

support the body's own buffering system. Greens powders containing alkalizing chlorophyll, such as wheatgrass and barley grass added to your bottle of water is a great way of keeping your body alkaline throughout the day.

#### STEP 3

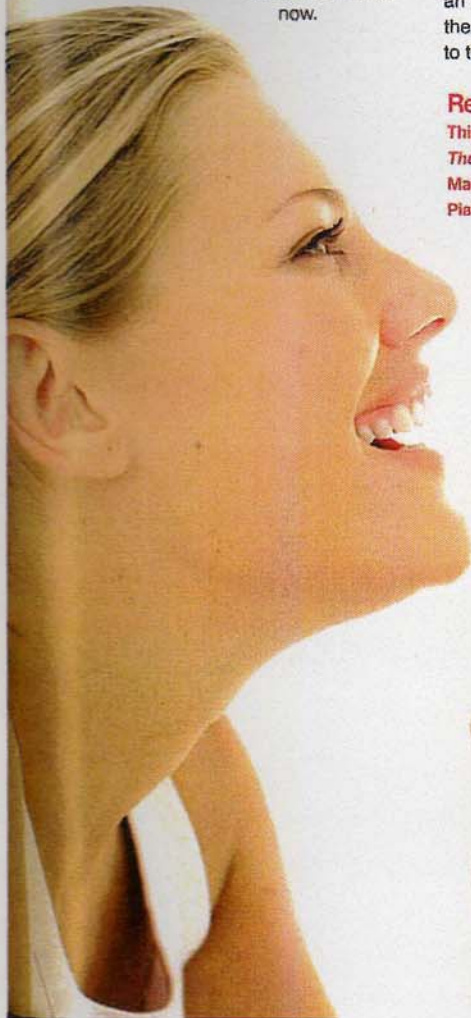
##### Hydrate your body

Despite a lack of scientific evidence behind the recommendation that we drink six to eight glasses of water a day, Dr Mark Atkinson says, "I have seen consistently with my own patients that those who drink at least two litres (3.4 pints) a day feel great for doing so. If your energy levels and health aren't great, increase the amount of water you drink and monitor how you feel. You might be pleasantly surprised."

#### STEP 4

##### Move your body

Moderate amounts of exercise are alkalizing to the body, whereas excessive amounts are acidifying due to the release of lactic acid. As a general rule of thumb, feeling worse after exercise tends to mean that your acid load is greater than your body's ability to remove it. If this applies to you, cut back on the exercise a little, give all these other steps ago, and then try exercising again. You should feel better now.



#### STEP 5

##### Manage your stress

Learning how to breathe deeply, meditate, and calm the body and mind are all effective strategies for alkalizing the body. This works because all these stimulate the parasympathetic nervous system – the part of the nervous system that governs repair and relaxation.

#### STEP 6

##### Cleanse your body

The presence of heavy metals and other toxins in the body can interfere with the metabolism of the body's cells and contribute to the creation of acids. Constipation allows more toxins to be reabsorbed into the body, and infections can add to the toxic load by generating toxins – all of these need to be addressed. Try the herbs milk thistle, artichoke and dandelion to detox the liver, and a lactobacillus probiotic, psyllium husk supplement or organic aloe vera to support the intestines.

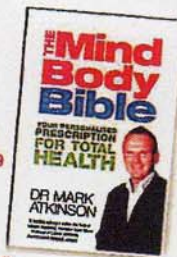
#### STEP 7

##### Treat any underlying imbalances

The presence of any imbalance, whether nutritional, environmental, hormonal or emotional, can contribute to acidity. If you are unsure about which imbalances are affecting you or how to go about treating them, then visit an integrated medical doctor or nutritional therapist who can devise a plan to get you back to total health.

#### Reader offer

This article is adapted from *The Mind Body Bible* by Dr. Mark Atkinson (£12.99, Piatkus). To get your copy for the special price of £11.99 plus free P&P, telephone 01832 737 525 and quote the reference PIA 015.



## WHOLE FOODS TH

### HOLISTIC HINTS

Our complementary health pH balancing secrets



#### Ayurvedic

"From an ayurvedic balanced pH overall health being: physical, mental as well as spiritual," explains Sunita Passi, founder of Tri-Dosha (tri-dosha.co.uk).

"When the pH is too high for instance, this can lead to headaches and stiff muscles or anxiety and muscle spasms where there is excess alkalinity. For optimum health, ayurveda suggests you should eat 20 per cent acid food, and 80 per cent alkaline food."



#### Raw food diet

"Maintaining a good acid alkaline balance is crucial when trying to achieve optimum health," says the Raw Lifestyle Coach, Jess Michael

(totalrawfood.com). "Raw, natural, unprocessed foods are far more nutritionally abundant than foods that are cooked to death, and have lost much of their nutritional content. Many raw fruits and vegetables are alkaline forming, such as apples, raspberries, pears and oranges, celery, kale, onions, garlic and broccoli. Neutral foods include strawberries, peaches, mango and melon. Acid forming foods include dried fruit, tahini, and all nuts. It's worth mentioning that our emotions have an acidifying or alkalising effect on the body too – anger, hatred and fear are all emotions that cause the body to be acidic, whilst love, happiness and laughter are alkaline!"



#### Traditional Chinese Medicine

Stefan Chmelik, Consultant for Herbal Medicine at the London College of Traditional Acupuncture and Oriental

Medicine (lcta.com) says, "A central concept in Chinese Medicine that can be applied to acid and alkali is Yin-Yang, the idea of two equal and opposite forces. The most typical description of Yin-Yang is as positive-negative, so it is helpful to think of acid as being Yang and alkali as Yin. If your diet includes large quantities of Yang-acid forming foods, give this re-alkalising detox juice a go:

#### Alkalising Juice

One handful each of: parsley, watercress, sprouted alfalfa and aduki or mung beans  
Dandelion tea, quarter cup, made from a teabag and left to cool  
Half a lemon  
A shot (or powder serving) of barley, wheat grass, spirulina or blue-green algae  
One beetroot

#### Method

Pass everything one at a time through a juicer and drink within 20 minutes.