How to Maintain an Alkaline Body

Many naturopathic doctors advocate diet and lifestyle habits which promote an alkaline body. There is much confusion about what an alkaline body is and how it can be achieved.

It is important to understand that an alkaline body does not mean the blood is more alkaline than normal. The pH of blood is tightly regulated and does not vary except under extreme, and often life-threatening, conditions. Rather, an alkaline body refers to a body that requires little neutralization of acid to maintain blood at a constant pH. Urine is one of the ways the body rids itself of excess acid. For this reason naturopathic doctors often measure the pH of an individual’s urine to estimate how acid or alkaline their body is.

Since the early 1900’s, it has been known that dietary factors significantly affect the pH of urine. Over the years science has evolved, and it is now possible to determine the effect a food will have on urine pH - often referred to as acidic load. The acidic load of a food or meal can be estimated with a simple formula. This formula can be used, with surprising accuracy, to predict urinary pH due to dietary factors. Generally speaking, vegetables, fruits, beans and legumes help make urine more alkaline, whereas meats, cheeses, and grains may make urine more acidic. Other factors, such as exercise, have also been shown to reduce the acidity of urine, suggesting that other healthy lifestyle factors may also contribute to promote a more alkaline body.

There are divergent views on the health benefits of an alkaline body. Some scientists and practitioners feel that acidity is directly linked to poor health. They theorize that a diet and lifestyle with a high acidic load may create an acidic ash or a chronic low-grade metabolic condition that is too small to detect, but still contributes to how a person feels. Other professionals simply feel that an acidic diet contains components that may be harmful to health like excessive saturated fats and is deficient in beneficial nutrients like the alkalinizing minerals magnesium and potassium. They speculate that it is the harmful components and nutrient deficiencies of acidic diets that are the concern, not the acidity itself. While the direct role of acid in the body is somewhat controversial, what is clear is that an alkaline diet rich in vegetables, fruits, beans and legumes, as well as adequate physical activity is important in maintaining overall health and wellbeing.

A list of foods and their acid load are provided on page 3. Keep in mind that alkalinity isn’t the only measure of the healthfulness of a food. Many foods categorized as acidic, like nuts, whole grains, and lean protein sources, should be part of a healthy diet. Some acidic foods may actually be a healthier choice than other more alkaline options. For example, whole wheat flour is listed as highly acidic while refined flour is listed as mildly acidic. Whole wheat flour, however, is a healthier choice despite the higher acidity because it is richer in vitamins, minerals, and fiber. Likewise, just because milk is classified as neutral (neither acidic nor alkaline forming), does not mean it is appropriate for everyone. Use your best judgment as you create a diet that balance healthy acidic foods with healthy basic foods to promote an alkaline body.
**Diet**

- Follow the Alkaline Diet of primarily vegetables and fruits.
- Drink at least half your body weight in ounces of water every day.
- Avoid alcohol, caffeine (may substitute ENERGY or PURE Café), soda, sugar, artificial sweeteners (acesulfame K [ace-K], aspartame, saccharin and sucralose), preservatives (nitrates, nitrites and MSG), artificial colorings or flavorings and hydrogenated oil.
- Minimize animal-based foods.
- Avoid pork, which is difficult to digest and may create toxins in the body.
- Never use vegetable or corn oil for cooking, as heating them may create toxins and inflammation.
- Avoid fried foods.

**Acid/Alkaline Dietary Tips:**

- Go on a short 24-hour freshly juiced liquid vegetable diet to cleanse excess acid waste.
- Drink an alkalizing juice of 8 fl. oz. tomato juice and 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 with lemon into your diet daily.
- Drink 8 to 10 glasses of alkaline water daily. Water is instrumental in flushing acids out of the body. Add lemon or lime to your water.
- For 3 days, try and eat only fresh raw or blanched foods to complete the body alkalizing process. Cooked foods tend to increase acidity.
- Eat a diet of 80% alkalizing foods, including fresh and lightly steamed vegetables, sprouts, fruits and ocean vegetables.

**Lifestyle**

- If you smoke, quit.
- Chew food thoroughly – this aids in digestion and nutrient absorption, helping create a healthier body and mind.
- Eat until satiated, but NOT full. This means you should neither feel hungry nor full; stop between the two.
- Get plenty of sleep (7-9 hours per night).
- Do not eat after 9PM.
- Exercise everyday. Exercise oxygenates the 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, liver, kidneys, bowel, blood, and lymphatic system).

**Supplementation**

**Core***
- Liquid/Capsule Cleanse
- GoYin
- Daily Build

**Daily Basics***
- Alkaline Water Concentrate
- Coral Calcium
- Greens
- Mila
- Probiotic

**Support***
- Acai
- Noni

You may also consider other Genesis PURE products.

