

BASENPULVER

Ingredients: Potassium citrate, Calcium citrate, Magnesium Citrate, Magnesium Carbonate, Silicondioxide, natural flavour, Zinc citrate, Vitamin B1, Vitamin D3 (vegan)

Directions: Take 1 scoop (provided) with 250 ml water before bed or first thing in the morning

Basenpulver - the easy way to alkalise

Is your body too acidic?

If it is, should you be concerned about this? The answer (probably) in the short term is no but in the long term you should be if you want to keep healthy.

If your body becomes too acidic, it can become a breeding ground for pathogens like fungi, parasites, bacteria and viruses which thrive in an acidic environment.

In my clinic, I usually find those with a chronic or auto immune disease are far more likely to have a low PH (high acid environment) throughout their body. This is such an important issue that I will not move on to more direct treatments until a reasonable PH has been achieved.

Trying to heal the body whilst it is still acidic is a little like mopping the floor whilst the tap is still running.

Clearly by changing your diet to a more alkaline one will move things in the right direction and I have many meal plans that will guide you.

However it may take some time to achieve significant results and this will slow down the healing process no matter what your condition is.

This is why I use Basenpulver. It is simple and reasonably tasty to take but more importantly it starts the alkalising process overnight. Withing 4 weeks I expect your body's alkalinity to come into line provided you have started to change your diet as well.

I have found Basenpolver to be invaluable in accelerating beneficial outcomes no matter what chronic disease I am dealing with from an intracellular infection like Lyme or an auto immune disease like RA.

It is also helpful in supporting weight loss and reducing your risk of Osteoporosis.

More information on these matters is given below.

Basenpolver and the importance of a good PH balance

Basenpolver helps by supplying the alkaline mineral salts that the body uses to buffer excess acids, to neutralise and eliminate them from the body.

By neutralising excess acids in your body, Basenpolver can help keep your body PH balanced.

What is PH exactly?

This is the measure of how acidic or alkaline something is. You can measure it on a scale of 0-14. A PH of 7 is neutral. A PH lower than 7 is acidic and a PH above 7 is alkaline.

What we are talking about here is the acid-alkaline balance of the fluids within and surrounding the cells within your body.

We are not talking about the acid in your stomach for example where the acid levels are of course a lot higher. Also, the environment within a healthy bowel is quite acid.

But over half of the fluid in your body is intracellular fluid and this needs to be slightly alkaline at around 7.

If your diet is too acid forming then your body has the ability to neutralise the excess to keep the PH balance alkaline.

However, if the alkalising minerals required to do this are not made available by the diet, then the body may struggle to eliminate the acids effectively.

Having too much acid in our body is not only a breeding ground for pathogens, it is also a promoter of Type 2 diabetes, metabolic syndrome, gout and obesity. It will also slow down any healing process.

This is why having a good PH balance is so important.

Like most Nutritional therapists and Naturopaths, I am now using the PH balance of the intercellular liquid in your body as one of the key measures of your health.

A lot of the recent interest in PH balance has been by the American microbiologist, Robert Young, who produced a book entitled 'The PH miracle.'

What this book is saying is that if your body's tissues become over 'acidic' through a high acid diet then this means in simple terms that you will be more prone to disease.

As the body metabolises food, some substances are eliminated by the intestines, kidneys, skin or lungs. These are considered metabolic waste products. Many of these waste products are acidic and have to be neutralised prior to excretion. An acidic diet will increase the metabolic waste that your body has to deal with increasing pressure on the kidneys and pancreas in particular.

Weight gain

This is why a high acid diet can increase fat storage and cellulite build up. If acid levels are too high they can damage the kidneys and pancreas as well as doing other damage around the body. To protect its key organs your body has the ability to move acidic metabolic waste matter to other parts of the body away from your digestive system where it will do less harm. This tends to be areas around the middle, thighs and buttocks. This is more commonly known as cellulite.

How the body defends itself against acidification here

It is important to point out that your body cannot produce minerals on their own, they have to be assimilated from food. All tissue and cells contain minerals which are necessary for various metabolic processes.

For neutralization of acid, alkaline mineral salts are very important. A particularly high amount of minerals can be found in the bones. For example, 2% of our body weight is calcium – 99% of which is in the bones.

.When this defence system is used only occasionally, the alkaline elements thus lost are easily replaced by the alkaline minerals found in food, and the tissues suffer no ill effects from making what amounts to a loan of their alkaline component.

If your diet is too acidic over an extended period, your body will not go to the blood for these because the blood PH can only fluctuate slightly. The PH of the body's organic fluids and tissues varies from one part of the body to another. But for the blood it must be between 7.36 and 7.42 or death results

This means that it will have to go to other parts of the body such as the tissues of your internal organs, to 'scavenge' these alkalising minerals.

So problems occur however when the tissues are forced to relinquish their alkaline elements on a regular basis, every day or even several times a day. In this case the body's alkaline reserves inevitably gradually diminish.

Repeated withdrawals therefore create a shortage of organic minerals in these organic tissues. The critical mineral loss becomes even more pronounced when the plundering is intense and prolonged. Modern lifestyle and diet encourage such exploitation of the body's buffer system. It is the source of a host of troubles and

diseases as well as the general sense of malaise suffered by many in our contemporary civilisation.

