BODY ACID ALKALINE BALANCE FOR HEALTH

AN OPPORTUNITY FOR NUTRITIONISTS TO MAKE A DIFFERENCE.

By Roddy MacDonald

Water for Health Ltd
“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”

Thomas Edison
Overview

- Why Body Acid Alkaline Balance is Critically Important to our wellbeing.
- The Role of Hydration and Nutrition in Body Alkaline Balance
- Practical Steps That Can make a Massive difference in the Health of Clients
- How A focus on Acid Alkaline Balance Can Help us Build Our Practices so that Clients keep coming back and providing us with referrals.
Acidosis – The by-product of poor dietary and lifestyle choices.

“You will know if you are too acidic if you get sick often, get urinary tract infections, suffer from headaches, and have bad breath and body odour (when you do not use antiperspirant). Acidosis is the medical term for a blood alkalinity of less than 7.35. A normal reading is called homeostasis. It is not considered a disease; although in and of itself it is recognized as an indicator of disease. Your blood feeds your organs and tissues; so if your blood is acidic, your organs will suffer and your body will have to compensate for this imbalance somehow. We need to do all we can to keep our blood alkalinity high. The way to do this is to dramatically increase our intake of alkaline-rich elements like fresh, clean air; fresh, clean water; raw vegetables (particularly their juices); and sunlight, while drastically reducing our intake of and exposure to acid-forming substances: pollution, cigarettes, hard alcohol, white flour, white sugar, red meat, and coffee. By tipping the scales in the direction of alkalinity through alkaline diet and removal of acid waste through cleansing, an acidic body can become an alkaline one.”

Natalie Rose – Author and Clinical Nutritionist
Why is Body Acid Alkaline Balance Vitally Important for Optimum Health.

- Our blood pH has a very narrow range of around 7.35 to 7.45.
- If our body’s pH deviates from this range we will be sick or have sickness symptoms.
- If our pH falls below 6.8 or above 7.8 our body cells will stop functioning and death will occur.
- A blood pH of 7.45 contains 64.9% more oxygen than blood with a pH of 7.30.
Health Challenges - body pH imbalances cause or consequence.

- Diabetes
- Cancers
- Cardio-Vascular Disease
- Arthritis
- Osteoporosis
- Hypo-thyroidism
- Kidney Problems
- Chronic Fatigue, Fibromyalgia etc, etc
Natural Buffers

- The blowing off of carbon dioxide through the lungs
- The production of bicarbonates from organs and cells
- The release of alkaline bile
- The retention of sodium by the kidneys
- The removal of minerals such as calcium from the bones
Natural Buffers cont’d.

Natural buffers used to be 100% adequate until our modern lifestyle kicked in
‘Our group has shown that contemporary net acid producing diets do indeed characteristically produce a low grade systemic metabolic acidosis in otherwise healthy subjects and the degree of acidosis increases with age.’

L. Frassetto et al from University of California 2001.
Initial Symptoms of Acidosis

- Low energy Levels
- Poor immunity
- Inflammation and Pain
Testing Body pH

Testing urine and saliva pH over a period will give you a picture as to the alkaline reserves of the body. It will give you a benchmark to be able to see improvements as dietary and lifestyle changes are implemented.
Principal Sources of Acid Build Up

- The metabolism or incomplete breakdown of food
- Stress
- Exercise
- Environmental pollution
- Tap water
- Candida and Parasitic Infections

- Many medications - Please note we do not recommend anyone stopping or adjusting their medication without consulting their doctor.
Stress – the killer!
“Under emotional stress, an anti-inflammatory hormone called cortisol is secreted by the adrenal gland commanded by the brain. This hormone weakens the immune system. Chronic Stress leads to reduced white blood cell activities and a decreased amount of lymphocytes, causing the thymus gland to shrink. High levels of emotional stress increase one’s susceptibility to illness”

Dr Michael Lam – Beating Cancer with Natural Medicine
How does stress shorten our life span, cont’d?

