

K.I.S.S. (*Keep It Super Simple*)

Guide to balancing your body pH



Natural
Medicine

Powerful
Healing

* These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease; research is ongoing.

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Guide to balancing your body pH

Your body pH affects everything

BALANCE IS KEY!

Balancing the pH is a major step towards well-being and greater health

pH stands for power of hydrogen, this is the measurement of the hydrogen ion concentration in the body.

Correcting an over acidic body is fundamental to good health and vitality. It is key to balancing all the systems of the body.

The pH scale is from 0 - 14

0 1 2 3 4 5 6 7 healthy 8 9 10 11 12 13 14

Human blood pH is maintained in a slightly alkaline state (7.35 - 7.45). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

You can test your pH levels regularly by using a piece of litmus paper in your saliva or urine first thing in the morning before eating or drinking anything.

An acidic pH occurs for a variety of reasons:

- an acid forming diet,
- emotional stress,
- toxic overload,
- immune reactions
- any process that deprives the cells of oxygen and other nutrients.

The body compensates for acidic pH by using alkaline minerals, always striving for the correct balance. If the diet does not contain enough minerals to compensate and the body has used its stores, a buildup of acids in the cells occurs.

An acidic balance will:

- decrease the body's ability to absorb minerals and other nutrients,
- decrease the energy production in the cells,
- decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals,
- make tumor cells thrive,
- make it more susceptible to fatigue and illness.
- a blood pH of 6.9, which is only slightly acidic, can induce coma and death.

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The reason acidosis is more common in our society:

- typical western diet high in animal products and low in fresh vegetables and fruits
- high consumption of processed foods
- high consumption of acid producing drinks like soda and coffee
- artificial chemicals in our food like NutraSweet, Spoonful, Sweet 'N Low, Equal, or Aspartame, which are poison and extremely acid forming.
- our response to stress
- our internal belief system

The way to correct an overly acid body is to:

- maintain balanced diet and lifestyle.
- change the way we react to and deal with stress
- use self-empowering tools to update our belief system

Given the correct nutrition and releasing tension allows the body to function optimally and maintain the balance required for health.

It is important to note that **BALANCE IS THE KEY**. The body requires both acidic and alkaline states therefore it is not optimal to maintain an alkaline state at all times either. To **maintain** health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To **restore** health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods. In a healing crisis where the body is acidic it can be beneficial to have a diet of 100% alkaline forming foods for a short period of time.

Generally, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts.

Generally, acid forming foods include: meat, fish, poultry, eggs, grains, and legumes.

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Adjusting your pH toward Alkaline...

The following information is for those who want to adjust their body pH.

The pH scale is from 0 to 14, with numbers below 7 acidic (low on oxygen) and numbers above 7 alkaline. An acidic body is a sickness magnet. What you eat and drink will impact your body's pH levels.

BALANCE IS KEY!!

This information is intended only as a general guide to adjusting your body pH and which foods are considered **generally** to be alkalizing and acidifying.

ALKALINE FOODS

ALKALIZING VEGETABLES

Alfalfa Barley Grass Beet Greens Beets Broccoli Cabbage Carrot Cauliflower
Celery Chard Greens Chlorella Collard Greens Cucumber Dandelions
Edible Flowers Eggplant Fermented Veggies Garlic Green Beans Green Peas
Kale Kohlrabi Lettuce Mushrooms Mustard Greens Onions
Parsnips (high glycemic) Peas Peppers Pumpkin Radishes Rutabaga
Sea Veggies Spinach, green Spirulina Sprouts Sweet Potatoes
Tomatoes Watercress Wheat Grass Wild Greens

ALKALIZING FRUITS

Apple Apricot Avocado Banana (high glycemic) Berries Blackberries
Cantaloupe Cherries, sour Coconut, fresh Currants Dates, dried
Figs, dried Grapes Grapefruit Honeydew Melon Lemon Lime
Muskmelons Nectarine Orange Peach Pear Pineapple Raisins
Raspberries Rhubarb Strawberries Tangerine Tomato
Tropical Fruits Watermelon

ALKALIZING PROTEIN

Almonds Chestnuts Tempeh (fermented) Tofu (fermented) Whey Protein Powder

ALKALIZING SPICES & SEASONINGS

Chili Pepper Cinnamon Curry Ginger Herbs (all) Miso Mustard Sea Salt
Tamari

ALKALIZING OTHER

Alkaline Antioxidant Water Apple Cider Vinegar Bee Pollen Fresh Fruit Juice Veggie Juices

Green Juices Lecithin Granules Molasses, blackstrap Probiotic Cultures Soured Dairy Products

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Many people believe that citrus fruits have an acidifying effect on the body; the citric acid they contain actually has an alkalinizing effect in the system.

