



















EVERYTHING YOU NEED TO KNOW ABOUT ALKALINE FOODS, ALKALINE DRINKS, AND pH BALANCE

HOW ALKALINE FOODS AND ACID FOODS AFFECT YOUR BODY'S pH BALANCE

As consumers gain more knowledge about nutrition, they realize that a daily ratio of alkaline foods to acid foods determines pH balance and affects overall health. Human blood registers about 7.4 on the pH scale, which means that it is naturally alkaline. In order to sustain this level, it is important to consume the proper balance of acid foods and alkaline foods.

What is pH Balance?

It is a way of measuring the acidity or alkalinity of a substance on a scale of zero to fourteen, with a pH of seven being considered “neutral.” A pH that is lower than seven is considered acidic and a pH above seven is alkaline. For every unit a solution moves up or down on the pH balance scale, it registers a tenfold increase in the degree that it is acid or alkaline. When measuring alkaline foods, it is the mineral makeup of the substance after metabolization that is evaluated.

pH4			pH7		pH10
Strong Acids		Mild Acids		Mild Alkaline	Strong Alkaline
 White Bread		 Meat/Fish		 Fruits	 Asparagus
 Alcohol		 Legumes		 Vegetables	 Cayenne Pepper
 Colas/Sodas		 Nuts		 Avocados	 Melons
 Sugar		 Dairy		 Almonds	 Kelp

How Alkaline Foods Positively Affect Your Overall Health

It has been found that [pH balance](#) plays an important role in your total well-being because bacteria, viruses, yeast, and other harmful organisms thrive when the blood system is more acidic. So, maintaining a pH balance with more alkaline foods can create an uninviting environment for the very things that might make you sick. That's why consuming [more alkaline foods than acid foods](#) can be very beneficial to your overall fitness.

What Alkaline Foods Should You Eat for Proper pH Balance?

The [best alkaline foods](#) to consume are fresh fruits, vegetables, herbs and spices. Simple seasonings like sea salt, cinnamon and oregano can be good choices. Leafy green vegetables such as lettuce, spinach and beet greens are excellent alkaline foods. Carrots, peppers, sweet potatoes, pumpkin and other orange or yellow vegetables will also help alkalize the diet. There are a few fruits and vegetables that are considered acid foods, so try to limit your intake of plums, corn, green olives, and cranberries.



It is interesting to note that ripe bananas are fine alkaline foods, but green bananas are more acidic. Also, this may seem at odds with traditional thinking, but citrus fruits are usually known to be naturally alkaline foods. Keep in mind that we are talking about the pH balance these foods register once they have been digested.

What are Acid Foods?

It is important to remember that you do need some acid foods to balance out the alkaline foods. Most experts recommend a diet made up primarily of alkaline foods, but about twenty percent of your consumption should be acidic. Common acid foods are pasta, meats and fish. Of course, coffee, sodas, sugars and alcohol can really tip pH balance to the acid side of the scale. Other items that may be healthy might also be acid forming, such as nuts, whole grains and beans. This doesn't mean you should stop eating them. It just means that you should be aware of the balance of alkaline foods to acid foods that you consume on a daily basis.

A diet made up primarily of alkaline foods like fresh fruits and vegetables will give you the best chance for a perfect pH balance. However, it is important to remember that some acid foods are just as essential as the many choices available for alkaline foods.

LISTS OF ALKALINE FOODS AND ACID FOODS FOR PH BALANCE

-10 Common Alkaline Foods and 10 Acid Forming Foods

Alkaline foods and pH balance are not a typical daily topic of conversation. However, people who cycle, run, hike, play tennis, or do any physical activity and want to perform at peak levels of fitness, have a choice to make. It's a choice many never consider, but one of the most important for overall health and fitness. It stares you right in the face every time you look at a menu or a shelf full of groceries. The choice to consider is whether or not a food or beverage is going to help you maintain proper pH balance, or is it going to throw that delicate balance off and leave your body's defenses vulnerable to health problems.



In order to maintain suitable pH balance, nutritionists suggest 80% of dietary intake should be alkaline and 20% acid foods. What exactly does that mean? It is a widely accepted nutrition fact that the alkaline or acid properties of foods and drinks come into play when your body burns them for fuel.

Consuming too many acid foods, drugs, tobacco, sodas, cocktails, and coffee causes the pH balance of the blood to become overly acidic, therefore, out of balance. It's kind of like a swimming pool that has an acid pH level, and as any pool owner knows that can cause problems.

When we refer to a list of [ALKALINE FOODS or ACID FOODS](#) here we're talking about what happens to them in the bloodstream after they have been consumed. All foods and drinks leave either an alkaline ash or an acid ash in the blood, depending on what happens to them after your body has burned them for fuel. This is what affects blood pH balance, as well as urine or saliva pH balance, which can all be tested in different ways.

