

ACID FOODS VERSUS ALKALINE FOODS

Feelings of joy, happiness and vitality can be experienced by all of us with a few revisions in the food we eat. It has been said that optimal health can be achieved through eliminating acid causing foods. The elimination of acid causing foods can aid in the healing process of many conditions such as: Candida, chronic fatigue, fibromyalgia, bowel problems, depression and many more. In addition, arthritis, rheumatism cancer, Aids and Parkinson's can be helped through changes in diet.

For those of you unsure of the difference, acid is the presence of a sour tasting substance that if exposed in large quantities to other substances, begins to erode those other substances while alkaline is a neutral substance that is neither sour, salty or sweet. It has the ability to tone down the intensity of other substances due to its bland nature.

Unfortunately, we live in a society where most of the foods we eat are acid causing. Acid causing foods include the following food groups: all animal protein, sugars, coffee, liquor and beer, all fast foods, most breads, grains, and legumes, most nuts and all dairy foods.

The main foods that are alkaline forming are most fruits and vegetables. A chart of food acid levels is available here. It is important to emphasize the goal is to achieve a greater balance between acid and alkaline foods, and not to stay away from acid causing foods completely. As a general rule try to eat five alkaline forming foods for every acid forming food.

Special foods are lemons and limes because they have the ability to neutralize acid and also bring the body into perfect PH balance. There are, however, certain fruits and vegetables which could be avoided as they are also acid forming foods, and they include: pineapple, orange, grapefruit and tomato.

Just as there are some fruits and vegetables to try and avoid, there are some to try and include in your diet to give you optimal health, since these are in the highest alkaline forming category, and include: asparagus, seaweed and parsley.

Asparagus contains ammonia which reduces a high acid level, and detoxifies all the body especially in cancer patients. As an addendum, whenever you have asparagus, you may want to squeeze some lemon or lime juice on them to neutralize the strong urine smell which often follows the eating of this food.

Seaweed of all types are a wonderful blessing to our planet in the present state of toxic fumes and high electromagnetic force fields and radiation. All seaweed have the ability to neutralize the acids and toxins, and to remove any radiation you may be accumulating. This can be achieved through eating any form of seaweed once a week. This is a product that is very foreign to most people but is certainly worth pursuing to learn how to cook. You may have noticed the prominent position it has in the four category diets.

Consider thinking of parsley as a vegetable rather than a herb. Make it a point to have a serving of parsley at both lunch and dinner. In addition, make yourself a cup of parsley tea to be drunk between the hours of seven to nine in the evening. Just as

each astrological sign rules a part of the body, each time of day, according to ancient beliefs, rules certain organs. This time of seven to nine in the evening is very significant because it rules the kidneys and elimination of fluids and acids. The tea can be made by boiling up 3 teaspoons of fresh parsley or 1 teaspoon dry parsley in two cups of water. Bring the mixture to a boil and steep at a low heat for 20 minutes. All ancient myths and beliefs have a certain grounding in reality.

Potatoes are a carbohydrate and a vegetable and are alkaline forming. If you are suffering from acid indigestion or any of the conditions listed earlier, potato juice will help to soak up the acid. Potato juice can be made by putting a washed organic potato in a juicer, or peeling an organic potato and soaking it in a cup of distilled water overnight.

Wheat, dairy, hydrogenated oils, fried foods, sugar, peanuts, mushrooms and fungi ideally should be avoided completely as they are the highest contributors to yeast, and begin to set the scene for all types of degenerative illnesses.

Just as there are grains to avoid, keeping in mind the universal concept of balance, let us now look at some of the grains that help balance the acid level. Amaranth, millet, and quinoa are all alkaline forming grains, and therefore are recommended grains to include in your diet. In addition, arrowroot flour is slightly alkaline and can be used in place of regular flours or cornstarch to thicken sauces. Arrowroot is also a great replacement for regular baking powder which contains aluminum. Also be aware, brown rice is alkaline only if chewed 100 times.

A commercially available bread which is alkaline is essence bread or manna bread which is from an ancient recipe found in the old testament, and which is made from sprouted grains. You can find this bread in the freezers of health food stores. There are wonderful flavor options including raisins, nuts and carrots which make this a great treat.

The next time you are going to have a meal don't forget to thank the Creator for the blessing that He has given us all good things that are natural and full of health and that we don't have to depend on man-made foods and concoctions. He has given us all that we need...we just need to take advantage of it!!

ILLNESS ELIMINATION Through Diet

"Let your food be your medicine and your medicine be your food".

This was said by Hippocrates the Father of Medicine. See the articles below for detailed info on how to use food to heal your body rather than eating things that create an atmosphere for illness and candida overgrowth.