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A REAL SILENT KILLER

The normal American diet consists of large amounts of fast food, protein, fat, sugar and carbohydrates. This results in an overly acidic body. Another source of acid is soda. Soda has an acidic range around 2.5 pH (similar to battery acid). Have you ever wondered why millions of Americans consume massive quantities of "diet sodas" and never lose any weight? Furthermore, we use too many drugs, which are acid forming, in addition to artificial chemical sweeteners like NutraSweet, Equal, Splenda and Aspartame, which are all extremely acid forming. Coffee, caffeine, sugar and smoking also contribute to raising the acid levels in your body, thereby contributing to many serious health problems.

## One of the best ways to correct an overly acid body is to correct our diet and lifestyle!

Certain foods you eat can mess up your internal neighborhood. They leave an acid "mess" that the body must neutralize and eliminate. These messy foods are essentially high-protein foods - meats, pastas, dairy, nuts and grains. They are acid producing foods. Most of us eat a lot of acid ash foods. That's our tradition, and a large part of our economy.

Certain other foods you eat will improve the environment of your body. These alkaline producing foods tend to be fruits and vegetables.

## The 80/20 Rule for Better Health

If you are very healthy and have no chronic health problems, in order to maintain your health, your diet should consist of 60% alkaline forming foods and 40% acid forming foods. If you already have a chronic health problem and want to restore your health, your diet should consist of 80% alkaline forming foods and 20% acid forming foods.

Now ask yourself, "Is my diet 60-80% fruits and vegetables and 20-40% meat, breads, dairy, pastas and grains?" Probably NOT. Most Americans have eaten "backwards" all their life. In fact, most of my patients when they first see me are backwards eaters. They eat about 80% meat, breads, dairy, pastas/grains and only 20% fruits and vegetables.

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