

# WELLNESS review

## pH Balance

### *Keep Well Balanced This Year*

Feeling good after your Christmas break? De-stressed? Rested and relaxed? Great! Let's see how we can help you stay this way!

The New Year is the perfect time to reassess your goals and priorities. Making optimal health one of these goals may well help you thrive in 2010. This obviously involves committing to healthy eating, being active and having some fun. One of the most important aspects of maintaining long term health is actually maintaining a healthy acid/alkaline balance within your body.

Maintaining your body acid/alkaline balance is something you must take note of if you wish to sustain optimal health. Optimal acid/alkaline balance is necessary for:

- Healthy stress responses;
- Weight management; and
- Preventing chronic disease.

### *What is pH?*

Acid/alkaline balance is essential for maintaining wellbeing. Many factors can change your physiological acid/alkaline balance and lead to a number of health concerns. Acid/alkaline balance is measured on a scale called the pH scale. The pH scale ranges from 0-14 with anything below 7.0 being acidic and above 7 being alkaline. The healthy range of urinary pH is around neutral (i.e. around 7.0). That means you should aim for a urinary pH of about 6.5-7.5. This urinary pH reflects your body pH and is a good marker for your acid/alkaline balance.

**If you want to find out what your acid/alkaline balance is, ask us about simple, effective urinary pH testing and how to monitor your pH today.**

### *Acid or Alkaline – Which Way Are You Leaning?*

Unfortunately, over-acidity in the body is extremely common today. Many people have urinary pH readings of below 6.5, indicating they are acidic. Research suggests that if you stay in this acidic state you may be more susceptible to infections and a multitude of

health concerns. The following conditions are commonly seen in people who have an acidic system:

- Osteoporosis;
- Obesity;
- Metabolic Syndrome; and
- Muscle wasting.

To help prevent these chronic diseases and keep healthier for longer, keeping your body in a neutral to slightly alkaline state is necessary.

### *Diets Have Changed From The Good Old Days*

The diets of our ancestors were much more alkalising than the standard Western diet today. These historic diets were particularly high in alkalising fruits and vegetables. The standard Western diet today contains a higher proportion of more acid-producing animal foods and cereal grains.

The typical alkalising diet we may recommend may include the following recommendations:

- Eat 3 to 5 serves of protein daily e.g. fresh lean fish, lean beef, eggs, legumes and tofu.
- Eat at least 6 serves of seasonal vegetables daily e.g. cruciferous, root and leafy green vegetables.
- Enjoy 2 to 4 serves of seasonal fruit daily e.g. a variety of coloured fruits including berries and citrus.
- Add in 2 to 4 serves of nuts, seeds and oils daily e.g. raw and fresh nuts and seeds, cold pressed oils.
- Limit grains and dairy product intake as these are very acidifying foods.
- Drink at least 2 litres daily e.g. mainly water but also enjoy herbal/green teas, fruit and vegetable juices.

**If you think you could benefit from a more alkaline diet, we can help you with a tailored dietary program to meet your needs.**

### *Talk to us Today!*

Acid/alkaline balance is absolutely essential for maintaining your wellbeing. We can help you keep vital and alkaline this year with a nutritional advice, pH testing, alkaline mineral supplementation and lifestyle guidance. Just ask us today!

