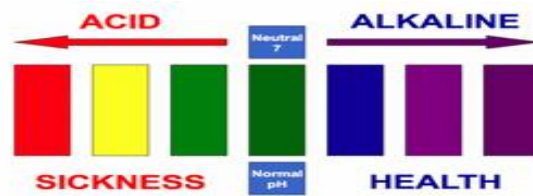


# How Alkalizing are AIM Foods?



## The Human Body pH

The two most severe consequences of an acidic body include:

**Hypercalciuria:** Release of alkalizing calcium from the bone to neutralize acid which leads to osteoporosis.

**Negative Nitrogen Balance:** The loss of glutamine from skeletal muscle to neutralize acid which leads to sarcopenia.

## Low pH and Cancer Relation

- In 1964, only 1 person in 214 contracted Cancer. Today it is 1 in 3 females and 1 in 2 males.
- There are two factors that are ALWAYS present with Cancer no matter what else may be present.
- Those two factors are Acid pH and Lack of Oxygen.
- Viruses, bacteria, yeast, mold, fungus, Candida and Cancer cells thrive in a low oxygen, / low pH (high acid) environment. Research has proven that disease cannot survive in an alkaline state.
- The determining factor between health and disease is pH.

## Low pH and Low Oxygen

- It is not uncommon for the average person to test between 4 pH to 5 pH
- Oxygen levels in the body are directly related to pH
- Increasing pH from 4 pH to 6 pH increased oxygen to the cells by tenfold
- From a 4 to 6 increases oxygen by 100 times
- From 4 pH to 7 pH increases oxygen levels by 1,000 times

# Other Effects of Acidosis

**Obesity:** The body creates fat cells to store acids and keep them away from vital organs.

**Arthritis:** Excess acid is also stored in the joints and can lead to joint pain.

**Chronic Fatigue:** Oxygen levels drop in acidic bodies and this leads to fatigue.

**Heart Attack:** Bacteria/fungal/viral infections thrive in acid environment, leading to inflammation, plaques and narrowing of coronary arteries.

**Allergies:** Acid bodies allow for a higher absorption of undigested proteins in our diet which can lead to increased food allergies.

