



*Learn more
about the 80/20
PH rule and
how it can shift
your health.*

THE HEALING ALKALIE DIET

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IS YOUR ACIDIC DIET MAKING YOU SICK AND FAT?

HOW TO HEAL YOUR BODY WITH AN ALKALINE DIET AFTER SURGERY

If you are just recovering from a surgery or simply looking to get healthier with this alkaline diet you will start feeling better within days. The key healing factor is to keep our diet Alkaline while minimizing the acidic diet - but first let have a quick lesson about the magical **PH chemistry** that holds the key to our health. Acidic and Alkaline ph – is a term used now quite often to explain the relationship between the food that we eat and the chemistry it creates in our body.

In this post, I am going to explain the relationship between ph and our health, without getting too technical because it can get confusing. Nevertheless, understanding how to balance your ph is a huge advantage, a tool for keeping your health, and youthfulness at peak performance.

WHAT IS PH?

In general, women who have breast implants have higher markers of inflammation. It is presumed that this is because implants, which are essentially viewed as foreign entities by the body, cause an autoimmune response, meaning that the immune system goes into overdrive to protect us against all the pathogens (also known as microfilms) that come with these implants.



Ph is a measure of acidity or alkalinity of a solution, measured on a scale of 0-14. The lower the ph number -the more acidic the solution is, which in turn affects how well our body functions. Here is something crucial for our understanding; the pH indicator is an exponent of 10 – therefore, a small difference in pH will translate into a big difference in our health.

For example, a difference of 1 in the ph value means ten times more acidic, and a difference of 2 -means 100 times more acidic, so when it comes to lowering our body natural ph from 7.35 to 6.9 it may look like a slight change, However at a **ph of 6.9** the body can no longer survive, and death occurs. In between the range of 7.34-6.9 the body loses its well-being gradually.

In this post, we will discuss a healing strategy to regain that wonderful balance that translates into radiant well-being.

DR. WARBURG – THE PH WARRIOR

First let me introduce you to Dr. Otto Warburg, a leading cell biologist – who discovered in the 1930s that the root cause of cancer is too much acidity in the body, meaning that the pH in the blood is below the normal blood level of **7.35-7.45**. Cancer is the most extreme form of acidity, however, there are degrees that range between the spectrum of health and sickness.

In other words, before becoming ill there are warning signs that your body needs help.

Some of the symptoms can include heartburn, acid reflux, weight gain and inability to lose weight, poor metabolism and assimilation of foods, poor digestion, bloating, frequent urination, hormonal imbalance, and the list goes on.

These same symptoms can be masked for years by taking generic medications, nevertheless, we can choose a different healing path by making significant lifestyle changes.

THE FOOD PH CONNECTION

The food that we eat, drugs, alcohol, caffeine, and even Silicone breast implants, the level of stress we have, and the environment we are exposed to are all external factors that contribute to the formation of the **acidic/alkaline** environment within our body.

Industrial pollution, food, dyes, waxes, preservatives, additives, artificial sweeteners, fertilizers, water, and even chloride in tap water are just some of the highly acidic chemicals that are ingested by us, without our awareness.

The principal source of acid buildup is the metabolism of waste produced as a by-product of cellular activity-this acid must be balanced, neutralized, and removed by the body buffering and detoxification systems.