Here are 10 common types of acid foods that create an acid ash when metabolized:

- White flour (breads, pastas)
- Meats
- Fried Foods
- Processed corn and grain products
- Sweets
- Artificial sweeteners
- Chocolate
- Coffee, sodas, tobacco



Here is a list of alkaline foods to maintain proper pH balance in the bloodstream:

- Almonds (raw)
- Apples
- Avocados
- Watermelon
- Leafy green lettuce and spinach
- Citrus fruits
- Broccoli
- Cantaloupe
- Carrots
- Peas



A human being's blood pH level is meant to stay around 7.4, so the body is constantly working to sustain that pH balance, no matter what you consume. When the body has to neutralize more acid

than it is designed for, the best place to find a readily available supply of something alkaline enough to perform that function is in your bones. If the consumption of choices from this list of alkaline foods is insufficient to do the job, then calcium from bones will be utilized in order to neutralize excess acid in the bloodstream.

It is a nutrition fact that too many acid foods and drinks such as meat, sodas, alcohol and refined flour products can cause a body's pH balance to be too acidic. This can lead to all sorts of health problems, not the least of which is bone weakness.

A [calcium supplement](#) may help. However, if the calcium is not from a whole food source, the body does not absorb it as efficiently due to the lack of live enzymes, but more about that later. The best whole food sources for calcium are broccoli, green leafy vegetables, and other choices from a list of alkaline foods.

The easiest way to consume the **80/20 ratio of alkaline foods to acid foods** is with [concentrated health drinks](#) that are heavily weighted to the alkaline side of the scale. Look for products made with real fruit and food grade herbs, because we know that most of those natural whole food ingredients are alkaline by nature. As you consume more alkaline foods and drinks for proper pH balance, your body will come into its own perfect balance and your overall health will reflect a positive change.

pH balance is just one of many considerations when choosing a balanced diet. Search the Internet for all natural foods and other choices to improve your overall health and fitness.

WHY ALKALINE FOODS AND A HEALTHY pH BALANCE ARE IMPORTANT FOR OVERALL HEALTH AND WELLNESS

From increased energy to the prevention of cancer, alkaline foods have been revered as a panacea in modern Western culture. While the total benefits of using alkaline foods to keep a healthy pH balance may not yet be fully studied, there is certainly enough anecdotal (and scientific) evidence to make the topic one worth considering.

Some of the diseases and disorders that have suspected links to the acidification of blood and tissues include:

- Cancer
- Chronic fatigue syndrome
- Fibromyalgia
- Lupus
- Multiple sclerosis
- Rheumatoid arthritis



Even susceptibility to something as simple as the common cold may be attributed to the pH balance of the body. Direct links to these illnesses may have yet to be determined, but for those suffering from their effects, the hope of relief is enough to get them looking at a variety of alternatives. One such possibility is to use alkaline foods to maintain a healthy pH balance.



What Causes Acidification?

The biggest culprit in the acidification of our body fluids and tissues is simply the fact that we don't eat enough alkaline foods. The Western diet relies heavily upon animal proteins in the form of meat and dairy products. Another dietary favorite—sugar—is also to blame, whether it comes from fructose, glucose, or sucrose.

Sugar, unfortunately, is the fuel source for many unhealthy invaders in the body, such as yeast and bacteria. These organisms, along with fungi, feed off of the sugars and proteins we ingest. As a result of the process, they excrete a variety of toxins, many of which are acidic. This lowers the body's pH balance, causing our internal systems to exist in an acid state instead of the alkaline state that is required for optimal health.



Food is not the only cause of acidification, however. An overabundance of stress can trigger the release of toxins in the body, too. Environmental pollution can also be blamed for a portion of the acidification of many people's bodies.

Adding Alkaline Foods to the Diet

By adjusting our diets to include more alkaline foods, we can help to realign the body's pH balance. When we replace those acidic foods with alkaline ones, we allow the body to work in a far more natural state of being. Many bacteria, fungi, and yeast cannot survive in an alkaline environment. The same can be said for many molds and viruses. When they can't get a foothold for survival, they can't go about damaging the body with their lifecycles.

While the idea of completely overhauling one's diet is intimidating, it may very well be the best way to improve overall health. On the other hand, there is nothing wrong with slowly but steadily introducing more alkaline foods while removing the acidic ones. Some changes are far easier than one might even expect. For example, rather than using eggs when baking,



many goodies will turn out just as well by substituting applesauce. Eggs are acidic, while apples are an alkaline food. The watermelon cake pictured here is made out of watermelon with coconut cream, almonds, kiwi and berries, a fun treat with a perfect alkaline/acid balance. Just making simple changes like this can be a great start in restoring the body's natural pH balance.



3 WAYS TO BOOST ALKALINITY IN THE BODY

An alkaline diet is essential for a healthy body. The pH balance of your blood is naturally alkaline, registering around 7.4 on the pH scale. Blood that has a pH below 7.35 is considered to be critically acidic. Your body will do whatever is necessary to maintain that delicate balance, even if that means extracting calcium from your bones in order to neutralize the acid.

