

“Obstacles transform you into someone you never knew existed.”

- **Jigeesha Muduli**

This quote is pretty appropriate given the world in which we're living. We've been faced with plenty of obstacles in the last year and we have to decide whether we are going to be lions or sheep. Lions fight for what's right and sheep go along with the status quo, never questioning why. If you're presented with an obstacle that directly impacts you or people you love, the sleeping lion that lives inside of you can truly be awakened and transform you into someone you didn't know you were. Choose to be a lion.

Yours in health,

Susan Monaco, Certified Health Coach
Health and Wellness by Design
www.healthnwellnessbydesign.com
susan@healthnwellnessbydesign.com

Are You Acidic or Alkaline?



Most people don't know the answer to this question and it's important. By way of example, think about a swimming pool. To properly maintain it, you must regularly check its pH (potential of hydrogen) balance, which is measured on a scale of 0 (100% acidic) to 14 (100% alkaline). If the balance is off, the water isn't clear and will have algae and bugs. Gross! You certainly wouldn't want to jump in to cool off on a hot day. To get the water back into pH balance, you have to adjust the chemicals. A perfectly balanced pH falls in the range of 7-7.4.

It works the same way with your body. If it's out of pH balance, you won't be as healthy as you should be. When it's too acidic, the acid waste in your cells can cause not only premature cell aging but also many illnesses. Dr. William Howard Hay wrote an amazing book called *“A New Health Era,”* which he ended by stating: *“All disease is caused by auto-toxication (self-poisoning) due to acid accumulation in the body.”* Another doctor, Theodore A. Baroody, wrote a book called *“Alkalize or Die”* in which he provided proof that *“The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause: Too much acid in the body!”*

As I've been saying for years, in order to get well when you're sick, you have to treat the CAUSE. Western medicine typically treats the SYMPTOMS, which is why people are getting sicker. Many doctors hand out prescriptions like they're candy, which is definitely NOT the answer.

When your body is in the healthy pH range of 7-7.4, you'll avoid most health issues. When it's too acidic, you're basically a sitting duck for illness. So the million dollar question is: How do you keep your body in pH balance? Unfortunately, it's not easy. When you were born, your body's pH was balanced, and actually slightly more alkaline. But each day, the trillions of cells in your body make new cells to replace the damaged or older ones. This process makes cells burn nutrients as energy. What's left over from this fuel burning is a very highly acidic ash. If your body doesn't get rid of it regularly, it builds up in your cells and bad things can happen:

- If the ash is in your heart cells, it's harder for your heart to pump blood throughout your body.
- If the ash is in your bone cells, you feel stiff and achy.
- If the ash is in your blood cells, it prevents nutrients from getting to your organs.

All this acid builds up and moves your natural pH balance from being more on the healthy alkaline side to the unhealthy acidic side. But here's what makes the bad news even worse. Not only does your body get attacked internally, it also gets attacked externally. Here are just a few examples.

- Air pollution fills our lungs with acid residue and toxins.
- Our food contains pesticides, additives and chemicals, which are absorbed into our system. Sugar, processed food, fast food and fried foods are naturally acid forming. Sadly, there are even healthy foods such as eggs and some meats and vegetables can leave acid ash in your body.
- Prescription drugs can keep your body acidic, even for months after you stop taking them.
- Your home is filled with synthetic materials in furniture and carpeting that release acid-based gases like formaldehyde, benzene and many other toxic chemicals that get absorbed into your body and leave ash.
- Exercise releases lactic acid into your muscles.
- Stress makes your body more acidic.

All this acid buildup is the root CAUSE of illness. So your body tries to do whatever it has to do to get back into pH balance. Here are a few things that can happen as it tries to move back into balance:

- Your bones suffer. Since your body wants to get back to a more alkaline state, it looks to the places that tend to be more alkaline, like your kidneys, lungs and skin, and it steals from them. If they can't help, the next target is your bones, where it takes the calcium, potassium and other minerals it needs to become more alkaline.
- Your arteries suffer. When your body is acidic, it starts eating away at the lining of your arteries, which can cause tears in your blood vessels. This makes your body send a signal to create more cholesterol to form plaque to fill these tears. Then because of the plaque that has formed, your arteries narrow and your circulation is impacted. This can lead to cardiovascular disease.
- Your breathing suffers. The *American Journal of Respiratory and Critical Care Medicine* published research that revealed high acid levels were often a warning sign of a pending asthma attack. Dr. Benjamin Gaston and his team found that right before an attack, acid levels increased by up to 1000%! They determined high levels of acid caused inflammation in the airways.
- Your healthy cells suffer. I've written before about how cancer thrives in an acidic environment. To help reverse it, you have to make your body more alkaline, which causes these toxic cells to die. Cancer can't live in an alkaline (or an oxygenated) environment.

So how do you get your body more alkaline? One of the best ways is through diet. Below is a partial list of some of the best alkaline forming foods:

- Cucumbers and Avocados
- Chia seeds
- Raw, grass fed milk
- Lemons – shocking I know, because they're acidic
- Cayenne pepper
- Melons – all types
- Almonds and Dates
- Root, cruciferous and leafy green vegetables (beets, carrots, broccoli, cauliflower, kale, spinach)
- Fresh coconut

Here is a link to website with a chart that shows different alkaline, neutral and acidic foods: https://www.balance-ph-diet.com/acid_alkaline_food_chart.html Print it out and hang it in your kitchen to help you make better choices when you shop for groceries.

The more alkaline-forming foods you consume, the more your body will thank you. Illness can't survive in an alkaline (or oxygenated) environment. If you have questions, please don't hesitate to reach out. Have a wonderful month.