- Body excretes amino acids, potassium and minerals such as magnesium.
- Body is not able to properly absorb nutrients while under stress.
Imbalance Towards Acidity

- Decreases the body’s ability to absorb minerals and nutrients
- Decreases energy production in the cells
- Decreases the body’s ability to repair damaged cells
- Decreases the body’s ability to detoxify heavy metals.
- Creates an environment where tumours can thrive
- Makes the body more susceptible to fatigue and illness
Effects of Acidosis

- It corrodes arteries, veins and heart tissues
- It accelerates free radical damage and premature aging
- It disrupts lipid and fatty acid metabolism
- It leads to weight gain and diabetes
- It alters energy metabolism
- It slows the delivery of oxygen to the cells
pH and Cancer

- Acidic pH
- Low levels of oxygen
- In cancer glucose undergoes fermentation producing lactic acid
- Acidity level in terminal cancer patients 1,000 times more than in normal healthy people.
pH balance and weight loss

When the scales cry help what can we do?
pH balance and weight loss

‘Despite what you may believe, weight loss is not about fat grams, cholesterol, carbs or calories. It’s all about acid’.

Dr Robert Young- pH Miracle for Weight Loss
pH and Obesity

- You are not fat, you are acidic!
- Your body is storing acids in fat to protect liver and kidneys from acid damage
- Improving body pH balance leads to loss of excess fat
So what can we do?

- Make correct dietary choices
- Control Stress
- Eliminate negative emotions
- Control Candida and Parasitic Infections
- Eliminate harmful personal care products
- Drink plenty of healthy water
Correct Dietary Choices

- Eliminate sugars and refined carbohydrates
- Reduce consumption of foods with a high acidic content once metabolised
- Eat more alkaline foods—particularly green vegetables—ideally raw
Our body’s are typically 70% water so it is vitally important that we replace this water with good healthy water to keep our cells healthy.

Our bodies are hydro electric systems.
“After much clinical and scientific research, my understanding is that early indicators of acid burns in the interior of cells and potential genetic damage that can take place are different forms and intensities of pain. Depending on the degree of dehydration as well as the extent and location of acid build up inside the cells- when greater flow of water should have cleared the acid from that area- the classic pains of the body are produced.....”
Classic Pains

- Heartburn
- Dyspeptic Pain
- Anginal pain
- Lower Back Pack
- Rheumatoid joint pain
- Migraine headaches
- Colitis Pain
- Fibromyalgic Pain
- Morning sickness during pregnancy
- Bulimia
Properties of Good Healthy Water

- Free from pollutants harmful to the human body
- Contain dissolved beneficial minerals
- Should be alkaline
- Should have a hexagonal water structure
- Should have the ability to eliminate reactive oxygen species – free radicals
- It should have good energy in the water

As outlined by Professor Won H Kim in his book Water of Life- a Cure for our body.
What Type of Water is Best?

- Tap Water?
- Bottled Water?
- Filtered Water?
- Reverse Osmosis Water?
- Distilled Water?
- Alkaline Ionized Water?
Alkaline Ionized Water

- Helps to alkalise the body
- Has got antioxidant properties
- Hydrates the body better because of the smaller molecular cluster size
- Has got more energy
Hydrogen Rich Water

- In Bioceramic Filter Systems the Natural Minerals in the Bioceramics react with water to release small amounts of molecular hydrogen.
- Molecular hydrogen is a powerful antioxidant helping to neutralise oxygen free radicals.
- [www.whyhydrogen.info](http://www.whyhydrogen.info) Good resource on current research on the health benefits of hydrogen
“This paper does not deal in any way with, and has no bearing whatsoever on, the clinical efficacy of any homeopathic remedy. However, it does definitively demolish the objection against homeopathy, when such is based on the wholly incorrect claim that since there is no difference in composition between a remedy and the pure water used, there can be no differences at all between them. We show the untenability of this claim against the central paradigm of materials science that it is structure (not composition) that (largely) controls properties, and structures can easily be changed in inorganic phases without any change of composition. The burden of proof on critics of homeopathy is to establish that the structure of the processed remedy is not different from the original solvent”.

