The Importance of Having an Alkaline Body and How Food Can Help
A Fun Workshop !!!

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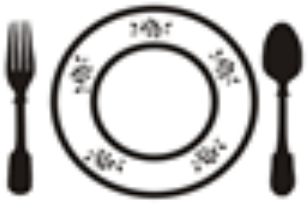
Eat real food at Suppers



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For the Suppers Programs

With Love…

A Fun Workshop for Your Supper

1. Introduction to the pH principles
2. Ideas for an educating game
3. Resources

1.INTRODUCTION

The Introduction/pH of Different Foods Slides

- It is recommended that you send them the presentation in advance
- You can also talk about the presentation, or have an expert at your Supper to cover the topic

What is the pH…A Little Bit of Science

- Acidity and Alkalinity are measured using the pH scale
  - pH comes the German word “p” for “potenz” (power in English) and H as the symbol of Hydrogen
  - The pH measures the activity of Hydrogen ions in a solution
  - It is a 14 points scale: 0 is the most acidic and 14 the most alkaline or basic. A pH of 7 is neutral or balanced
  - Below a pH of 7, the substances are saturated with protons (positive charges)
  - Above a pH of 7, the substances are saturated with electrons (negative charge)
  - **The average human blood healthy pH is between 7.365 and 7.45**
- There are different pH’s in our body:
  - Pancreatic secretions = 8 to 8.3
  - Saliva = 6 to 7
  - Stomach environment = 1 to 3.5
  - Urine = 4.5 to 8.0

Foods pH

- Each food, drink, medication, drug has a pH
- The way it is calculated is very complicated
- If you drank a super acidic or alkaline mixture you could die immediately

What Happens in Our Acidic Bodies

- Excess acidity triggers inflammation, hypertension, obesity…
- The SAD (Standard American diet) is highly acidic because:
  1. Rich in animal proteins, grains, sugar, refined and over processed foods, coffee, alcohol, medications. All are usually quite acidic
  2. Poor in whole food especially alkaline forming fruits, vegetables, nuts and seeds
- Excess acidity (excess Hydrogen positive ions) is excreted via diverse organs but it must be buffered - to a normal state - before it is eliminated
- This requires robbing the body of extra electrons (negative charge) to maintain a chemical balance
  - The body will rob them from tissues, bones, water
  - This is how Calcium, Potassium and Magnesium are leaked out of bones

So to Summarize…

When eating acidic foods all the time/too much

Your blood pH must constantly get back to 7.45

Otherwise you die…

Each time however, that your blood needs to go back to 7.45, it will be rob electrons from somewhere…

What Happens in Our Bodies If Acidic

- Loss of Calcium in urine
- Reduced bone formation
- Loss of Potassium and Magnesium (impact on blood pressure)
- Protein catabolism= weakening of muscles
- Irritation of the urinary tract and bladder
- Poor tissue repair
- Creation of abdominal fat to store excess acids
- Increased production of free radicals, oxidation of free radicals creates inflammation
- And more….

What Can You Do

- Eat more alkaline forming foods/drinks
  - In fact this is mostly a good way to add more vegetables, whole food in your diet…
  - Drink water….with a perfect 7.35pH
- The body can change as quickly as two to three weeks and you can check your urine pH which is a good indicator (but it is not as good a measure as the blood pH)

2. THE PH OF DIFFERENT FOODS

The pH Diet

Food type	Highly to moderate to good Alkaline	Acidic
Beans and legumes	Soy nuts, lima and soybeans (edamame), white navy beans, lentils, tofu	Seitan, chickpeas, kidney and black beans
Beverages	Alkaline water (pH 7 to 8)	Natural fruit juices (only moderately acidic). Acidic: allcohol, beer, tea, coffee, all sodas, wine etc..
Condiments and sweeteners	Red pepper, cayenne, garlic, ginger, onion Only acceptable sweetener is Stevia (mildly alkaline)	All bottled condiments such as ketchup, mayo, soy sauce, mustard, vinegar etc.. All sweeteners are BAD
Milks and dairies	Human breast milk Mildly alkaline: goat milk Mildly acidic: soymilk, rice milk, milk and cream	Highly acidic: hard cheese, cottage cheese, ice cream, yoghurt, soy cheese, goat cheese, whey
Fats	Olive, borage, coconut, avocado, flaxseed, evening primrose oils. Cod liver oil (Omega 3)	Moderately acidic : Margarine, butter, corn oil

