Tea;
- All animal food (meat, eggs, chicken, fish, lobster, oysters)
- Grains: (white) wheat, rice, pasta, flour, bread etc ;
- Some Fruits;
- Dairy products (milk, cheese, butter);
- Bad fats;
- Peanuts, cashews.



## Alkaline Foods List

Alkaline foods are foods that raise the amount of oxygen that your blood takes in. During most of our lives, the majority of the foods we eat are (highly) acidic. These make us sick and tired. By eating raw alkaline foods and drinks, we can help our body heal itself from most diseases:

- Vegetables – especially raw green leafy vegetables.
- Salads - made of lettuce, spinach, celery, cucumber, avocado etc.
- Fresh Herbs & Spice - parsley, basil, cilantro, cayenne, ginger.
- Fruits - watermelon, avocado, cucumber, young coconuts.
- Wheat grass.
- Sprouts: i.e. alfalfa, bean, broccoli etc.



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