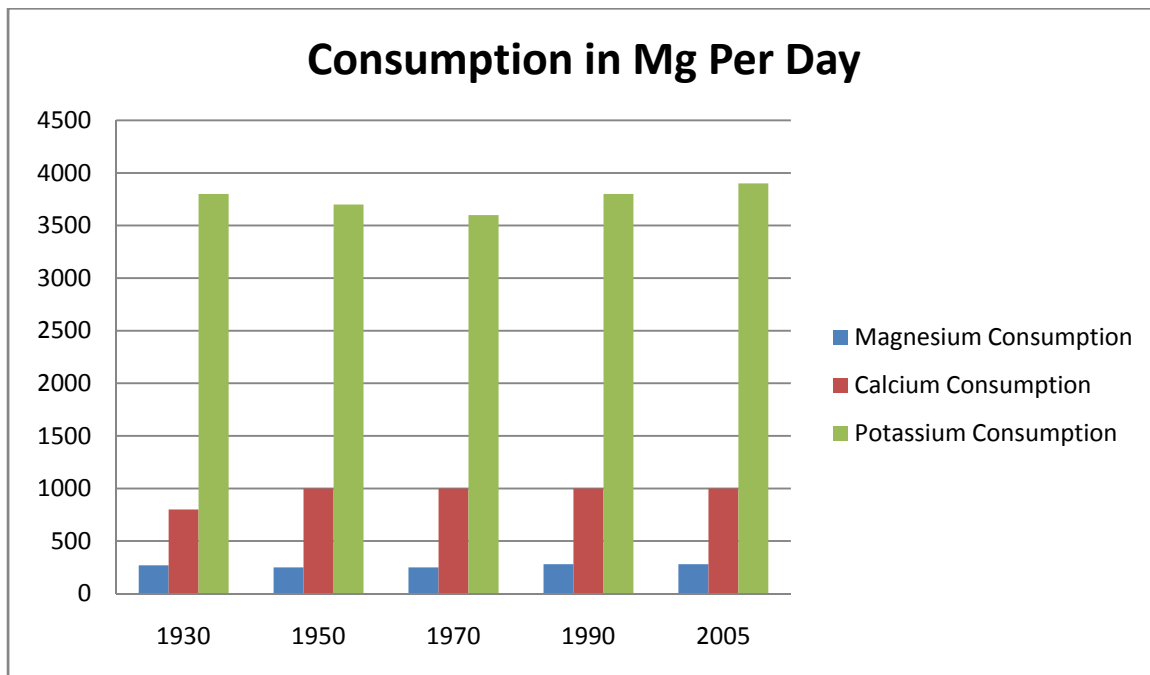
# Protein & Phosphorous

Increased protein and phosphorous consumption is acidifying to the body.

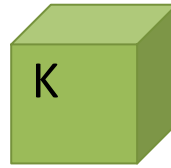
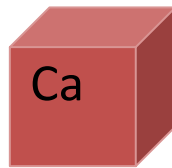
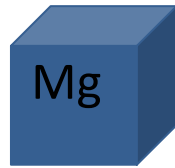
Protein and phosphorous consumption is greater now than it has been in history.

As a result, the average Australian diet is more acidifying than it has ever been before.

# 20<sup>th</sup> Century Alkalizing Diet



Increased Potassium, Magnesium and Calcium consumption is Alkalinizing to the body.



Potassium, Magnesium and Calcium intakes have remained relatively unchanged for the last 75 years.

Because the intake of these alkalinizing minerals has not increased to compensate for the rise in protein and phosphorous in our diet, the average person is more acidic than ever before.

- A pH less than 7 is acidic
- Values greater than 7 indicates alkalinity
- 7 is neutral
- The pH of the stomach is between 1.5 and 2.

The pH of the body's fluids and tissues are entirely different.

- Ideal body pH values
  - Urine = 7
  - Saliva = 7.3 – 7.5
  - Blood = 7.65





## PRAL Calculation

	(15g) Actual	(100g) Actual	(15g) Calculation	(100g) Calculation
Protein (g) x 0.49	2.4	19.9	1.2	9.8
Phosphorous (mg) x 0.037	46.8	390	1.7	14.4
Potassium (mg) x 0.026	396	3,300	8.3	69.3
Magnesium (mg) x 0.026	30	250	0.8	6.5
Calcium (mg) x 0.013	44.4	370	0.6	4.8
<b>PRAL (mEq/d)</b>			<b>-6.8</b>	<b>-56.4</b>



### PRAL of Foods (100 g)

	Food	PRAL
Alkaline	BarleyLife	-56.43
	Dates	-13.67
	Bananas	-6.93
	Carrots	-4.10
	Broccoli	-3.57
	Lemons	-2.31
	Blueberries	-1.04
Neutral	Black Beans	-0.10
	Milk	0.13
Acid	Yogurt	0.16
	Egg	8.81
	Cashews	8.93
	Salmon	11.55
	Tuna	12.70
	Chicken	15.60
	Cheddar	18.98



## PRAL VALUE

The protein, phosphorous, magnesium, calcium and potassium content of a food determines its PRAL value and its ability to alkalize the body.

A lemon is highly acidic 2-3 pH, but once ingested causes an alkalizing effect on the body which is beneficial. Lemon's low sugar content plays a vital role.

So rather than looking at a food's pH level, it's better to look at the PRAL (potential renal acid load) level, where zero is neutral, negative (-) is more alkalizing and positive (+) is more acid-forming.

High protein and phosphorous levels in food = higher levels of acid in the body.

Higher levels of potassium, magnesium and calcium = decreased acid in the body creating a more alkalizing effect to the body.

Not all proteins are equal and animal protein may raise acid levels, whereas most plant proteins can lower levels because plant proteins increase the kidney's ability to remove acid from the blood.

AIM Propeas is a delicious and naturally sweet plant protein made from peas and a natural vanilla flavour.

Try mixing a scoop of Propeas with 2 teaspoons of BarleyLife in a glass with unsweetened almond milk. It makes a delicious creamy alkalizing drink... Yum!!!