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Products that may NOT be Appropriate for this Condition:

Product restriction is not necessary.
## List of Foods and their Alkalinity

### Highly Acidic
- **Dairy**
  - Camembert Cheese
  - Cheddar Cheese
  - Cottage Cheese
  - Gouda Cheese
  - Mozzarella Cheese
  - Parmesan Cheese
- **Grains**
  - Barley
  - Corn
  - Flour, All-Purpose
  - Quinoa
  - Rice, Brown
  - Rice, White
- **Legumes**
  - Lentils
  - Tofu
- **Meats**
  - Bacon
  - Cod
  - Halibut
  - Lobster
- **Nuts/Seeds**
  - Cashews
  - Pumpkin Seeds
  - Sunflower Seeds
- **Fruits**
  - Apples
  - Cherries
  - Grapes
  - Grapefruit
  - Lemons

### Mildly Acidic
- **Dairy**
  - Milk
  - Sour Cream
  - Yogurt
- **Grains**
  - Barley
  - Corn
  - Flour, All-Purpose
  - Quinoa
  - Rice, Brown
  - Rice, White
- **Legumes**
  - Edamame
  - Peas
- **Meats**
  - Bacon
  - Cod
  - Halibut
  - Lobster
- **Nuts/Seeds**
  - Cashews
  - Pumpkin Seeds
  - Sunflower Seeds
- **Fruits**
  - Apples
  - Cherries
  - Grapes
  - Grapefruit
  - Lemons

### Neutral
- **Dairy**
  - Milk
  - Sour Cream
  - Yogurt
- **Grains**
  - Barley
  - Corn
  - Flour, All-Purpose
  - Quinoa
  - Rice, Brown
  - Rice, White
- **Legumes**
  - Edamame
  - Peas
- **Meats**
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### Highly Alkaline
- **Fruits**
  - Apricots
  - Bananas
  - Cantaloupe
  - Kiwi
  - Raisins
- **Legumes**
  - Black Beans
  - Great Northern Beans
  - Kidney Beans
  - Pinto Beans
- **Nuts**
  - Cacao, >70% dark chocolate
- **Starchy Vegetables**
  - Acorn Squash
  - Butternut Squash
  - Potatoes
  - Pumpkin
  - Sweet Potato
  - Yam
- **Vegetables**
  - Beets
  - Brussels Sprouts
  - Carrots
  - Cauliflower
  - Celery
  - Kale
  - Spinach
  - Squash
  - Tomatoes

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Although studies have not found simple sugars, alcohol, and caffeine to have a notable effect on urinary pH, it has been argued that they should be classified as acidic because they have been shown to increase excretion of alkalizing minerals from the body. Calculated using PRAL equation from Remer T, Manz F. Potential renal acid load of foods and its influence on urine pH. J Am Diet Assoc. 1995 Jul;95(7):791-7.

# Sample Alkaline Menu 1

The following is a sample daily menu. It is not provided as a dietary plan but simply as a reference for how alkaline and acidic foods can be combined to create an overall alkaline diet that still provides adequate calories and protein. Calorie needs vary from individual to individual so consult your doctor or a dietitian for a customized dietary plan that meets your needs.

## Breakfast

- **Frittata and steel cut oats:**
  - 2 eggs, 1 cup chopped potato, 1 cup chopped kale, 1 tbsp olive or organic canola oil, tomato and avocado to garnish, salt and pepper to taste.
  - ½ cup steel cut oats, honey to taste.

## Snack

- 1 cup serving of whole fruit

## Lunch

- **Tofu stir-fry with egg drop soup**
  - ¾ cup brown rice, 3 oz tofu, 1 cup bok choy, 1 cup chopped vegetables, 1 tsp sesame oil, 1 tbsp organic canola oil, 2 tbsp white wine, garlic, ginger, and soy sauce to taste.
  - 1 cup egg drop soup.

## Snack

- Carrot sticks and hummus

## Dinner

- **Chef Salad**
  - 2 cups mixed greens, 1 cup chopped vegetables, ½ cup chickpeas, 2 tbsp sunflower seeds, ½ cup quinoa, olive oil, lemon juice, and salt to taste.

**Calories – 2000**  **Protein – 65 g**
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### Breakfast

- **Yogurt parfait:**
  - 1 ½ cup plain low fat organic yogurt, 1 cup fresh fruit, ½ cup granola with nuts, honey to taste.

### Snack

- **Celery and peanut butter**
  - 2 stalks celery, 2 tbsp peanut butter

### Lunch

- **Whole grain pasta with mixed vegetables**
  - 4 oz dry, whole grain pasta, ½ cup tomato sauce with sautéed mushrooms, 2 cup mixed vegetables, olive oil, salt, and pepper to taste.

### Snack

- **1 cup serving of whole fruit**

### Dinner

- **Chicken, baked potato, side salad**
  - 3 oz organic chicken, 1 medium baked potato, 1 tbsp coconut oil, salt and pepper to taste, 1 cup mixed greens, ½ cup chopped vegetables, balsamic vinaigrette dressing.

**Calories – 2000**

**Protein – 90 g**
References