The pH Diet

Food type	Highly to moderate to good Alkaline	Acidic
Fruits	**Mildly alkaline: lime, lemon, grapefruit, coconut, cherry** Mildly acidic: plum, fresh date, sweet cherry, currant, nectarine, cantaloupe All other fruits are very moderately acidic	Dried and pickled fruits Pure sugar…
Grains and nuts/seeds	**Highly alkaline: pumpkin seeds** **Mildly alkaline: quinoa, buckwheat, spelt, sesame/ cumin/fennel/caraway seeds, almonds** Mildly acidic: millet, kasha, amaranth, sunflower seeds, hazelnuts, pecans Moderately acidic: brown rice, wheat, wild rice, oats, whole grain breads etc.., walnuts	Avoid barley, corn, rye and oat bran Avoid pistachios, peanuts, cashews

The pH Diet

Food type	Highly to moderate to good Alkaline	Low Alkaline to Worst Acidic
Vegetables and root vegetables	**Highly alkaline: grasses, sprouts, dandelion, soy sprouts, cucumber, sea vegetables, kale, parsley** **Moderately alkaline: beets, radish, ginger, tomato, avocado, green beans, sorrel, spinach, garlic, celery, cabbage, lettuce, bell peppers, collard greens, broccoli, endive, arugula, mustard greens, okra** **Mildly alkaline: horseradish, turnip, carrot, Brussels sprouts, peas, asparagus, artichokes, cauliflower, zucchini, rhubarb, leeks, watercress, chives, kohlrabi**	
Meats/poultry fish	Only mildly acidic are freshwater and ocean fish	Shellfish, farm raised fish, pork, veal, beef , chicken, poultry, eggs are all highly acidic

Recommended Balanced pH Diet

Your urine level	Recommended diet
Slightly alkaline (6.5 to 7.5)	60 to 65% alkaline food
Moderately acidic (6 to 6.4)	80%
Extremely acidic (5 to 5.9)	80%
Source: Dr. Susan E.Brown and Larry Trivieri Jr., The Acid Alkaline Food Guide , Square One publishers 2006, page 56	

I have inserted this because people are usually asking what would be a good ratio …This is however just a general indication.

3. GAMES…

What You Need

- pH strips
  - Type “pH” on “Google” and you can buy them on line, some pharmacies carry them. They are usually around $15-20 f
  - You want a pH range from 4 to 14
  - I prefer the single use sticks

- pH drops
  - Not a necessity for the workshop but it is interesting to see how they can change the pH of a liquid.
  - Some people use this daily to change the pH of the water they drink
  - Price around $20-$30

- Different brands of bottled waters, incl. tap water
  - Have Evian, Fiji , glacier waters …and then some cheaper waters
- A couple of juices (sugary juices, coca, bottled orange juice for instance)
- Coffee and tea

What You Need

- Optional: Can also have some “Green Powder” supplement (highly recommended on alkaline diets) to show how it looks/tastes like
- Discuss the content (mostly extracts of green plants that are highly alkaline):
  - Wheat grass
  - Alfalfa grass
  - Barley oats grass
  - Chlorella
  - Broccoli sprouts
  - Spinach leaf etc.……

NB: The pictures shown here are not an endorsement for any brand. They are just there for illustration. Usually green magma mixtures can go up to $30 for a small canister (10/15Oz)

Liquids pH

Recommended waters so you have a nice mix	Note the pH
San Pellegrino (bubble water is more acidic because of carbonic acid)	
Poland Spring	
Fiji	
Ice Age	
Evian	
Tap water	
Lemon juice (very acidic but becomes Alkaline in body)	
Coffee	
Coca cola	
Other like fruit juice, veggie juice….	

You can either do this around the table, everybody trying a different liquid or you can just demonstrate but it is better to have people playing with the pH sticks.

Here is What You Do

- Put all the bottles/liquids on a table, or on the dining table in the middle
- Have your table/team check the liquids and discuss the different pHs
- Have them to drink it and observe how they taste differently
- Ask what they prefer
- Ask them to check their saliva, before they eat or drink
- They can buy strips and check their urine every morning for a few weeks, change their diet to a more alkaline type and see how the pH changes
- They can cover this in a journal (at least 1 week, ideally 2 to 3) and can come back to Supper to discuss the changes in:
  - Urine pH/saliva also
  - Well being in general
  - Aches and pains (did some go?)
  - Changes in diet including drinks etc.