

In today's society, our busy lives can result in a body out of balance, which may affect your energy levels, digestion, metabolism, weight loss, performance, mental clarity and overall health. Stress, travel toxins, medications, over-training, supplements or a lack of exercise, combined with a diet lacking the nutrients your body needs, will throw off your pH balance.

Is Your **body** in **balance?**

pH Balance Your Diet For
Optimal Fitness By Kirsty Dunne



ACIDIC

NEUTRAL

ALKALINE

What is pH?

The balance of acid and alkaline within the body is referred to as pH and is measured on a scale ranging from pH 1 (the most acidic) to pH 14 (the most alkaline). If the body's pH drops, our body has become too acidic with refined and processed foods, which will negatively affect health, metabolism, energy and performance at the cellular level. Your body is able to assimilate minerals and nutrients properly only when its pH is balanced. A neutral or good pH balance is 7.35; (green and blue) maintaining this balance is vital.

pH and exercise

How many times have you been gung-ho to start a new workout routine only to feel like you've been hit by a ton of bricks on day two? Something as simple as walking down the stairs can feel like torture. Most of us have; "been there, done that." Does this mean you had a great workout? If your pH is imbalanced, not exactly... Lactic acid results in a change in your blood's pH during exercise; these changes are largely caused by the increasing need for energy. When you exercise, your cells kick into high gear, making energy to fuel your movements. The two main pathways through which this occurs are aerobic and anaerobic metabolism. Aerobic metabolism is the pathway of energy production that uses oxygen.

Aerobic

80-80% of maximum heart rate
Activities such as: jogging, marathons, speed walking

Anaerobic

80-90% of maximum heart rate
Activities such as: sprinting, explosive weight training, plyometrics

Anaerobic metabolism produces energy without oxygen. Both systems produce a by-product that is capable of decreasing the pH of your blood.

Crossing the threshold, managing the burn

Muscle burn is largely the result of lactic acid, which indicates hydrogen ion buildup in the system. Acid concentration increases when the body, during exercise, exceeds what is called the "lactate threshold," the point at which the body can no longer flush or neutralize acid wastes as fast as they are being produced. When one reaches the lactate threshold for a sustained time, acid accumulates in the muscles and can lead to cramping, which severely compromises training performance. Lactic acid is not, in and of itself, the cause of acidosis. However, elevated levels of lactic acid in the system are an indicator of lactic pH imbalance.

pH testing, how is it done?

You can test your body's pH with pH strips; it's simple, cheap and effective. It can also be done in the privacy of your home! For most effective results, testing pH with urine compared to saliva provides a more accurate reading.

Preventing an imbalance

So, how can we protect ourselves from a pH imbalance? A healthy diet is the best place to start. Cutting back on acid-producing foods and beverages such as animal protein, coffee and wine, can help. To maintain a healthy pH balance, many natural medicine practitioners recommend a diet comprised of anywhere from a 60/40 to as much as an 80/20 ratio in favor of alkalizing foods over acid-producing foods.

alkaline foods

VEGETABLES

Alfalfa
Asparagus
Barley Grass
Beets
Broccoli
Brussels sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Chlorella
Collard Greens
Cucumber
Dandelions
Dulce
Edible Flowers
Eggplant
Fermented Veggies
Garlic
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Nightshade Veggies
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Rutabaga
Sea Veggies
Spirulina
Sprouts
Squashes
Watercress
Wheat Grass
Wild Greens

FRUITS

All Berries
Apple
Apricot
Avocado
Banana (high glycemic)
Cantaloupe
Cherries
Currants
Dates/Figs
Grapefruit
Grapes
Honeydew Melon
Lemon
Lime
Nectarine

Orange
Peach
Pear
Pineapple
Tangerine
Tomato
Tropical Fruits
Watermelon

PROTEIN

Eggs (poached)
Whey Protein Powder
Cottage Cheese
Chicken Breast
Yogurt
Almonds
Chestnuts
Tofu (fermented)
Flax Seeds
Pumpkin Seeds
Tempeh (fermented)
Squash Seeds
Chestnuts
Flax Seeds
Millet
Nuts
Sprouted Seeds
Sunflower Seeds