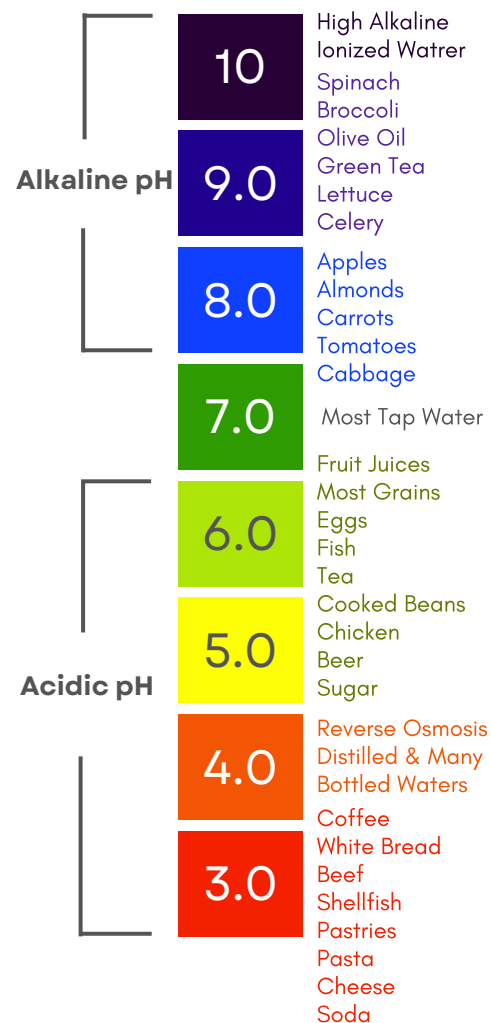
So, what we eat, drink and breath affects our **internal PH** which in turn affects how we look and feel.



FOOD CHART MEASURING ACIDITY ALKALINE

Once you have reviewed the food chart it is obvious that most plant-based foods and natural foods are alkaline-forming in the body, while processed foods such as pasta, bread, beers, cakes are acidic forming. Animal products such as eggs, dairy, and meat are acidic forming as well. Yes, it looks like most of the popular **American Standard Diet (ASD)** is acidic. Think about your typical breakfast: eggs, toasted wheat bread, cream cheese, coffee with milk, and a glass of Orange juice. Now, look up the chart.

So, let's keep in mind that Natural plants based food, and good fats all support the body's ideal pH which is slightly alkaline 7.35-7.45. When the body is slightly alkaline, it can effectively assimilate vitamins, minerals, and food supplements, as such our pH is the leading "ruler" who determines our health, well-being, and how we look and feel. I have attached another food chart that can be printed or kept on your phone for your reference while you are planning your meals.



What keep us alive is -Homeostasis

Luckily, our body has a natural balancing-act called **Homeostasis**- it constantly acts to balance its composition of minerals, fats, hormones, and Ph, thus creating a dynamic cellular exchange, whereas the body eliminates excess acidity, and replenishes itself with food rich in antioxidants, minerals, and oxygen. It is when our body's mechanism can no longer cope with the overload of acidity that we start getting sick.

Getting sick and Fat

Remember the documentary "**Super-Size me**"? Morgan Spurlock, nearly killed himself eating a McDonald's meal three times a day for a month, his health records were increasingly alarming, weight gain, liver dysfunction, headaches, fatigue. His documentary movie demonstrates clearly how processed food (acidic) contributes to weight gain.

Within 30 days his body fat increased from 11% to 20 % body fat. In the absence of a diet rich in green leafy vegetables, fruits, grains, good fats, and minerals the body can't carry oxygen to the cells, and other essential compounds vital for a healthy cellular. So, remember what Otto said?

Cancer cells thrive in an Acidic environment – fortunately, **Morgan diet's** experiment lasted a short time.



So, what really happens between the range of 7.35-6.9 to our body?

At first, the body tries to get rid of excess acidity through the various systems -liver, kidneys, and respiratory systems -once the body loses its efficiency to detoxify and eliminate the toxins, it will then store them in the fatty tissue as a measure of protection. The increase of fat tissue happens because of higher levels of acidity, as well as Insulin in the body.

Acidity disrupts Lipid and fat metabolism which leads to weight gain, diabetes, and obesity. It also increases free radicals and premature aging.

The Good News put in practice -The rule of 80/20

Here is the good news -Our condition is reversible to some extent; the body has the power to heal itself if we give him the right conditions- So now that you got the facts so let's try to design an eating strategy that can help us reach an optimal shape.

