



The Principle of Acid and Alkaline

Just as our normal body temperature is 98.6 degrees F, there are other measures of a normal condition or homeostasis within the body. The levels of sugar, oxygen, and carbon dioxide within the blood must all be stable, and the pH (the balance between acid and alkaline) of the bodily fluids, including the blood, should be 7.4, slightly alkaline.

Balanced body chemistry pH is vital to immune health and disease correction. The body has alkaline parts (like the blood) and acid parts (like the inside of the stomach), but when our over-all body chemistry is over-acid, we open ourselves up for arthritis type diseases. A healthy body keeps large alkaline reserves to meet the demands of too many acid-producing foods. When these are depleted beyond a 3:1 ratio, health can be seriously threatened.

Knowledge of how to keep your body in a slightly alkaline condition is vital to restoring your health. Without this knowledge you cannot maintain the proper pH for your body to function and for the living ecosystem within you to survive.

An acid/alkaline imbalance toward too much acidity allows yeast, viruses, rebellious cancer cells, and various other parasites to thrive. Acidity also leads to conditions such as chronic fatigue, AIDS, arthritis, and allergies.

The typical American diet is high in foods that cause our bodies to become acidic. It is no wonder, then, that these serious conditions are becoming more prevalent. If you have an acidic condition from eating an acid-forming diet, your body constantly is trying to return to an alkaline state by calling on your stored reserves of alkaline minerals: sodium, calcium, potassium and magnesium. If you continue eating foods that are highly acid-forming, you leach even more alkaline minerals from your body, creating a mineral deficiency that becomes severe over time.

Common Causes of an Over-Acid Body:

Mental stress and tension (stress creates acid in the body!); over-eating; kidney, liver or adrenal malfunction; poor diet with excess acid-forming foods, such as caffeine, fried foods, tobacco, or sweets. Acidosis can often be related to or caused by arthritis, diabetes or borderline diabetes.

Signs & Symptoms of an Over-Acid Body:

Frequent skin eruptions that don't go away; sunken eyes with darkness around the eyes; rheumatoid arthritis; burning, foul-smelling stools and anal itching; chronic poor digestion; latent ulcers or ulcer flare-ups, bad breath and body odor; alternating constipation and diarrhea; insomnia; water retention; excessively low blood pressure; frequent migraine headaches.

Acid/Alkaline Dietary Tips:

Obviously, to overcome an acidic condition, we need to eat alkaline-forming foods. There are several good ways to jump start this process and make the overall long-term diet more successful.

- > *Go on a short 24 hour liquid vegetable juice diet to cleanse excess acid wastes.*
- > *Drink an alkalizing juice: 8 oz. Tomato juice, 1 tsp. each of wheat germ, brewer's yeast and lecithin daily.*
- > *Drink 1 to 2 glasses of plain cranberry juice daily.*
- > *Incorporate fresh squeezed vegetable juices into your diet every day. Add lemon to your juice.*
- > *Drink 8 to 10 glasses of water daily. Water is instrumental in flushing acids out of the body. Add lemon or lime to your water.*
- > *For 3 days, try to eat only fresh, raw foods to complete the body alkalizing process. Cooked foods tend to increase acidity.*
- > *Eat a diet of 80% alkalizing foods, including fresh and steamed vegetables, sprouts, fruits and fruit juices, miso soups, brown rice, ocean vegetables, and whole grains such as millet, quinoa and amaranth.*
- > *Acid forming foods should be no more than 25% for 2 to 3 weeks. Avoid coffee and caffeine containing foods, meats, dairy foods (except yogurt), poultry, eggs, lentils, peanuts, cheeses, yeasted breads, most precooked foods and most condiments. **Avoid sweets!** Sugar is acid forming!*
- > *Exercise everyday. Exercise oxygenates cells and tissues and encourages detoxification. Acid is removed from the body through sweat (the skin), as well as the other channels of elimination (lungs, kidneys, bowel, lymphatic system).*

Once we begin to rid ourselves of excess acidity and our body starts balancing itself, it is easy to follow a more relaxed diet plan to keep our acid/alkalinity in the proper balance. All acid-forming foods are not bad. On the contrary, some acid-forming foods are necessary for nutritional value and for proper pH balance. The *ideal acid forming to alkaline-forming ratio* by volume for any given meal should be:

Approximately **20% of the foods on your plate should be acid-forming, and 80% should be alkaline-forming.**



Sample Diet – 1 day of eating on the Alkalinizing Diet:

- Breakfast:** Sautéed green vegetables & onions (80%) & 2 poached eggs (20%)
 or
 Vegetable soup (80%) with quinoa (20%)
- Lunch:** Large rainbow salad (include vegetables of all colors) (80%) topped with broiled & sliced, non-farmed salmon (20%)
 or
 Steamed greens & vegetables (80%) with brown rice, millet or quinoa and beans (20%) topped with lemon
- Dinner:**

 Steamed asparagus, broccoli, cauliflower, zucchini and kale (80%) topped with lemon and olive oil
 or
 Sautéed mixed vegetables (80%) with tofu, over brown rice (20%) and a small raw salad
- Snacks:** Raw nuts and seeds (in moderation), sliced avocado, raw vegetables, hummus wrapped in lettuce leaves, fresh squeezed vegetable juices, plain goat yogurt (occasionally), green drinks, miso soup
- Drinks:** Herbal teas, powdered green drinks, vegetable juices, CellWater or bottled water

Ultimate Supplement Program to enhance and support the alkalinizing philosophy:

Genesis Today 6 Pack combined with 4Antioxidation (liquid), 4Bones (liquid), 4Energy (liquid) and Colloidal Silver.

REMEMBER!

At **Genesis Today** we are committed to helping you make a difference in your life and the lives of your loved ones. Please contact your leader and acquire all the information Genesis Today makes available:

- > *The 12 Golden Rules for Optimum Health*
- > *The Dr. Duncan Diet*
- > *Daily Food Requirements, etc.*

www.genesis2day.com

Avoid the following "highly" acid-forming foods:

Sugar, candy drinks & colas, beer, wine and other alcohol drinks, artificial sweeteners. Remember, all processed & pre-prepared foods containing preservatives and chemicals are acid-forming. **Skip them!**

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