Professor Rustum Roy – Materials Scientist – Arizona State University
Hydration and Stress

When the body is properly hydrated and we have got good body acid alkaline balance we will be better able to handle stress.
How do we produce Alkaline Ionized Water?

- With Electrolysis - splits water into alkaline and acidic streams
- Using natural minerals – normally supplied as functional bioceramics. Used in different types of filter systems.
Alkaline Antioxidant Jug Filter

- Filters out chlorine and reduces contaminants such as pesticides and heavy metals.
- Has got special bioceramic minerals that alkalise the water and give the water antioxidant properties.
- Typically will raise the pH of water from 7.5 to between 9 and 9.5.
- Help to restructure the water.
Green Superfoods

- Highly Alkalising
- Nutrient Dense
- High Chlorophyll Content – helps the transfer of oxygen through the body
- Products such as Green Vibrance Powder, Field of Greens or pHresh greens. Blends of grasses, grass juice powders, green vegetables and sometimes algaes and other botanicals.
Alkaline Mineral Supplements

- If we do not have sufficient alkaline reserves in our bodies then the body will start taking calcium and magnesium from our bones and muscles to use as acid buffers.
- A high percentage of people are mineral deficient and consequently it is often essential to supplement with both our main alkaline minerals and also trace minerals.
Healthy Oils

- Good fats are vitally important for the permeability and flexibility of cell membranes.
- Essential to avoid any hydrogenated fats.
- Ensure any meat/dairy consumption is from ‘grass fed’ animals
- Important to get the Balance of Omega 3’s to Omega 6’s correct. Our diets are becoming increasingly deficient in Omega 3’s.
Oils – Ensure Suitable for Purpose

- High heat cooking – Coconut Oil, avocado Oil
- Medium Heat Cooking – Olive oil, sunflower Oil, sesame oil
- Low heat Cooking – Pumpkin Seed Oil
- Do Not Heat – Flax Seed Oil, Hemp Seed Oil
Medium Chain Tryglycerides

- Coconut Oil or MCT oil should be added to the dietary regime of everyone who suffers from parasitic infections because it is anti-microbial.
- Coconut Oil – Lauric Acid, Caprylic acid and Capric Acid
- MCT oil – Caprylic acid and Capric acid
- Coconut Oil is a beneficial saturated fat!
- Great Books by Naturopath Bruce Fife on the valuable role of coconuts/coconut oil.
Benefits of proper body pH Balance

- Increased energy
- Improved immunity
- Reduction or elimination of Pain
- Slowing down of the aging process
- Protection against degenerative disease
Encourage clients to be proactive and take personal responsibility for their health

Focus on proper body acid alkaline balance. Adopt a more alkaline diet.

Drink plenty of alkaline antioxidant water

Take a green superfood blend or make plenty of smoothies

Supplement with alkaline minerals and trace minerals

Incorporate good, organic cold pressed oils into the diet.

Exercise

Think positively
Building your Business with a Focus on Body pH balance

- Often the simplest thing that people can do to improve their health and begin to see quick results is to start drinking alkaline antioxidant water.

- Clients that feel that they are making quick progress are happy to keep coming back to maintain momentum on the journey to wellness.

- Clients that get good results tell friends and family. They are a great source of referrals.
Water for Health – supporting Health Practitioners

- Dedicated Practitioner Web site with orders processed by Water for Health Ltd
- New Practitioner Section on Water for Health Blog, where practitioners can share information with prospective clients with a link back to their web site.
- Quality Products that make a difference with the focus being better body pH balance.
Make A Difference!

“If the doctors of today do not become the nutritionists of tomorrow, then the nutritionists of today will become the doctors of tomorrow.”

Rockefeller Institute of Medicine research
Disclaimer

Please note that the presentation is the opinion of the presenter and everyone should take advice from their health practitioner before acting on any of the suggestions. No medical claims are made or implied.

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Thank You