An Alkaline Diet Enhances Bone and Joint Health

Bones are the most accessible source of something alkaline that the body can utilize to increase alkalinity in the blood. When the body leeches calcium from bones in order to neutralize excess acid in the diet, it leads to arthritis, osteoporosis and bone loss.

This is why a diet high in animal protein is implicated in bone loss and why an alkaline diet can enhance bone and joint health. Meats are acidic, so the body has to pull calcium from bones in order to neutralize the acid. Other acid foods and drinks include soft drinks, sugar, artificial sweeteners, alcohol, coffee and overcooked food of all kinds.



There are some healthy foods that register somewhat acidic, but not to the same degree as meats or sodas. It is important to know that a normal alkaline diet should consist of at least 20% acid foods because an overly alkaline balance is not healthy, either.

So, our philosophy is "*stick to an alkaline diet to help the body manage a healthy pH balance in the bloodstream*". This usually means consuming far more alkaline foods and drinks than acidic items. [Take the free alkaline food test to learn more.](#)

Of course, a list of acid and alkaline foods is a good place to start an alkaline diet. There are hundreds of charts and lists online that separate acid and alkaline foods. Keep in mind, these values are not based on the pH balance of the food itself, but are based on the type of ash left behind after the food is burned by the body for fuel. [Get a list of alkaline and acid foods.](#)

Most people don't seem to have any problem finding plenty of acid foods, but alkaline foods are a different story. Fruits and vegetables qualify as alkaline, along with a few select nuts and grains, but where else can you get foods and drinks for a healthy alkaline diet?

Here are 3 Ways to Boost Alkalinity in The Body:

1. Choose [alkaline drinks](#) instead of acidic beverages like alcohol, sodas, coffee, energy drinks, vitamin waters or sports drinks.



[Evergreen](#) and [Fortune Delight](#) enhance alkalinity with naturally alkaline ingredients.

2. Eat more *alkaline foods* than *acid foods*. An 80/20 ratio is best but 60/40 is not bad.



These whole foods provide super-concentrated alkaline nutrition.

3. Take [whole food calcium supplements](#), not isolated, synthetic supplements like most over the counter multi-vitamin and mineral supplements.

ALKALINE FOODS AND ACID FOODS - WHAT YOU REALLY NEED TO KNOW FOR A HEALTHY BODY

Alkaline foods and acid foods have assumed a major role in the discussion of human nutrition. However, many people are confused about how to deal with yet another overwhelming health concern. It can be tempting to just avoid thinking about the subject rather than sorting through all the information available, but it doesn't need to be that difficult. When it comes to

determining a healthy intake of alkaline foods and acid foods, there are a couple of important questions that need to be answered:

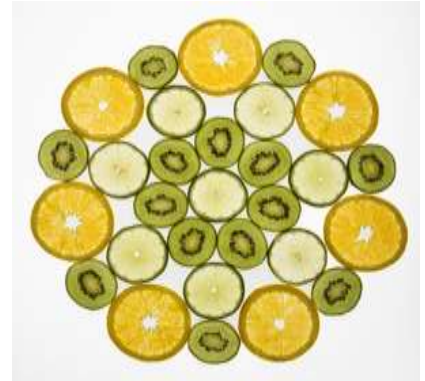
1. What are alkaline foods and acid foods?
2. How do you correctly balance the two?

These questions are critical due to the fact that our diets affect every other aspect of our bodies' functions—from energy to mood to illness and disease.

Are They Alkaline Foods or Acid Foods?

There are a few ways to answer this question, but it is most helpful to find a resource you trust and simply look up the food in question. It is a good idea to find or create a chart that can be displayed on the front of the refrigerator. Then, as you cook, you can look up items and determine if they are alkaline foods or acid foods.

We'll send you a free list when you take the [alkaline food test](#).



Keep in mind that simply testing an item with litmus paper is not necessarily the best indicator of how it actually affects the body. Alkaline foods do not always start out that way. Rather, they are categorized by how they react internally. A great example of this is lemons. When you cut a lemon open, you find it to be acidic. Once it is digested, however, a lemon actually helps create an alkaline environment in the body.

Generally speaking, fruits and vegetables are going to be the best sources for alkaline foods, although they will certainly fall all along the range from acid to alkaline. On the other hand, meats and processed sweets are almost always going to be acid foods. Obviously, most of Western society derives protein and other important nutrients from meat, so simply cutting out all acid foods is not necessarily a realistic choice. Many acid foods are, in fact, important for our overall health.

How Do You Balance the Two?

As with nearly any food-related subject, the key to proper nutrition is balance. Choosing a healthy ratio of [alkaline foods](#) to acid foods is what will keep the body in its best working condition.

Human blood almost always registers between 7.35 and 7.45 on the pH scale. This means that it is slightly alkaline, as 7 is considered neutral. When we introduce too many acid foods, the pH starts to move downward. If it falls too low, serious damage and even death can be the outcome.