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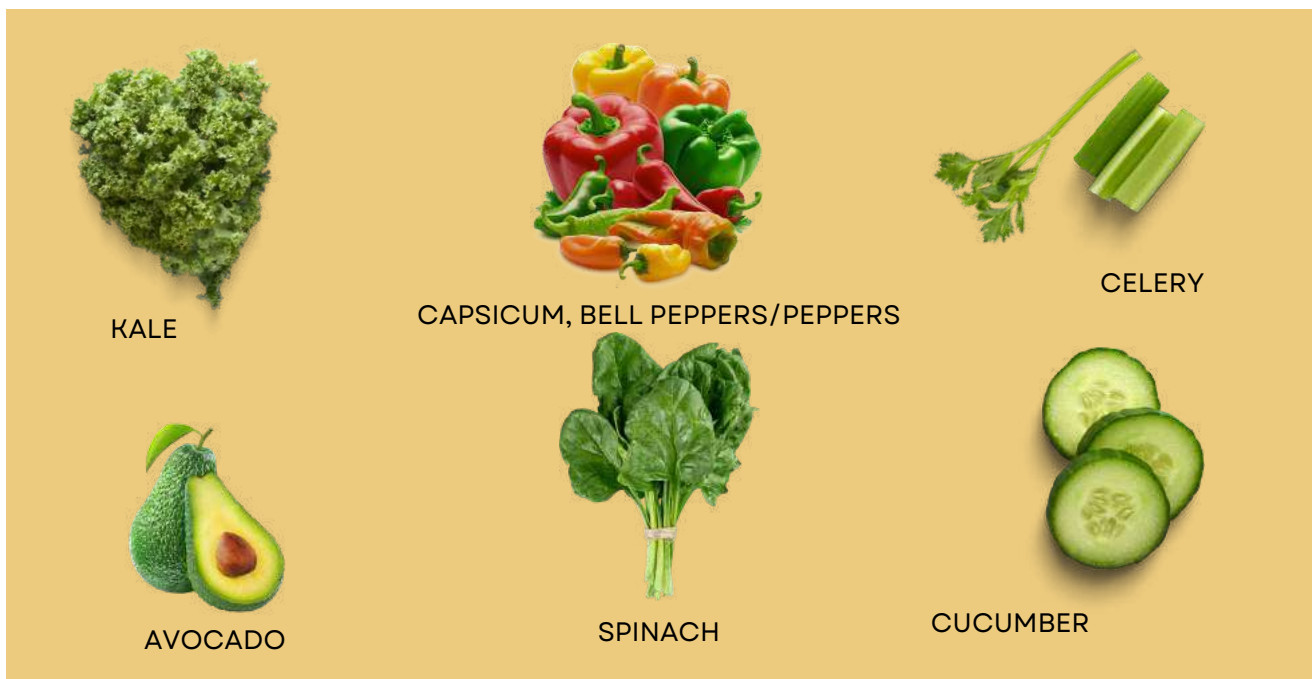
-Our condition is reversible to some extent; the body has the power to heal itself if we give him the right conditions
- So now that you got the facts so let's try to design an eating strategy that can help us reach an optimal shape.



You may be familiar with the 80/20 Pareto rule in business as a guideline for how to work effectively. **In a similar fashion, the 80/20 rule is a guideline for how to eat right.** If you follow the 80/20 rule, where you consume 80 percent alkaline foods and only 20 percent acid-forming foods, you should see a difference in your pH balance, and how you look and feel. So, don't worry – your pH level is not permanent.

You can make smarter choices with food and learn to balance acidic foods with alkaline ones to get your whole body in optimal shape.

To maintain the alkaline balance of your blood, your meals should be made up of **80% alkaline-forming foods**, like vegetables, fruits, avocado, chia seeds, flax seeds, almonds, nuts- with 20% acid-forming foods, like meat, eggs, dairy, bread, caffeine, alcohol.



How to heal your body and lose unwanted fat

- I believe that we all have an acidic metabolic condition in various degrees, so my general recommendation is to emphasize the consumption of Alkaline forming foods **70-80% Alkaline** and the rest should be acidic forming foods.
- Study the Food ph chart, so that you can become familiar with the value of the food you eat, and finally become more conscious of what you put in your body, it is the most important thing you will ever do for yourself.