<b>AIM Barley Life™</b> (15 g)	
+ Protein	1.17
+ Phosphorous	1.73
- Potassium	8.32
- Magnesium	0.78
- Calcium	0.58
= PRAL	-6.77

<b>JUST Carrots™</b> (12 g)	
+ Protein	0.55
+ Phosphorous	2.00
- Potassium	8.13
- Magnesium	0.47
- Calcium	0.11
= PRAL	-6.16

<b>RediBeets™</b> (4 g)	
+ Protein	0.26
+ Phosphorous	0.49
- Potassium	1.00
- Magnesium	0.20
- Calcium	0.07
= PRAL	-0.52

<b>AIM Leaf Greens™</b> (3 g)	
+ Protein	0.67
+ Phosphorous	0.25
- Potassium	0.98
- Magnesium	0.17
- Calcium	0.37
= PRAL	-0.58

	<b>PRAL</b>
<b>AIM Barley Life™</b>	-6.77
<b>JUST Carrots™</b>	-6.16
<b>RediBeets™</b>	-0.52
<b>AIM Leaf Greens™</b>	-0.58
<b>AIM Food Total</b>	-14.03
<b>2005 Daily PRAL</b>	+17.02
<b>Daily Balance</b>	+2.99

<b>Breakfast</b>	<b>PRAL</b>
1 Orange	-5.07
2 tsp. Butter Salted	0.08
1 Slice of Whole Wheat Toast	1.17
2 Whole Eggs	9.47
Daily Subtotal	5.65



<b>Lunch</b>	<b>PRAL</b>
1 Apple	-3.50
12 oz. of Unsweetened Iced Tea	2.91
2 Slices of Whole Wheat Bread	5.56
4 Slices (3 oz.) of Lean Ham	6.09
Daily Subtotal	11.06



<b>Dinner</b>	<b>PRAL</b>
Zucchini (1 cup)	-7.79
Ragu Spaghetti Sauce (1/2 cup)	-6.73
Spaghetti Noodles (1 cup)	4.89
Lean Ground Beef (1/12 oz)	5.47
Daily Subtotal	-4.16



**Daily Food PRAL +12.55**



**AIM Food PRAL -14.03**

**Daily PRAL Balance -1.48**



The high calcium and magnesium content of one serving of CalciAIM will decrease your daily PRAL value by -8.08

# A Quick Recap...

1 – The pH of a food does not indicate its alkalizing or acidifying effect on the body.

2 – The protein, phosphorous, magnesium, calcium and potassium content of a food determine its PRAL value and its ability to alkalize or acidify the body.

3 – The average person needs to consume an additional 12.5% protein daily and preferably proteins from vegetable sources that have a greater ability to alkalize the body.

4 – The typical Australian diet is acidifying with a positive daily PRAL value of 17.02. This can be changed to a negative PRAL value of -3.71 with the use of BarleyLife, Just Carrots, Redibeets and CalciAIM.



## Food Sources Effect pH by their Ash

What is ASH?....Anything consumed leaves an ASH

- After food / drink is broken down, absorbed through the small intestine and then metabolized, there is a small fraction that is not utilized, this is described as ASH
- Either acid or alkaline
- The pH of this ash is not necessarily the same as the food that it comes from
- This ASH is the one that will be the focus in changing the body's pH

4 Types we will cover:

- Naturally acidic, yet alkalizing to the body
- Alkalizing-ash forming foods
- Acid-ash forming foods
- Natural yet has acidifying effects

1 - Naturally Acidic, yet Alkalizing to the Body

- Food source pH is acidic, yet leaves alkaline condition (ash) in the body after being digested
- Fruit acid especially, may be fairly strong going into your body
- However, your body can get rid of fruit and vegetable acid very easily by exhaling.
- Citrus fruits
- pH of lemon juice is around 2, making this fruit highly acidic initially
- BUT... Citric acids are weak acids and the lemon's overall nutrients are alkaline

## 2 - Alkaline-Ash Forming Foods

- The alkaline forming ability of foods to effect the body or the alkaline condition (ash) that foods leave in the body after being digested
- Alkaline-ash forming foods:
  - Contribute to the alkaline reserve
  - Put little stress on the body
  - May contain organic acid the body can eliminate through the lungs
  - Most vegetables and fruits have an alkaline-forming effect on your body
  - Some AIM products including BarleyLife, Just Carrots, Redibeets, Propeas and CalciAIM