In order to keep the body's pH in check, it is necessary to eat a diet that includes the proper balance of alkaline foods and acid foods. A good guideline is to ensure that 75-80% of the foods and drinks you choose are



considered alkaline foods or drinks. Because most processed foods, as well as meat and grains, are typically acidic, this means making sure you get a sufficient supply of alkaline foods each day.

It is also helpful to remember that stress (physical and emotional), alcohol, stimulants (caffeine, nicotine, etc.), and even pollution add to the acid formation in the body. Focusing on more alkaline foods and fewer acid foods in the diet can help to counteract these unfortunate realities of modern life.

HOW ALKALINE FOODS AND PH BALANCE AFFECT YOUR HEALTH

Today's processed foods are certainly convenient, but did you know that a diet lacking in alkaline foods can negatively affect your body's pH balance and put you at risk for a variety of health problems? The concept of alkaline foods versus acid foods wasn't much discussed until recently, but doctors and scientists are finding that it is an important conversation that needs to happen. Keeping the body's pH level balanced can be an important component in combating all kinds of illnesses.



Alkaline Foods, pH Balance and the Body

You may remember from high school science that substances can be either acid or alkaline. Remember dipping those pH testing strips into bleach and vinegar to see if they turned blue or pink? Well, everything that we eat falls somewhere on the pH scale, and by ingesting it, we are affecting the overall pH balance of our bodies. If we eat many things that are acidic (or low on the pH scale), our body also tends to become more acidic. On the other hand, if we eat alkaline foods (those that measure high on the pH scale), our bodies become more alkaline.



The human body was actually intended to run in a slightly alkaline state. (*Of course, the body is very complex, and some parts of the digestive tract, for instance, are intentionally acidic. That's why we do not recommend alkaline waters.*)

Acid Foods

Unfortunately, most of the foods we eat in modern Western culture are acidic. Think about the coffee and pastries we have for breakfast, the meats we eat for dinner, and the sodas some people swill down all day long. Each affects the body's pH balance and makes it more acidic. We need to consume alkaline foods and drinks to help restore the proper pH balance.



Acidic Bodies are Unhealthy Bodies

There are a number of reasons that we should avoid creating an acidic environment within the body. One of the most crucial is that unwanted organisms such as bacteria and yeast grow much more easily when the pH balance has been tipped toward the acidic. Our cells need to be alkaline in order to function properly. When we do not eat enough alkaline foods, the cells struggle to survive, and many of them die.

Because an alkaline state is so important to the healthy function of our bodies, it will do everything it can to restore a good pH balance, including robbing itself. Calcium is used to restore alkalinity, and if needed, the body will steal this element from the bones and teeth. This is one of the reasons that soda and other sugary substances cause tooth decay and bone loss.

Getting the Alkaline Foods Your Body Needs

Eating alkaline foods is an important step to restoring the pH balance of your body. In addition to getting the nutrients we need from these healthy foods, we are also able to support cell function and oxygenation while making a less hospitable environment for dangerous organisms that can compromise our overall health.

Good Alkaline Foods:

- Dried Apricots
- Dried Lima Beans
- Figs
- Prunes
- Raisins
- Soybeans
- Spinach
- Sprouts
- Swiss Chard
- Tubers



Other Alkaline Foods:

- Almonds (raw)
- Beets
- Cantaloupe
- Cabbage
- Carrots
- Chives
- Coconuts (and coconut milk)
- Cucumbers
- Dates
- Dried Avocado
- Dried Peas



- Guava
- Kale
- Leeks
- Lettuce
- Lima Beans
- Mangos
- Oranges
- Peaches
- Potatoes
- Rhubarb
- Watercress



There are many more alkaline foods that can help to restore the body's healthy pH balance. By adding these to your diet, while cutting out more acidic foods and beverages, you can improve your overall health, not to mention energy levels.

WHEN BUYING BEVERAGES, ALKALINE DRINKS ARE THE HEALTHY CHOICE

With so many health drinks on the market, it can be difficult to know the difference between alkaline drinks and other unhealthy choices. While many of the health drinks you find are useful in some ways, alkaline drinks have added benefits that their counterparts do not.

[Alkaline drinks](#) are special health drinks that utilize natural ingredients registering a pH higher than 7.0, after consumption. The various benefits in these alkaline drinks are reached through the inclusion of specific ingredients that are processed very carefully. Ingredients may include real fruits and herbs, which are naturally alkaline. These ingredients must not be overheated in the packaging process, thereby maintaining the completely natural structure of the plants.



Because there are so many health drinks available, it can be helpful to determine just what effect you're looking for with your purchase. For example, some health drinks are high in antioxidants and [Vitamin C](#) and are therefore geared toward improving the immune system. Other health drinks contain a high protein content in an effort to help an individual build lean muscle mass. Unfortunately, most protein drinks are highly acidic.

Why Choose Alkaline Drinks?

