

Acid and Alkaline forming Foods and Health

It is very important to know about acid and alkaline forming foods, because one contributes to sicknesses and diseases, and the other one to health.

Acid forming food is very bad because it contributes to all kind of health disorders. Have you ever wondered why you can eat like a horse and still feel run down? Why you can get miles of exercise and not drop that extra chunky ten to fifteen pounds? Why most people you know are suffering from some kind of horrible imbalance doctors can't fix and they, too, are tired, overweight and aging before your eyes? Why, for all our medical breakthroughs, heart disease, cancer, obesity and diabetes are skyrocketing?

The answer is simple. Most people are suffering from **ACID OVERLOAD**. 95% of all food sold in supermarkets is acid-forming food. Meats, eggs, bread, cheese, coffee, chocolate, sugar, rice, milk, cereal, cheese, cookies, crackers and many other common foods (you name them) are **ALL ACID** in nature. All that food we crave is acid-forming and over-acidification of body fluids and tissues is linked to **EVERY KNOWN DISEASE** including that dragged-out daily fatigue most of us complain about and the endless list of digestive disorders. All soft drinks are hard killers. Sugar grabs oxygen with highest priority. They (soft drinks) are highly acid with an average pH of 2.5.

Besides the acid-forming food, all drugs accumulate as acid waste in the body.

Why do you think that some people “catch the flu” and other don't? It's not germs. The truth is, the flu and any infection is the body's response to over-acidity. If the body's pH level is too acidic, you open door to colds, flu, and all sorts of other health problems. When your body is overly acidic, you become vulnerable to germs, yeast, bacteria, molds, and fungi. These harmful microorganisms thrive in acidity. When the body's own acid debris accumulates to the point where resistance is broken down, you become susceptible to infection, cold, fatigue, exhaustion and sickness.

Most people today live on over-processed, over-cooked food, which are acid forming. In other words, we age and get sick in direct proportion of how “acid” our bodies are. Just as acid rain kills forests, acid overload ruins your health. To be healthy, young and vigorous, you **must** detoxify your body's cells of **ACID OVERLOAD** by boosting alkaline level.

People often consult with doctors seeking relief from symptoms of chronic conditions like arthritis, diabetes, emphysema, atherosclerosis, or cancer. Regardless of the particular symptoms, all of these conditions originate with increase of acid amount in the body.

When you have **ACID OVERLOAD** your cells **CAN'T** dispose of their wastes. As the acid builds up, you age quicker; you feel stiff, tired – and risk of getting serious health problems like bone, joint, immune and heart problems raise enormously. Acid, as it mentioned above, is the perfect environment for bacteria and viruses to thrive.

In addition, over acidity will decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease the ability to repair damaged cell, decrease its ability to detoxify heavy metals, make tumor cells thrive, and make you more susceptible to fatigue and illness.

Most of us eat 80% acid foods and 20% alkaline foods and just the opposite ratio is the one that will guide you to disease-free vibrant health – for life! Your cells stay younger and healthier when their wastes are washed away. When you increase your pH level, your cells return to a more youthful level of functioning. Actually, when you reverse the acid to alkaline (the way nature intended), it helps oxygenate, detoxify and energize your all body's cells.

Why you can **Eat Right and Still Gain Weight?** Science has long ago proven that the human body is alkaline by design, acid by function. Your daily energy demands, your stress, your exercise and your digestion all form acid and the more you demand from your body, the more acid you produce. Even minor things like coffee, a glass of wine, or an annoying phone call, can cause increased acid production.

When your body's pH is in the acid range, (below 7.0) it retains water to dilute the acidity and stores fat in the arteries as protection from the acid blood. Acid storage makes the body craves salt and sugar. With too much acid in the body, blood sugar balance is impaired and energy greatly diminishes. You feel run down because your cells are run down so you eat more protein and starches and the vicious cycle never ends.

When your body is suffering from acid overload, it will hold on to fat no matter how much exercise you do or how strict your diet. But, here's the good news; as you shifts your body to a healthier alkaline pH, your body will naturally and safely release fat and water weight in the shortest possible time and keep it off!

When you flush acids, you also minimize the over-acidity that's been keeping your pounds on or keeping you sick.

Acid overload ruins your health by:

- Thickening your blood and increasing your risk of health problems.
- Blocking vitamins absorption and starving your body of needed nutrients.
- Creating toxic buildup because your body can't flush away wastes.
- Building up body fat to fight excess acid – you gain permanent weight.
- Producing mucus, which is a breeding ground for germs, bacteria and viruses.
- Clogging your colon so fecal deposits accumulate. Digestion becomes harder.
- Slowing your organs down, so you feel sluggish and unhealthy.
- Creating heavy metal build-up and limiting your ability to flush them out.

Putting alkalinity back into your body helps neutralize the daily acid production and helps your body to feel better, recover quicker, reduce cravings, function in good health, and become energized. **NO illness can be cured** without flushing excess acid waste from your body. Virtually all sicknesses and health problems are linked to excess acid in your body.

A high alkaline balance in your body is the first line of defense against fatigue, illnesses and diseases.

Bringing back your alkaline pH balance you will have the following benefits:

- You will be energized, because once your cells start getting oxygen and eliminating wastes again (completely), it can be like a breath of fresh air that charges your whole system up.
- You will have increase absorption of nutrients.
- It will promote digestion
- You will slow down aging, because the acid overload is the #1 cause of aging.
- It will help repair your damaged cells, and bring you robust health.
- It will flush away toxins. You will boost your body's ability to detoxify and flush away harmful heavy metals that silently poison your system.
- You will guard against sickness, because as it mentioned all sicknesses and health problems are linked to excess acid in your body.

So, de-age, energize your body, and improve your physical condition by ending **ACID OVERLOAD**.