## 3 - Acid-Ash forming foods

- The acid forming ability of foods to effect the body or the acid condition (ash) that foods leave in the body after being digested.
- Acid-ash forming foods:
  - Leaves strong acids
  - Must be neutralized before being eliminated through the kidneys
  - Is stressful to the body
  - Takes minerals from the alkaline reserve

# Too Much Protein Rich Foods

- A certain amount of protein can be handled, however continual digestion, particularly of animal protein will put a strain on the body's buffering systems.
- Primary sources of acid are from the protein found in meats, grains and dairy products.
- 45g or more per day is more than the average body / lifestyle is designed to handle.

# Stress and Anxiety

- High levels of stress can lead to a high level of acid.
- The body goes into fight of flight mode and the body is on high alert...leeching valuable minerals from our bodies to deal with stresses, anxiety, anger and other negative-type emotions.
- If you are suffering from stress try AIM Composure.



# Cooking Methods

- Frying and similar types of cooking methods literally change the chemical composition of foods.
- More difficult to digest.
- Significantly increasing their acidifying effects in the body.
- One of the primary reasons browned, charred, and/or fried foods produce inflammation in the body is because of the acidosis that they cause.

# Sleep Deprivation

- Sleep deprivation prevents the human growth hormone (HGH), which builds muscle and bone from being released in the sleep cycle.
- During sleep the body is busy repairing and renewing cells.



# Exercise

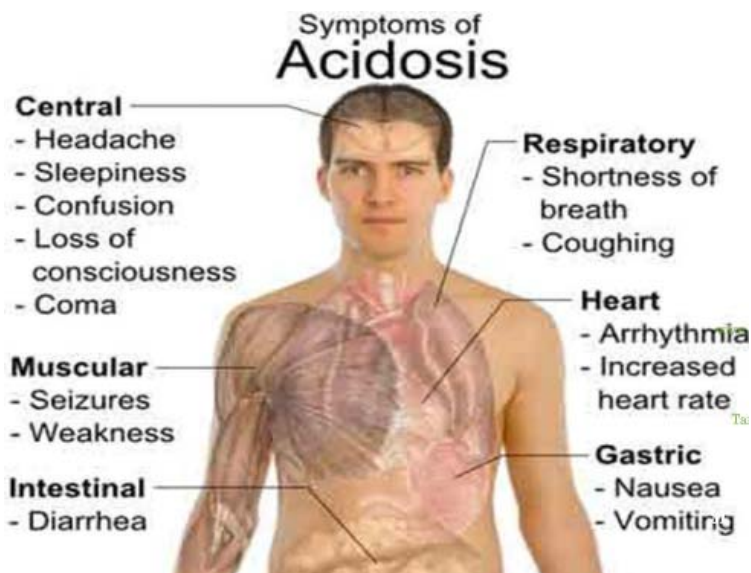
- When we exercise, acids are naturally released from the muscles.
- Normally the body can keep up by having the lungs change the respiration rate.
- Deep breathing and deep breathing exercises help reduce acid load and increase oxygen.
- Normal exercise is good, however when our bodies are already at an acid pH, intense exercise adds to the acid loads.

# Food Additives

- The chemicals in the foods we eat and drink.
- Commercially grown and raised foods contain:
  - Antibiotics
  - Growth hormones
  - Dyes
  - Various additives
    - Aspartame
    - Other artificial sweeteners
    - Phosphorus in soda
      - Caffeine binds calcium so it can't be used by the body
  - All such additives create further acidity in the body



- When a body is acidic, it creates a welcoming environment for viruses and bacteria to flourish.
- As viruses and bacteria continue to flourish inside our body, we experience
  - Lack of energy
  - Infection
  - Frequent illness
  - Weight gain
  - Body aches
- Acidosis is a condition resulting from higher than normal acid levels in the body fluids.
- Prolonged acidosis eventually leads to disease, organ shut down and death.



## How the Body Balances pH

The body has 3 different systems that act in harmony to maintain the required balance.