The importance of maintaining an alkaline state in the body is becoming more widely accepted as research points to the benefits. Generally speaking, the body has a pH of about 7.4, or slightly alkaline. Many of the bacteria and other organisms that would harm the body are unable to survive in this alkaline environment. This is why health drinks with naturally alkaline ingredients are helpful in assisting the body to maintain that delicate pH balance. If human blood changes just two tenths in pH level, death is imminent. The body will do whatever is

necessary to stay in balance, even if that means extracting calcium from bones to alkalize the acid forming foods and drinks consumed.

Unfortunately, much of the typical twenty-first century diet is made up of acid forming foods. By utilizing alkaline drinks, we are able to help the body maintain its natural balance. The result is better overall health, as well as more energy. With the consumption of alkaline health drinks, the body won't have to work as hard in order to manage a proper pH balance.

Alkaline drinks are almost always made with whole foods. Some ingredients are as simple as apples and bananas while others are more complex, such as Coix Fruit, Waterlily Bulb and Chinese Yam. Primarily, these are alkaline ingredients found in perfectly balanced health drinks.



Keep in mind that many protein drinks, meal replacements, sport drinks and enhanced waters sold in typical stores are made with acid forming ingredients, which are just the opposite of what the body really needs.

In most cases, [alkaline health drinks](#) also offer a more natural energy boost without a sugar crash or a caffeine buzz. This is because the whole food ingredients provide elements such as antioxidants, live enzymes, and chlorophyll for enhanced oxygen flow.

When you take the time to find out how your health drinks are processed and what they are made with you can make a huge difference in how effective they are for your body. By shopping for naturally alkaline drinks, you are able to support your life support systems in a way that most so-called health drinks can't possibly equal.

HEALTH DRINKS AREN'T ALWAYS THAT HEALTHY ESPECIALLY WHEN CHOOSING A DIET HIGH IN ALKALINE FOODS

If your health drinks of choice are those colorful vitamin waters and sport drinks, you will want to read this and pass it on, especially to anyone concerned about consuming more alkaline foods.



Look at the ingredients in most commercially advertised sports drinks and vitamin waters, and you will quickly see they are far from being really healthy drinks.

When shopping for healthy drinks, here are a few things to avoid:

Phosphoric Acid is just what it says it is - acid. Here is a definition of phosphoric acid: "A clear colorless liquid used in fertilizers, detergents, pharmaceuticals and food flavoring, irritating to the skin and eyes and moderately toxic if ingested."

When your diet is supposed to be 80% alkaline and only 20% acid for proper pH balance, phosphoric acid really puts you upside down quickly.

High Fructose Corn Syrup – This is concentrated sugar that contributes to weight gain and abnormal blood sugar levels, which can also lead to diabetes. Excess sugars have no place in healthy drinks, and you certainly won't find processed sugar in any alkaline foods.

Artificial Flavors - We call them Excitotoxins! When artificial flavorings are in drinks, they begin to resemble sugary juices, soft drinks and candy. These artificial substances will interfere with your pH balance and force you to consume more alkaline foods to neutralize the acid from the toxins in your blood.

Artificial Sweeteners – These are so unnecessary in health drinks today. In addition to the acid forming properties of artificial sweeteners, nutritionists express concerns about their effects on the human body. Many consumers now believe that artificial sweeteners may play a factor in diseases of the brain, such as Alzheimer's. That is one reason why corporations such as Pepsico and Coca Cola are beginning to market health drinks and other products containing [Stevia](#), an all natural sweetener that is actually good for people.

Isolated Vitamins - When isolated, processed, heated, liquefied and bottled, vitamins and minerals break down before your body can use them. You need vitamins and minerals from whole foods, not from so called health drinks that are really bottled, heated, highly processed waters with colorful dyes and artificial ingredients.

Someone showed me a well known sports drink the other day and I couldn't believe the ingredients! This tropical mango flavored drink didn't mention mango anywhere in the ingredients. Let's take a look at what it did list, along with some things to think about when choosing health drinks:

- Sucrose Syrup (this is sugar)
- High Fructose Corn Syrup (more sugar) - A total of 56 grams of sugar
- Phosphoric Acid (the opposite of alkaline foods)



- Glycerol ester of wood rosin (acid forming)
- Modified Food Starch (how was it modified?)
- Natural and Artificial Flavors (your guess is as good as mine)
- Yellow 6, Yellow 5 and Red 40 (artificial dyes)

Another bottle of this not so healthy drink says "*Specially Formulated for Tiger Woods*" with the same ingredients, but blue dye instead of yellow. I guess that secret blue stuff is what makes Tiger play so well. In fact, experts could argue that Tiger's joint problems are because of too many acid forming foods and not enough alkaline foods in his diet. Many medical and health specialists now believe that an acid/alkaline imbalance can contribute to weak bones and damaged joints.