OTHER

Alkaline Antioxidant Water
Apple Cider Vinegar
Banchi Tea
Bee Pollen
Dandelion Tea
Fresh Fruit Juice
Ginseng Tea
Green Juices
Green Tea
Herbal Tea
Kombucha
Lecithin Granules
Mineral Water
Organic Milk (unpasteurized)
Probiotic Cultures
Veggies Juices

SWEETENERS

Stevia
Ki Sweet

SPICES/SEASONINGS

All Herbs
Chili Pepper
Cinnamon
Curry
Ginger
Miso
Mustard
Sea Salt
Tamari

ORIENTAL VEGETABLES

Daikon
Dandelion Root
Kombu
Maitake
Nori
Reishi
Sea Veggies
Shitake
Umeshoshi
Wakame



acidic foods

FATS & OILS

Avocado Oil
Canola Oil
Corn Oil
Flax Oil
Hemp Seed Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

FRUITS

Cranberries

GRAINS

Amaranth
Barley
Buckwheat
Corn
Hemp Seed Flour
Kamut
Oats (rolled)
Quinoa
Rice (all)
Rice Cakes
Rye
Spelt
Wheat
Wheat Cakes

DAIRY

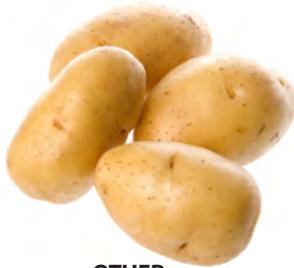
Butter
Cheese, Cow
Cheese, Goat
Cheese, Processed
Cheese, Sheep
Milk

NUTS & BUTTERS

Brazil Nuts
Cashews
Peanut Butter
Peanuts
Pecans
Tahini
Walnuts

ANIMAL PROTEIN

Beef
Carp
Clams
Fish
Lamb
Lobster
Mussels
Oyster
Pork
Rabbit
Salmon
Shrimp
Scallops
Tuna
Turkey
Venison



OTHER

Distilled Vinegar
Potatoes
Wheat Germ

PASTA (WHITE)

Macaroni
Noodles
Spaghetti

DRUGS & CHEMICALS

Aspartame
Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Herbicides
Pesticides



BEANS & LEGUMES

Almond Milk
Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Lima Beans
Pinto Beans
Red Beans
Rice Milk
Soy Beans
Soy Milk
White Beans

ALCOHOL

Beer
Hard Liquor
Spirits
Wine

In terms of seafood, count lobster, mussels and oysters in the acidic column.



juicing!

Cleanse to restore your body's pH!

I always recommend a juice cleanse, even if you are working out and eating clean!

A cleanse will begin to restore your bodies pH reducing the affects of metabolic acidosis resulting from acidity of daily toxins from foods with preservatives, processed foods, exercise and the daily toxic environment we are exposed to. A cleanse will allow your body to take a break from digesting foods. This will infuse your body with natural enzymes and nutrients at a faster rate, in order to rid of impurities and undigested toxic waste! Sometimes the body can hold onto 15-20 pounds of undigested toxins!

how long does a cleanse last?

You don't need to go to extremes and can ease your body into a gentle and nourishing cleanse, ranging from 1-3 days. A break from digestion of solid foods allows the body to rest and infuse with alkalizing therapeutic properties from the juices! You will feel your energy soar!

When to Cleanse?

While I recommend doing this seasonally, a light short cleanse can be performed monthly. Over time, you will know what your body needs. Until this time, here are a few helpful tips to help you determine when is a good time to cleanse.

- Feel sluggish
- Low Energy
- Digestive issues
- Bloating
- Weight gain
- Muscle mass decrease
- Decline in performance
- Taking supplements



A juice cleanse will begin to restore your bodies pH balance.

- Can't seem to focus
- Becoming sick often
- Exposed to toxins
- Prior to a new workout program
- If a beginner to exercise
- Prior to starting a new diet
- After the holidays
- Before and after sporting events
- Just to feel amazing and pH balanced!

disease can't exist in an alkalinized body!

A cleanse should be routine maintenance to reset your and restore your bodies pH balance and overall health! Just remember to prepare yourself before a cleanse. Ease in to your cleanse by including easy to digest foods such as fruits and veggies into your diet for the days leading up to it. This will allow for a gentle transition. Your body will thank you for a much more successful cleansing experience!

Always research what you are consuming, if it's fresh, organic and has a short shelf life, it's probably good for you! **IFM**