### 1 - Kidneys

- One of the kidney's main roles is to maintain the acid base balance. Very slow process... 5 hours to several days.
- Acid waste is excreted from the human body in the form of urine or sweat. But the wastes not excreted will be circulating around in the blood.

### 2 – Lungs

- The lungs are quicker at responding than the kidneys – a much weaker system.
- They can change their rate of respiration.
- Deep breathing.

### 3 – Buffering Systems

- A buffer is a solution (or a substance) that has the ability to maintain pH and bring it back to its optimal value. It does this by the additional or removal of hydrogen ions.
  - The chemical buffer systems can act in seconds to regulate the body's pH
  - There are 3 types:
    - **Bicarbonate Buffer**
      - This system operated mainly on the extra-cellular level (outside the cell) and can bring very acid fluids up to pH of 6.1 but no further.
      - It uses mainly sodium (not table Salt) as its buffering agent.
    - **Phosphate Buffer**
      - This works predominately inside the cell and can bring the pH up to 6.8
      - It uses mainly potassium as its buffering agent.
    - **Protein Buffer**
      - Most buffering is through this system.
      - Most plentiful.
      - Most powerful of the chemical buffers.
      - Their functionality is mainly intracellular focused and includes hemoglobin (Hb).
      - Hb is the protein that functions to transport oxygen within the body.
      - Can bring pH up to where it should be.

## **The Alkaline Reserve “Checking Account”**

- Your alkaline reserve is made up of the minerals sodium (not table salt), potassium and calcium primarily, with iron and magnesium as secondary sources.
- These reserves are stored in the liver, muscle and bone and are called upon when required to release their stores.
- We must make regular deposits of alkaline ash forming foods and keep our withdrawals less than our deposits.
- When we make more withdrawals than deposits, we are overdrawn and problems occur.

## **When These Reserves are Depleted**

- If your “alkaline reserve” is empty, your body will take minerals from wherever it can get them.
- Sodium from the stomach and calcium from the bones.
- When the body is using minerals that have other jobs, other parts of the body suffer.
- Our bodies are amazing and uniquely created and don't want to let us get sick or die, its only concern it to survive. It will go into debt today to deal with the urgency of the moment and let the body suffer later.

## **Blood Becomes too Acidic**

- If the blood develops a more acidic condition the body deposits these excess acidic substances in some area of the body so that the blood will be able to maintain its naturally and essentially alkaline state
- This causes the cells to become toxic and acidic, decreases their oxygen levels and harms DNA
- As this tendency continues such areas increase in acidity, some cells die then these dead cells themselves turn into acids

## **Cells Become Abnormal**

- Some other cells may adapt in that environment.
- Instead of dying as normal cells do in a acid environment, some cells survive by becoming abnormal cells
- These abnormal cells are called malignant cells
- Malignant cells do not correspond with brain function, nor with our own DNA memory code
- Therefore, malignant cells grow indefinitely and without order

## **Acid pH and Lack of Oxygen**

- There are two factors that are ALWAYS present with Cancer no matter what else may be present
- Those two factors are Acid pH and Lack of Oxygen
- Remember that the pH number is an exponent of number 10

## **How can we work with our bodies to improve pH**

Have your pH tested and monitor it regularly

- Urine or saliva pH levels should be tested in the morning prior to eating, drinking or exercising
- Monitoring your pH helps you evaluate how your whole body is doing
- It's a health index evaluation process
  - Saliva pH – the results of saliva testing indicate the activity of digestive enzymes in your body, especially the activity of the liver and stomach. This reveals the flow of enzymes running through your body and shows their effect on all the body systems
  - Urine pH – the results of urine testing indicate how well your body is assimilating minerals, especially calcium, magnesium, sodium and potassium

7.5 pH – Ideal alkaline body level

7.0 pH – Your body is neither alkaline nor acidic. You may be developing disease(s)

6.5 pH – Your body is 10 times more acidic than 7.5

5.5 pH – Your body is 100 times more acidic than 7.5. Serious degenerative disease(s) may be present

4.5 pH – Your body is 1,000 times more acidic than pH 7.5

## Increase Alkalizing Foods

- Gradually include more fruits and vegetables which leave an alkaline residue that replenishes your alkaline reserve with organic sodium.
- Eat 75% from the alkaline ash forming food side and 25% from the acid ash forming side. See Chart on next page.
- If your body is already showing symptoms of disease, eat 80/20
- Eat a green salad a day
- Serve raw vegetables and a piece of fresh fruit with each meal. The digestion process alkalises the acids found in most fruits and vegetables and produces potassium, an alkaline substance.