When shopping for a good health drink, here are some things to keep in mind:

- Is it pasteurized or otherwise heated in the bottling process? If so then the enzymes have been destroyed and the nutrients are not easily absorbed by the body.
- Does it give you chlorophyll from plants to help your cells absorb more oxygen?
- Does it provide natural antioxidants to destroy free radicals? Natural antioxidants are essential for anti-aging.
- Is it made with whole food ingredients like real fruit or other alkaline foods?



Now, let's take a different look at health drinks on the market today that are not advertised with flashy TV ads or filled with colorful dyes: Here are some of the characteristics of these truly healthy drinks:

- Processed at low temperatures
- Contain live enzymes from whole alkaline foods and chlorophyll from plants.
- Complex structures of the whole food ingredients are fully intact
- Loaded with natural antioxidants to combat free radicals



Do your drinks do that?

Not if you bought them in a convenience store, a grocery store or the health food store at the mall.

**ALL NATURAL FOODS, ALKALINE FOODS AND HEALTH DRINKS
NOT SOLD IN STORES –
SHOPPING SECRETS OF THE RICH AND FAMOUS AND HEALTHY**

Searching for all natural foods, health drinks or alkaline foods to help you feel better, look younger, or have more energy is a great idea. However, finding products in typical retail stores that actually produce visible results is an exercise in futility for many dedicated individuals.



World-class athletes, famous actors, and millions of other healthy people around the world use superior products that you simply can't find in the usual places. Their secret to excellent health and beauty is that they shop differently from the average consumer.

Wealth and Health

Maybe you are thinking you can't afford the same secret high quality all natural foods or health drinks used by the rich and famous, but that is far from the truth. You just have to know where to look. For instance, actress **Sharon Stone** revealed that one of her beauty secrets is [Calli Tea](#).

"I am a tea fanatic. I like Sunrider Calli tea, an herbal cleansing tea."
Harper's Bazaar Magazine/January 29th, 2008

An [online health food store](#) is a good place to search for these advanced products because you can gather information that is relevant to your needs without pressure. You can search for alkaline foods or health drinks that are not sold in retail stores. Then, you can make an informed decision from the comfort of your own home.



Many people now realize that they have to take care of their bodies for financial reasons as well as living a long, healthy life. When you focus on better habits, such as eating all natural foods, consuming health drinks instead of soft drinks, or going so far as to research alkaline foods, the advantages are profound. Among the benefits are substantial savings in medical costs and more nutritional value for your hard earned dollars.

When you take control of your health and fitness you make conscious choices that improve your overall well being:

- Your self-esteem grows each time you give your body valuable nutrients.
- It feels good to know you are consuming beneficial alkaline foods or health drinks with live enzymes and concentrated nutrients.
- You start the day feeling alive, alert, awake and enthusiastic.
- You find the energy to exercise.
- Your joints, bones and muscles begin to feel more supple and strong.

- You hear friends saying, "Wow, you look great, what are you doing?"
- You become part of something bigger by consuming all natural foods and using products that are better for all of us.



Here are 5 steps you can take today to get more value out of the money you spend on health products:

1. **Buy more alkaline foods** - Experts recommend a balance of 80% alkaline foods to only 20% acid forming foods for optimal health. Do you know how your diet influences your pH balance and your overall fitness? [Take the FREE Alkaline Food Test](#) to find out.

2. **Drink natural health drinks** - Avoid sugar, artificial sweeteners and caffeine. Load up on antioxidants, live enzymes, real flavor and nutrition, instead. Discover a natural health drink formula used by world-class athletes, celebrities and millions of other healthy people. This beverage mix was even named to a list of **Top 100 Health Products in the World**. However, not that many people in America are familiar with it, yet. [Fortune Delight](#)



3. **Use environmentally friendly household products**-You can't easily get them in stores, but on the Internet you have access to more natural toothpastes, soaps, shampoos, laundry detergent, and multi-purpose cleaners without harmful chemicals. Search a [health food store online](#) instead of shopping for the usual mass produced items at a grocery store.

4. **Maintain a diet closer to nature** - All natural foods are considered to be minimally processed and do not contain artificial ingredients. They are not “enriched” with man-made, isolated vitamins and minerals. All natural foods do not include ingredients such as refined sugars, refined flours, milled grains, hydrogenated oils, artificial sweeteners, artificial food colors, or artificial flavorings. Proponents of natural-food diets argue that refined ingredients promote obesity, diabetes, cancer, and heart disease.

5. **Buy from responsible manufacturers** - Stop giving your money to corporations that are making products filled with trans fats, hydrogenated oils, preservatives, artificial sweeteners, too much sugar, genetically altered ingredients or toxic chemicals. Shop differently from a company that uses natural ingredients and environmentally responsible manufacturing processes.



If you're like us, you are taking responsibility for your own health by first and foremost, taking care of yourself physically. Just remember, shopping in the same old places for nutritional

products will give you the same old results. Instead, you can have better products delivered right to your door from an online health food store. You will discover excellent choices that the average consumer has not yet stumbled upon for all natural foods, alkaline foods and health drinks.