- Learn which foods are more acidic or more alkaline so that you can choose balanced meals wherever you are.
- prepare daily green shake, using leafy green vegetables, sprouts together with fruits, fat such as chia, avocado, or flaxseed.
- Minimize alcohol, coffee, soft drink, artificial sweeteners -too acidic
- wash your veggies with sodium bicarbonate to wash out the acidic pesticides from vegetables and fruits.
- Choose exercises such as Yoga, Tai -chi, Pilates where breathing is expended.
- Reduce stress, remove toxins from your home.

Bellow is a sample PH chart

pH CHART

<p>Consume Freely Raw is Best</p> <p>Alkaline pH</p> <p>Most foods get more acidic when cooked</p>	10	High Alkaline Ionized Water		
	9.0	Spinach Broccoli Olive Oil Green Tea	Spinach Broccoli Olive Oil Green Tea	Spinach Broccoli Olive Oil Green Tea
	8.0	Apples Almonds Carrots Tomatoes Cabbage	Apples Almonds Carrots Tomatoes Cabbage	Apples Almonds Carrots Tomatoes Cabbage
<p>Neutral pH</p>	7.0	Most Tap Water		Butter Fresh unsalted cream, raw milk, raw cow's, Margarine, Oils except olive
	6.0	Fruit Juices Most Grains Eggs Fish	Fruit Juices Most Grains Eggs Fish	Fruit Juices Most Grains Eggs Fish
<p>Acidic pH</p> <p>It takes 20 parts of ALKALINITY to neutralize 1 part ACIDITY in the body</p> <p>Consume sparingly or never</p>	5.0	Fruit Juices Most Grains Eggs Fish	Fruit Juices Most Grains Eggs Fish	Fruit Juices Most Grains Eggs Fish
	4.0	Reverse Osmosis	Distilled & Purified Waters	Most Bottled Water & Sport Drinks
	3.0	Coffee White Bread Beef Shellfish	Coffee White Bread Shellfish	Coffee White Bread Shellfish
		Pastries Pasta Cheese Soda	Pastries Pasta Cheese Soda	Pastries Pasta Cheese Soda

pH CHART

<p>Consume Freely Raw is Best</p> <p>Alkaline pH</p> <p>Most foods get more acidic when cooked</p>	10	High Alkaline Ionized Water		
	9.0	Most Tap Water		
	8.0	Municipalities adjust tap water to be +/- 7.0 Optimum pH for HUMAN blood 7.365		
<p>Neutral pH</p> <p>It takes 20 parts of ALKALINITY to neutralize 1 part ACIDITY in the body</p> <p>Acidic pH</p> <p>Consume sparingly or never</p>	7.0	Butter Fresh unsalted cream, raw milk, raw cow's, Margarine, Oils except olive		
	6.0	Reverse Osmosis		
	5.0	Distilled & Purified Waters		
	4.0	Most Bottled Water & Sport Drinks		
	3.0			
		Spinach	Spinach	Spinach
		Broccoli	Broccoli	Broccoli
		Olive Oil	Olive Oil	Olive Oil
		Green Tea	Green Tea	Green Tea
		Apples	Apples	Apples
		Almonds	Almonds	Almonds
		Carrots	Carrots	Carrots
		Tomatoes	Tomatoes	Tomatoes
		Cabbage	Cabbage	Cabbage
		Fruit Juices	Fruit Juices	Fruit Juices
		Most Grains	Most Grains	Most Grains
		Eggs	Eggs	Eggs
		Fish	Fish	Fish
		Fruit Juices	Fruit Juices	Fruit Juices
		Most Grains	Most Grains	Most Grains
		Eggs	Eggs	Eggs
		Fish	Fish	Fish
		Fruit Juices	Fruit Juices	Fruit Juices
		Most Grains	Most Grains	Most Grains
		Eggs	Eggs	Eggs
		Fish	Fish	Fish
		Coffee	Coffee	Coffee
		White Bread	White Bread	White Bread
		Beef	Shellfish	Shellfish
		Shellfish		
		Pastries	Pastries	Pastries
		Pasta	Pasta	Pasta
		Cheese	Cheese	Cheese
		Soda	Soda	Soda