## AIM pH FOOD GUIDE

This list indicates the contribution of various food substances to the acidity or alkalinity of your body fluids and, ultimately, to the urine, saliva and blood.

In general, it is important to maintain a diet that contains foods from both categories – ideally 75% alkaline and 25% acid-ash forming foods.

Allergic reactions and other forms of stress tend to produce acids in the body.

High acidity indicates that more of your foods should be selected from the alkaline food group.

This chart is a guideline only.



# Food Guide to help keep your body pH balanced



This list indicates the contribution of various food substances to the acidity or alkalinity of your body fluids and, ultimately, to the urine, saliva, and venous blood. Your kidneys help to maintain the neutrality of your body fluids by excreting the excess acid or alkali in the urine. In general, it is important to maintain a diet that contains foods from both categories—ideally 75 percent alkaline- and 25 percent acid-ash-forming foods. Allergic reactions and other forms of stress tend to produce acids in the body. High acidity indicates that more of your foods should be selected from the alkaline food group.

Check your saliva or urine pH by using the AIM pH Test Kit (5488E).

(This chart is a guideline only.)

## Alkaline-Ash-Forming Foods

### Vegetables

Asparagus  
Beets (tops & roots)  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chlorella (algae)  
Collard greens  
Cucumber  
Daikon  
Dandelion root  
Dulse  
Eggplant  
Fermented vegetables  
Garlic  
Kale  
Lettuce (dark)  
Lentils  
Mushrooms  
Mustard greens  
Nori  
Onions  
Parsnips  
Peas  
Peppers  
Potatoes  
Pumpkin  
Rutabaga

### Sea vegetables

Spinach  
Spirulina (algae)  
Sprouts (all types)  
Squash  
Watercress  
Wild greens

### Beverages

Dry red wine  
Fresh fruit juice (unsweetened)  
Mineral water  
Quality water  
Unsweetened almond milk  
Vegetable juices

### Dairy

Fresh goat milk  
Soft goat cheese

### Fats & Oils

Flax seed oil  
Extra virgin olive oil  
Sesame oil  
Sunflower oil  
Hemp seed oil

### Fruits

Apples  
Apricots  
Avocado  
Banana  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Currants  
Dates  
Grapes  
Grapefruits  
Honeydew  
Lemon  
Lime  
Nectarine  
Oranges  
Papayas  
Peaches

### Pears

Pineapples  
Raisins  
Raspberry  
Rhubarb  
Strawberries  
Tangerine  
Tomatoes  
Watermelon

### Grains

Light & dark flax seed  
Hemp seeds  
Millet  
Quinoa  
Wild rice  
Whole oats

### Grasses & Sprouts

All sprouts  
Alfalfa grass  
Wheat grass

### Nuts & Seeds

Almonds  
Brazil nuts  
Coconut  
Flax seeds  
Hazelnuts  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds

### Other

Apple cider vinegar  
Bee pollen  
Dairy-free probiotic cultures  
Organic yogurt  
Soy lecithin granules

### Teas

Chamomile tea  
Dandelion tea  
Green tea  
Herbal teas

### Spices & Seasonings

All herbs  
Chili peppers  
Cinnamon  
Curry  
Ginger  
Mustard  
Miso  
Salt (sea, Celtic)

### Sweeteners

Molasses, raw  
Honey, unpasteurized

### AIM Alkalinizing Helpers

AIMega  
BarleyLife  
CalcAIM  
FloraFood (probiotics)  
LeafGreens  
ProfPeas (protein)



## Acid-Ash-Forming Foods

### Animal protein

Beef  
Carp  
Chicken  
Clams  
Duck  
Eel  
Haddock  
Halibut  
Lamb  
Lobster  
Mussels  
Oyster  
Pork  
Rabbit  
Salmon  
Shrimp  
Scallops  
Tuna  
Turkey  
Venison  
Eggs