Alkaline Foods Provide Powerful Nutrition for Athletes

Alkaline foods may sound like something from a science fiction book, but when choosing the most powerful nutrition for athletes they should be considered. Try to envision a superhero with a big A on his chest and you will at least begin to imagine how alkaline foods provide a key to superior strength and fitness.



Why Alkaline Foods are Important Nutrition for Athletes

The alkaline forming or acid forming properties of foods come into play when your body uses them for fuel. After they pass through your digestive system, you end up with an alkaline or acid ash in your blood, depending on what you ate or drank or smoked. Anything that goes into your bloodstream affects your alkaline/acid balance, commonly referred to as your pH balance. There are several different ways to measure your pH, but we are talking about your blood pH when we refer to the benefits of alkaline foods.

In order to maintain proper pH balance, nutritionists suggest a balance of 80% alkaline foods and 20% acid foods. Most people have this 80/20 alkaline/acid ratio upside down. This can be a huge factor in fitness and should be thoroughly considered when seeking proper nutrition for athletes.

When you consume too many acid-forming foods and not enough alkaline foods, you leave yourself susceptible to numerous challenges, including, but not limited to:

- Stiff joints
- Brittle bones
- Plaque buildup in arteries
- Plaque buildup on teeth
- Unhealthy gums
- Bad breath
- Lack of energy
- Poor digestion
- More, colds, allergies, and illnesses

Your body is so efficient that it will not allow your blood pH to stray far from 7.4. It will do whatever is necessary to alkalize the acid in your bloodstream, even if that means pulling

calcium from your bones. The last thing anyone needs in nutrition for athletes is something that causes a loss of calcium. Instead, the exact opposite is required, and is obtainable with the consumption of more alkaline foods.

When there is a lack of alkaline food in someone's diet to help manage that delicate blood pH balance, then the body has to pull calcium from bones in order to neutralize excess acid in the bloodstream. You can easily see how that could cause bone weakness, and again, that's the last thing you want in high quality nutrition for athletes.

We offer [free nutrition coaching](#) to some of our online health food store customers that are searching for the best nutrition for athletes, and here's a response to someone seeking natural remedies for arthritis symptoms:

"Thank you for your question about a healthy diet to get some relief for arthritis symptoms. Having had personal experience eliminating arthritic problems in my life let me share with you what has worked for me. Please understand I am not a medical professional and would never pretend to diagnose, treat, prevent or cure any diseases with my advice. In fact, I don't believe that natural remedies cure anything. I feel that if you give your body the right nutrients, it will take care of you beautifully for a long time. Having said that, I will tell you about the nutrition that gave me some relief, but first, a little background:



Most of the cartilage in my right knee was removed at age 18, so my right knee is basically bone on bone. Before I made dietary changes in my life a doctor told me I had the knee of a 72 year-old man, and shockingly, I was only 39 at the time. He said I would need a knee replacement in a few years. Well, I'm 51 years old and just returned from a 12 mile hike. My right knee feels as strong as my other knee, without any surgery or drugs. Other men my age can't understand how this is possible. I can only say the difference is that I understand the need for alkaline foods as part of a diet that provides the highest quality nutrition for athletes.

This is what I did: As well as eliminating many acid foods from my diet, I began integrating more alkaline foods. Once I became aware of the need for more of these natural elements in my nutrition for an athlete, I started to find more ways to get them. It's like what happens if you buy a blue car, suddenly you start to see blue cars everywhere."

-Cliff Smith/Co-Owner/Besthealthfoodstore.net

So, now that you are aware of this need for alkaline foods when searching for the highest quality [nutrition for athletes](#), you'll begin to notice them as well.

Alkaline Drinks Make Other Drinks Seem Like Candy

- **Comparing natural health drinks with vitamin waters, sports drinks and energy drinks**



Comparing [alkaline health drinks](#) with “*enhanced*” energy drinks, sports drinks, or vitamin waters is kind of like comparing the benefits of eating peaches and lemons over the benefits of eating candy. It’s a no brainer!

Truly beneficial alkaline health drinks are properly processed so that whole food ingredients are kept intact with living plant enzymes and natural antioxidants. These allow the body to absorb valuable nutrients essential for electrolyte replacement and energy.

The perfect alkaline health drinks contain real whole foods as ingredients. These ingredients are vastly different from all the colorful dyes, “natural flavors”, isolated vitamins and harmful sweeteners found in many of the artificially enhanced energy drinks, vitamin waters and sports drinks being hyped today.

Health drinks that are formulated with natural, whole food ingredients are good for pH balance while most energy drinks, vitamin waters, and sports drinks are acid forming and contribute to an alkaline/acid imbalance in the body.

The herbal ingredients in these naturally alkaline health drinks may not sound as sophisticated as something like “sucralose” (a sweetener in energy drinks, sports drinks and vitamin water made through a process of chlorination), but they are much more beneficial for the body.