Osteoporosis

This plundering of minerals in the bones is one of the main causes of Osteoporosis. It is interesting to note that those countries like the UK and Denmark have one of the highest incidents of osteoporosis even though we drink more milk than most other countries.

Milk is in fact a very acidic food which if taken regularly in excess can be a driver of acidity and consequently diseases like Osteoporosis. Ironically the calcium in milk is excessive and not properly absorbed by the bones unless there is sufficient magnesium, boron, Vitamins D3 and K2 in the diet.

If calcium levels in the blood become excessive then this in turn can contribute to atherosclerosis and kidney stones.

This is why I recommend Basenpulver along with a suitable bone formula for clients with osteoporosis.

Kidney protection

I understand that renal clinics in the USA recommend kidney patients to take alkalising salts to ensure their body has enough alkalising material to neutralise harmful acids in the body to protect the kidneys.

Clearly one of the causes of kidney disease is a high acid diet. In fact I would go as far to say that a high acid diet is one of the contributors to many of today's diseases.

Processed foods and acidity

If you want to ramp up your acidity then eat processed foods such as take aways and ready made foods from the supermarkets. These are not healthy foods and they do not contain the nutrients that you need for good health.

Most people consume an abundance of highly processed foods that acidify the body and, as a result, they are afflicted with many of today's modern ailments such as skin irritations and disease, Chronic fatigue, arthritis, ulcers and osteoporosis.

Examples of alkalising and acidic foods

Below I am listing the main acid forming foods and the main alkalising foods. Remember that if a food is acidic it doesn't mean it is bad for you. It's all about balance. Many years ago, our ancestors were eating a diet that was 80% alkaline and 20% acidic. Now, due to the massive increase in grain consumption (pizzas, spaghetti, baguettes etc etc) and dairy products our diets, in the main, are 80% acidic and 20% alkaline.

So, we don't need to stop eating acidic foods altogether, we just need to reduce them and increase our alkaline foods.

I do have a number of alkaline dietary sheets that I offer to clinic clients but for the moment I am listing some of the obvious acid forming and alkalising foods below.

Acid-forming foods:

These include all meat products, eggs, cheese, milk, nuts, some seeds, lentils, peas, tofu, chick peas (only slight) and grains (oat flakes, buckwheat whole grain, rye, spelt, wheat bran, millet, rice and corn).

Also, as I have said earlier, dairy cheese and milk are particularly acidic which is why they are one of the causes of Osteoporosis.

All grains are acidic but some are worse than others. Wheat grains tend to be the most problematical but buckwheat flour and quinoa in most cases could be included in a cleansing diet. Also in most cases you should be able to include eggs and nuts (not peanuts or cashews) and lentils as part of your 20%. Oats should be fine in moderation provided you are not intolerant to them.

Alkaline-forming foods:

Some of the citrus fruits like lemons and oranges for example appear to be acidic but in fact they are the most alkalising foods when consumed. Others like figs, plums, prunes, raisins and avocados are particularly alkalising as well.

Otherwise all fruit and vegetables are alkalising and also beans. The most alkalising beans are white, pinto, lima, mung and kidney. Otherwise others like green beans are also fine.

Spices are generally alkalising and a good way to increase cleansing is to include garlic, ginger, turmeric coriander and peppers in your diet. Honey is fine but pure sugar is very acidic.

There are also alkalising supplements you can take such as: Magnesium, potassium and calcium, Chlorella, spirulina and other greens.

So to achieve a good alkaline diet, you need to be eating at least 10 portions of fruits and vegetables per day. You will need to get to these levels in order to get to the point when 70-75% of your diet is made up on cleansing, alkalising foods.

As I have mentioned already, if over many years the amount of acid forming foods exceeds the body's ability to neutralise and remove it, the body will resort to other measures to maintain an alkaline PH. This might include dumping acid in certain body tissues (fat is an easy option) causing cellulite and drawing on minerals such as magnesium, potassium and calcium from other parts of the body. This is why an acid diet will promote obesity and osteoporosis.

Many believe that genetically our bodies are still geared up for our predominantly plant based hunter-gatherer diet that relied on root vegetables, bulbs and berries and meat only occasionally.

The 6 Blue zones

It is no coincidence that people who live in 5 out of the 6 blue zones in the world eat a diet that is 80% alkaline. The blue zones are those areas in the world like Sardinia, Okinawa, Costa Rica where people live much longer than the average around the world.

Unfortunately areas in developed countries in Europe and in particular the USA, we eat highly processed diets that are very acidic. It is no coincidence that our life expectancy is now declining rapidly (something that the government is reluctant to admit at the moment).

Life expectancy graphs started in 1987 and up until around 2015 every year marked an improvement in life expectancy. Since 2015 the graph has started to go the other way and we will be in freefall by 2050 if we don't change what is happening to our food.

You are probably becoming aware of the importance of our gut microbiome and our long term health. Guess what feeds your healthy gut bacteria? Vegetables of course! Some like leeks and onions are more important than others.

So one of the keys to health and longevity is to ensure that the majority of your diet is from alkaline foods. Not rocket science but not always easy in our busy lives.

Basenpulver can help your bridge that gap when eating a well balanced diet is not always feasible.