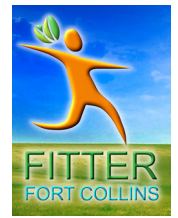




FITTER FORT COLLINS YOUR HEALTH MATTERS



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pH Balance Body and Food

High acidity can become a dangerous condition that weakens all major body systems. It makes your internal environment conducive to disease. A pH-balanced environment, on the other hand, allows proper metabolic function and gives your body resistance to disease. A healthy body maintains alkaline reserves that are used to meet emergency demands.

The scale goes from 0 to 14. A pH of 7 is neutral, a pH of 0 to 7 is acid and a pH of 7 to 14 is alkaline. This scale is not a linear scale like a centimeter or inch scale. It is a logarithmic scale in which two adjacent values increase or decrease by a factor of 10. For example, a pH of 3 is 10 times more acidic than a pH of 4, and 100 times more acidic than a pH of 5. Similarly, a pH of 9 is 10 times more alkaline than a pH of 8, and 100 times more alkaline than a pH of 7.

The body must maintain **blood pH** within a very narrow range of 7.35 – 7.45. Even small variations in blood pH can have significant effects on body function. Most people who suffer from unbalanced pH are acidic. This condition forces the body to borrow minerals including calcium, sodium, potassium and magnesium from vital organs and bones to buffer (neutralize) the acid and remove it from the body.

Our epidemic of acid accumulation is a direct consequence of our current lifestyle habits. It's important to note that it is not the stomach acid that is a significant problem, but rather the acidic blood which reflects the state of acidosis within the tissues of the body.

High acidity enters our bodies by eating processed foods, pre-packaged foods, sugary foods, white flour products, dairy products including milk, cheese and ice cream, alcoholic beverages, drugs, processed table salt, foods grown and processed with pesticides, preservatives, antibiotics, or hormones. Meats including beef, chicken, turkey, and fish also promote acidity. Even stress creates excess acid. If you're not getting enough sleep or exercise you probably have more acid than your body can handle. Your cells are absorbing acidic toxins much faster than you can get rid of them through your colon, lungs, skin, and kidneys. The essential point is no injury or illness can repair as quickly or heal as completely without balancing pH and flushing excess acidic waste from the body. If we are too acidic, we are unhealthy and we will heal much slower if at all, therefore we suffer from most westernized aging diseases.

For optimal health, a ratio of 70% alkalizing to 30% acid food ratio is recommended by most health experts. For individuals experiencing a serious illness an 80% alkaline to 20% acid ratio is recommended.

Even mild acidosis can cause such problems as:

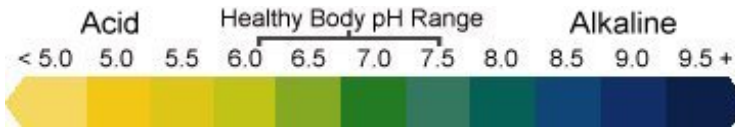
- Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen.
- Weight gain, obesity, and diabetes.
- Bladder and kidney conditions, including kidney stones.
- Immune deficiency.
- Acceleration of free radical damage, possibly contributing to cancerous mutations.
- Premature aging.
- Weak, brittle bones, hip fractures, and bone spurs.
- Joint pain, aching muscles, and lactic acid buildup.
- Low energy and chronic fatigue.

How do you test your body pH? You can pick up pH Hydra Paper or pH test strips from your local health food store, pharmacy, or online retailer. Follow the recommendations on the packaging but, consider the following information when evaluating your results.

For more information go to <http://www.fitterfortcollins.com/#!/healthy-ph/cp1a>



pH Balance Food Chart



Most Acid	Acid	Lowest Acid	FOOD CATEGORY	Lowest Alkaline	Alkaline	Most Alkaline
NutraSweet, Equal, Aspartame, Sweet 'N Low	White Sugar, Brown Sugar	Processed Honey, Molasses	SWEETENERS	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup, Unsulphured Molasses	Stevia
Blueberries, Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Processed Fruit Juices	FRUITS	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Dates, Figs, Melons, Grapes, Kiwi, Berries, Apples, Pears, Raisins	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas
Chocolate	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Cooked Spinach, Kidney Beans, String Beans	BEANS VEGETABLES LEGUMES	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato w/ Skins, Olives, Soybeans, Tofu	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob, Cacao	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic
Peanuts, Walnuts	Pecans, Cashews	Pumpkin, Sunflower Seeds, Roasted & Salted	NUTS SEEDS	Chestnuts, Coconut	Almonds, Sunflower, Pumpkin, Sesame, Raw & Unsalted	
		Corn Oil	OILS	Canola Oil	Flax Seed Oil	Olive Oil
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Buckwheat, Oats, Rye	Sprouted Wheat Bread, Spelt, Brown Rice	GRAINS CEREALS	Amaranth, Millet, Wild Rice, Quinoa		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Cold Water Fish	MEATS			
Cheese, Homogenized Milk, Ice Cream	Raw Milk	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	EGGS DAIRY	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese	Breast Milk	
Beer, Soft Drinks	Coffee	Tea	BEVERAGES	Ginger Tea	Green Tea	Herb Teas, Lemon Water

You can test Your Body's Acidity or Alkalinity with pH Strips – purchased at any health food store or pharmacy.

Key points to remember:

- For optimal health, a 70% alkalizing to 30% acid food ratio is recommended by most health experts. For individuals experiencing a serious illness an 80% alkalizing to 20% acid food ratio is recommended. Make smart acid choices – acids that are rich in fiber, nutrients and low in cholesterol (example: blueberries, pecans, beans).
- Be very careful about the oil you consume, which goes against a lot of other advice out there about so-called “good fats”. Keep in mind all oils are processed, low in terms of nutritive value, contain no fiber, no minerals and are 100% fat calories. Both the mono unsaturated and saturated fat contained in oils is harmful to the endothelium, the innermost lining of the artery, and that injury is the gateway to vascular disease. It doesn't matter whether it's olive, corn, coconut, flax, hemp, canola oil, or any other kind of oil. Use oils very sparingly. 1 tbsp. oil = 120 calories and 14g of fat.
- Stay clear of food products that contain soy isolates. Manufactured isolated, concentrated soy proteins are mixed with extracts of wheat protein, vegetable oils and more. They are highly processed and extremely high in acid. Isolated soy is often found in energy bars, candy bars, yogurt, ice cream, breads, pastries, cookies, meat replacements and meal replacement drinks and more. Soy isolates are a health concern and raise IGF-1 levels (insulin-like growth factor-1), a growth hormone that is strongly linked to cancer development of the breast, prostate, lung, and colon. Enjoy soy products in their natural alkalizing form like edamame, organic tofu, soy milk, and soy nuts.