

CHOLESTEROL • WATER • MICRONUTRIENTS

**Cholesterol** .....

**A Well-Known Fat-Like Compound**

Cholesterol is a fat-like compound that is found in many foods, your bloodstream, and all of your body's cells. The liver creates about 85 percent of your blood cholesterol, while the other 15 percent comes from your diet. Dietary cholesterol comes primarily from animal sources such as meat, eggs, dairy products, fish, and seafood.

The American Heart Association recommends a daily cholesterol intake of less than 300 milligrams, as a higher intake of dietary cholesterol and saturated fat is linked to atherosclerosis (clogging of the arteries). As a result of their health effects, you should maintain appropriate levels of the various protein-composed outer coverings that transport cholesterol through the body. There are two main types: HDL (good) blood cholesterol carriers and LDL (bad) blood cholesterol carriers. Always make sure the HDL levels are high and your LDL levels kept low.

**Water** .....

**The Other Element of a Healthy Diet**

Your body's important chemical reactions all occur in the presence of water, which comprises about 60 percent of your bodyweight and 70 percent of your muscle weight. Water helps regulate and maintain your body temperature; transports nutrients and oxygen; removes waste products; and moistens your mouth, eyes, nose, hair, skin, digestive tract, and joints. Limiting water intake can result in dehydration, elevated body temperature, fatigue, decreased performance, and increased risk of heat-related illness. Consume at least ten, 12-ounce glasses of water per day.

**Micronutrients** .....

Micronutrients (more commonly known as vitamins and minerals) are different from macronutrients in that they do not supply direct energy. Rather, they work with your body to help extract energy from the foods you eat, in addition to helping ensure that your body functions optimally during everyday activities. Some of the tasks minerals perform include maintaining water balance; aiding absorption, digestion and transport of nutrients; transmitting nerve impulses; and regulating muscle contraction.

There are 13 vitamins (4 are fat-soluble, and 9 are water-soluble) whose responsibilities include ensuring normal metabolism, growth, and mental alertness. Vitamins and minerals are vital to our health, as deficiency in one specific vitamin or mineral can result in a related illness or disease that usually subsides once appropriate levels are reached again.

Cancer cannot exist in an alkaline environment. All forms of arthritis are associated with excess acidity. Acid in the body dissolves both teeth and bones. It leaches calcium from bone resulting in osteopenia or osteoporosis. Whatever health situation you are faced with, you can monitor your progress toward a proper acid/alkaline balance by testing your saliva pH.

Monitoring your pH gives you a general indication of how well or how hard your body is working to survive your lifestyle. The results of your pH tests are indicators of how your body is responding to the foods you eat and to other stresses. The actual acid or alkaline level of your internal environment affects how your body functions.

The pH values you get when you test your urine or saliva are indications of how your body is functioning. When your body is at its pH best, it hums along smoothly and easily as a brand new Ferrari would hum riding along the Pacific Coast Highway at sunset on a warm summer night. And when your body hums along smoothly and easily, your health and resultant quality of life has a good chance of doing the same. When your body is at less than its pH best, its hum may turn into an exhausted moan as it works overtime to survive. And when your body is exhausted, you are exhausted and your potential for a lower quality of life results.

The pH of your internal environment is a good indicator of how hard your body is working just to survive in today's environment. When your pH values are too far below or too high above pH 7.0, your potential for health plummets.

*Our efforts to establish and maintain good pH levels are often thwarted by 2 main things:*

1. What we put into our bodies (eating, drinking, breathing, absorbing, etc.)
2. What we are not taking into our bodies that we should (nutrients, vitamins, minerals, water, etc.)

In my next article, I will share with you the best ways to test your body's pH and review a list of foods that will increase your pH...resulting in better health. We will also explore specific