When deciding whether to consume those colorful vitamin waters and energy drinks or **naturally formulated alkaline health drinks**, look at this comparison.



Sports Drinks, Energy Drinks and Vitamin Waters (Example):

- Ingredients in energy drinks, vitamin waters and sports drinks are typically water, “natural” flavors, sucralose, isolated B vitamins and other laboratory produced artificial nutrients. So, along with the dead, de-mineralized water, you get a chlorine processed sweetener, unidentified natural flavors and artificially created vitamins that the body does not recognize as nutrients from whole foods. There are no real strawberries, peaches or other fruit. Even if there were any whole food ingredients, the high temperatures used in processing most likely destroyed any live enzymes. Without those living plant enzymes the body does not easily absorb the available nutrients. So, very few of the isolated vitamins in “enhanced” vitamin waters, sport drinks, or energy drinks are really usable by the body for energy.

Alkaline Health Drinks (Example):

- While natural, alkaline health drinks are not as common as sports drinks, vitamin waters and caffeine laced energy drinks, there are health drinks made with water, real fruit juice extracts and a few alkaline based herbal ingredients that most consumers would not recognize. Researching further behind the nutrition fact label, we find that these natural plant ingredients contain valuable nutrients found in whole foods, including live enzymes and powerful antioxidants. When processed and packaged carefully at lower temperatures, live enzymes in whole foods make it easier for nutrients to be absorbed by the cells of the body. As an added bonus, the natural, alkaline properties of the food grade herbs provide a healthy pH balance to counteract all those acid-forming foods and drinks that most people consume every day.



These examples reveal the choices consumers can make between [naturally alkaline health drinks](#) that build the body up or sports drinks, vitamin waters, and energy drinks that tear the body down. They cost about the same, the flavors are real fruit vs. artificially enhanced chemicals and the health benefits are vastly different. It seems easy to make the sensible selection. However, many people are confused by all the hype and brightly colored bottles, or by the lack of real information on those intoxicating nutrition fact labels. Instead of honest nutrition facts, the marketing geniuses for those sexy vitamin waters and sports drinks tell consumers how cool they will be if they drink their super exciting, “enhanced”, neon power-charged energy drinks.



In this revved up world, most people want to get in, get out and get a boost. When feeling tired, it's easy to grab something they have been led to believe is good for them. In reality, consumers may be doing more harm than good. Once they see behind the hype, it is easy to quickly learn why naturally alkaline health drinks are far better for people than all those brightly colored vitamin waters, mood boosting energy drinks and junk food sports drinks.

USING ALKALINE FOODS AND HEALTH DRINKS TO BOUNCE BACK FROM A COLD

Bouncing back from a cold by consuming more alkaline foods and health drinks can give you an energetic fresh start. The good news is that when the



cold passes, your body is cleaner, leaner and should function better, assuming you don't start piling in the junk again. Here is a good way to get back into a groove with even more energy, stamina, and better health than you had before.

First, let the cold run its course. It is really your body's way of eliminating toxins that have built up over time. Don't try to stifle the runny nose and coughs with antihistamines or other drugs that only delay the inevitable. If you slow the process down, then you are only prolonging the pain, and you may not get the full benefit of a natural cleanse. In my experience, a good, cleansing cold lasts about 7-10 days. Think of it as a natural cleanse. Then, get more out of the recovery with alkaline foods and natural health drinks



When you feel like the cold is starting to disappear, you'll probably feel that it is time to start some fresh, new healthy habits. One of the best things you can do after a cold is to develop healthier eating habits. A good way to do that is by including more alkaline foods and health drinks in your diet. This means consuming more foods that form an alkaline ash in the bloodstream after they are digested.

What are alkaline foods? Think about fresh fruits and vegetables, natural foods that are lower in animal protein, health drinks without sugar or artificial sweeteners and food grade herbs, not medicinal herbs. Some of the more common acid forming foods can be caffeine, chocolate, beef, pork, fish, alcohol, soda, even beans and rice. Experts recommend that your daily [alkaline food](#) intake should be about 80% of your diet, compared with only 20% acid forming foods.



The theory is, and it does hold water, that it is harder for illness and disease to take hold in a more alkaline environment. Through a great deal of research, and personal experience, I have discovered numerous health benefits with more alkaline foods in my diet. By maintaining that 80/20 ratio, I experience fewer arthritic pains and digestive problems. Also, by adding [health drinks that are less acid](#) forming, then I can feel better knowing that my body has the tools it needs to work on other issues such as eliminating toxins, rather than constantly struggling just to maintain internal pH balance.

So, the next time you are recovering from a cold, take advantage of your cleaned out system while taking your health and fitness to a new level. Get your energy, stamina and power back with a fresh boost. Search the Internet to find natural alkaline foods and health drinks for pH balance. Begin incorporating more of these into your life while avoiding so many acid forming foods, and you will feel the difference.