### Beverages

Alcohol  
Coffee  
Tea (black)  
Soft drinks  
Soy milk

### Dairy products

Processed cheese – cow, sheep  
Milk  
Ice cream

### Fats & Oils

Avocado oil  
Canola oil  
Corn oil  
Grape seed oil  
Lard  
Safflower oil

### Fruits

Dried fruit  
Fruit juice (sweetened)

### Grains

Amaranth  
Buckwheat  
Flour  
Kamut  
Oats (rolled)  
Pasta  
Rice (white, brown, basmati)  
Rye  
Spelt  
Wheat  
White bread

### Nuts

Cashews  
Peanuts  
Peanut butter  
Pecans  
Pistachios

### Others

Brewers yeast  
Distilled vinegar  
Olives  
Pickles  
Tofu

### Sweets & Sweeteners

Candy  
Honey (commercial)  
Maple syrup  
Sugar  
Artificial sweeteners

### Vegetables

Black beans  
Chick peas  
Corn  
Kidney beans  
Lima beans  
Pinto beans  
Red beans  
Soybeans  
White beans

### Drugs & Chemicals

# Add AIM Alkalizing Helpers

Such as:

- AIMega
- Barleylife
- CalciAIM
- FloraFood
- Just Carrots
- LeafGreen
- Propeas
- Peak Endurance



## Bringing Your Body Back Into Balance

This is a quote from Mary Ruth Swoop “Acid, the Trojan Horse” article.

*“It is true that you can literally heal every system in your body by bringing it into homeostasis through the balancing of your pH levels.*

*BarleyLife is the perfect food to cause a quick and total answer to many of the symptoms we suffer from today.*

*It is the ideal whole, instant, high octane, high alkaline food that causes sick cells to change to healthy cells”.*



## AIM BarleyLife & LeafGreens

- AIM BarleyLife: has a strong alkalizing effect which helps keep the ratio between acidity and alkalinity in our body fluids balanced.
- Leaves contain a multitude of enzymes.
- Enzymes are essential for the thousands of chemical reactions that occur throughout the body, including the absorption of digested nutrients.
- Contains the alkalizing minerals potassium, calcium and magnesium.
- These nutrients neutralize acidic materials and can help maintain a healthy acid-alkaline balance.
- Green foods and drinks are an easy way to incorporate green, alkalizing, nutrient-dense food into your diet.



# Keep your Colon Clean

- Keep your colon clean and your transit time to 18 hours or less.
- Clean colon means less stress on the body
- Try using AIM's Herbal FiberBlend to decrease toxins, old fecal matter, kill parasites, overgrown colonies on Candida yeast and increase transit time



# Rehydrate

Drink pure water.

- Test the pH of your tap water and any bottled water you drink on a regular basis
- You can increase the pH of water by adding prills.
- Squeeze the juice from a fresh lemon into your drink for added alkalizing benefits.
- A really alkalizing and refreshing drink is:
  - The juice of one or two fresh lemons (fresh is high in nutrients)
  - A small teaspoon of bi-carb soda
  - A small amount of stevia
  - A dash of sea salt (a good one - high in minerals)
  - Add to a glass of water, stir and drink



# Replace Table Salt

- Replace your commercial table salt with a naturally processed sea salt.
- A good sea salt is grey looking. Salt as it is found in nature is very healthy and mildly alkaline. One of the reasons this is so is because sea salt contains a wealth of trace minerals that are essential for good health.
- Increased vegetable consumption will increase natural sodium.

# Eliminate or Reduce Acidifying Drinks

- Eliminate or cut back on coffee and soft drinks.
- Soft drinks are particularly acidic and the volume of water the body needs to detoxify can cause severe dehydration.
- According to the Natural News website, it takes 32 glasses of water with an alkaline of 9.0 to neutralize the acid from one can of cola.

## Other ways to help

- Use unsweetened almond milk in place of dairy
- Add healthy fats to your diet.
- Use extra virgin cold pressed olive oil and flaxseed oil for baking and cooking.
- Get enough rest.
- Find ways to reduce stress.
- Try mixing a scoop of Propeas with 2 teaspoons of BarleyLife in a glass with unsweetened almond milk. It makes a delicious creamy alkalizing drink... Yum!!!