A food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic; however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.

ACIDIFYING FOODS

ACIDIFYING VEGETABLES

Corn Lentils Olives Winter Squash

ACIDIFYING FRUITS

Blueberries Canned or Glazed Fruits Cranberries Currants
Plums `` Prunes ``

ACIDIFYING GRAINS, GRAIN PRODUCTS

Amaranth Barley Bran, oat Bran, wheat Bread Corn Cornstarch
Crackers, soda Flour, wheat Flour, white Hemp Seed Flour Kamut
Macaroni Noodles Oatmeal Oats (rolled) Quinoa Rice (all)
Rice Cakes Rye Spaghetti Spelt Wheat Germ Wheat

ACIDIFYING BEANS & LEGUMES

Almond Milk Black Beans Chick Peas Green Peas Kidney Beans Lentils
Pinto Beans Red Beans Rice Milk Soy Beans Soy Milk White Beans

ACIDIFYING DAIRY

Butter Cheese Cheese, Processed Ice Cream Ice Milk

ACIDIFYING NUTS & BUTTERS

Cashews Legumes Peanut Butter Peanuts Pecans Tahini Walnuts

ACIDIFYING ANIMAL PROTEIN

Bacon Beef Carp Clams Cod Corned Beef Fish Haddock Lamb
Lobster Mussels Organ Meats Oyster Pike Pork Rabbit Salmon Sardines
Sausage Scallops Shellfish Shrimp Tuna
Turkey Veal Venison

ACIDIFYING FATS & OILS

Avacado Oil Butter Canola Oil Corn Oil Flax Oil
Hemp Seed Oil Lard Olive Oil Safflower Oil Sesame Oil Sunflower Oil

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ACIDIFYING SWEETENERS

Carob Corn Syrup Sugar artificial sweeteners

ACIDIFYING ALCOHOL

Beer Spirits Wine

ACIDIFYING OTHER FOODS

Cocoa Coffee Mustard Pepper Soft Drinks Vinegar

ACIDIFYING DRUGS & CHEMICALS

Aspirin Chemicals Drugs, Medicinal Drugs, Psychedelic
Herbicides Pesticides Tobacco

** These foods leave an alkaline ash but have an acidifying effect on the body.

There are many different acid/alkaline food charts and there are many foods that can be considered acidic at times and alkaline at other times. We are all different in the way our body processes what we put into it. Our Intrinsic nutrition state has a huge effect on this. It is important to know your body, monitor the pH and adjust when necessary

Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.

Disclaimer - The information and advice published here is not intended to replace the services of your physician. The user should consult a physician in all matters relating to his or her health, and particularly in respect to any symptoms that may require diagnosis or medical attention. The practitioner makes no representations or warranties with respect to any information offered or provided here regarding treatment, action, or application of medication.

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Our emotions and feelings play a **HUGE** part in maintaining the acid / alkaline balance in our body

Make no mistake our beliefs, thoughts, emotions and feelings and how we deal with them are paramount to our state of health.

I recommend FasterEFT as a tool to balance your body pH by helping you get rid of the feelings that cause acidity in your body.

FasterEFT, or "Tapping" is a fast and permanent way to a Happy & Healthy life.

What is FasterEFT? .

FasterEFT is a universal healing system; it is a way to open up communication in your body, especially to the subconscious mind. It is like acupuncture without needles in that we work with the body's own energy meridians, combining, among other things, the best of traditional EFT (Emotional Freedom technique), NLP (Neuro-Linguistic Programming), acupressure (acupuncture without needles) and hypnosis .

NOW.....

.... in plain English.....using your fingers, you or someone else taps on you, you focus on whatever problem you want to deal with. You feel it, amp it up and then let it go.

It is simple, painless and most importantly very effective.

By tapping on the body in this way we are telling the subconscious mind that we are safe, this means that the stress hormones are replaced by the relaxation hormones. We can now operate from a relaxed point of view and with clarity.....and most importantly this gets you out of the way and allows the body to do what it does naturally, which is self-heal, self-medicate and regenerate.

[Contact me](#) for further information.



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About Linda

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