### **Kombucha Tea and Molasses**

- This is a great formula for balancing the Acid/Alkaline ratio in the body and supplies Iron and Potassium. This formula is vital for those with Osteoporosis, Arthritis and many other debilitating diseases.
  - One cup of well aged Kombucha Tea (min 8-14+ days)
  - One cup of Organic Black Strap Molasses.
  - Mix together in your blender and store in a glass jar (does not need to be refrigerated).  
The average adult dosage is: 2 to 4 tablespoons a day.

## Summary and Conclusion

The modern diet tilts the body's pH toward the acid range, which has negative health consequences.

The kidneys, lungs and skin must work overtime to balance body pH toward the alkaline. They do so by borrowing alkaline minerals (calcium, magnesium, potassium) from bone and tissue.

Muscle is also broken down to obtain alkalizing amino acids (i.e., glutamine). Over the long haul, bones weaken and muscles waste away to compensate and aging is accelerated.

Osteoporosis, muscle loss, kidney stone formation, joint and back problems are among the conditions associated with even a slightly acidic state. Many other problems and chronic conditions could result from what they term chronic, low-grade acidosis.

When you shift your diets to eating foods that are primarily alkalizing, initially, many people won't necessarily experience benefits that they notice. Even so, benefits are occurring. Over time, as the body is no longer burdened with a steady diet of acidifying foods, more oxygen and nutrients are able to be delivered to the cells and tissues, and before long the benefits truly become noticeable.

Common examples of such benefits include greater energy levels throughout the day, improved digestion, more restorative sleep, and less aches and pains, and so forth.



Sugar substitutes such as honey and maple syrup are not as acid forming, and organic sucanat, brown rice syrup and molasses are alkalizing. Additionally, such sweeteners are more mineral-rich than the sugars that are so common in our standard diet, and it's the mineral content of foods that is one of the primary factors that differentiates whether foods have an alkalizing or acidifying effect in the body.

Excessive carbohydrates, particularly refined carbs, create a bigger acid burden inside the body. This, in turn, forces the body to draw upon its alkali mineral stores, such as calcium, magnesium, and potassium, in an attempt to neutralize acid buildup. Most healthy people can afford to eat carbs so long as they aren't refined and are consumed in moderation. But when refined carbs are eaten on a regular basis, chronic acidity, or acidosis occurs, eventually causing the body's supply of alkali mineral stores to significantly diminish. These minerals are primarily stored in the bones, which explains why osteoporosis and other bone conditions are so prevalent in our culture, whereas, such diseases are virtually nonexistent among peoples whose diets are traditionally alkalizing.

An early indication of pH imbalance is increased respiratory rate. Another is body odor, from all the strong acids excreted through the skin. The more acidic an individual's body becomes, the more fatigue, inflammation and infection may be experienced. One can monitor the effects of an "alkalizing" diet by these yardsticks. It is also easy to measure daily changes in acid-alkaline balance by testing the pH of the first morning void urine.

Most people who view the list of high acid- and alkaline-forming foods are disappointed. They wonder how anyone could forgo all the tasty foods for boring or disgusting ones.

You don't need to stop eating the foods you enjoy. Rather, try to eat meals that have an overall alkalizing effect on the body and include the AIM products listed on this paper.

There are a number of supplements that can be used to balance the body's pH levels. Some of the most effective supplements in this area are magnesium, calcium, potassium, vitamin C and vitamin D. Multi-mineral formulas can be very helpful for this purpose too, as can green drink powders.

The more acidic a person is prior to beginning to eat meals that are predominantly alkalizing, the longer it will take for him or her to achieve acid-alkaline balance. In general, however, if people faithfully follow the recommendations, they will begin to notice their pH shifting within a few days. This is one of the reasons we recommend using pH strips to monitor morning urine. As people see their pH values improving, they are more apt to stick with the program, as it were.

To access AIM's Alkalisng whole-food products go to:



[www.kombuchahealth.com.au](http://www.kombuchahealth.com.au)

