



## Acid versus Alkaline Diet

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Today's average Western diet contains many acidic foods such as coffee, alcohol, sugar, wheat. These foods as well as stress, shallow breathing and poor sleep push our bodies into an acidic state. If your body is acidic you are more likely to experience inflammatory problems such as arthritis, diabetes and weight gain. Acidity is also associated with allergies, frequent colds, fatigue, mood swings, irritability and insomnia.

The pH range is from 0 to 14, with 7.0 being neutral. Anything above 7.0 is alkaline, anything below 7.0 is considered acidic. Our blood pH is set at around 7.35 and if we become too acidic then our body rebalances it by pulling alkaline minerals such as calcium out of storage sites in the bones.

You can test your pH by using urine pH strips and a healthy range is between 6.5---7.0. Your naturopath may test your urine before and after certain treatments to ensure you are becoming more balanced and less acidic. We notice the biggest shifts when patients complete a comprehensive Detox which is individually tailored for you by your naturopath.

The aim with your diet is to eat predominantly alkaline foods and avoid acidic foods as much as possible. You will notice from the list that many acidic foods are processed while alkaline foods are fresh and natural. We personally like to eat 70% alkaline foods and 30% acidic foods to keep us feeling energetic, vibrant and healthy!

### Menu Suggestions

#### Breakfast

Fruit, on its own or 20 minutes before you have breakfast  
Quinoa/amaranth porridge with almond milk, LSA, stewed fruit  
Glutenfree muesli with natural yoghurt, berries and cinnamon  
Sprouted bread with ABC spread or avocado  
Poached eggs with asparagus, spinach  
Scrambled eggs with avocado, mushrooms and fresh herbs  
Smoothie: almond milk (¼ cup blanched almonds blended till fine, plus 250mls of water) or filtered water plus banana or berries, spirulina, Açai powder - if the fruit is semi frozen then it turns out more like a thick shake  
Green drink - blend a combination of lettuce, avocado, pears, kale, spinach, rocket, parsley, banana, berries, lemon or ginger.  
Aim for 50% fruit and 50% green leafy vegetables. A green drink contains the perfect balance of nutrients for lots of energy and it is also extremely alkaline.



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### Lunch

Fetta/sardines/tuna/salmon/quinoa, avocado, lettuce, carrot, beetroot, snow peas, sprouts, cucumber, fresh herbs with a lemon and olive oil dressing  
Soup- miso/vegetable/lentil Sashimi, edamame beans, miso soup  
Rice paper rolls  
Leftovers from dinner

### Dinner

Cold water fish with variety of vegetables or salad  
Omelette with fetta, capsicum, garlic, onion, broccoli, zucchini, tomato  
Quinoa/spelt pasta with vegetables/seafood  
Small portion of organic meat/chicken with vegetables/salad  
Grilled vegetables with quinoa, lemon zest & fresh herbs

### Snack Ideas

Fruit Dried  
Figs (1-2 only)  
Tin of sardines/tuna/salmon  
Celery sticks with ABC spread/hummus/tahini  
Nuts - almonds, walnuts, cashews, sunflower seeds  
Handful toasted pumpkin seeds  
Smoothies  
Vegetable juices

### Drinks

Pure filtered water.  
Extra water if you drink tea, coffee and/or alcohol  
Each morning have a glass of warm water with a squeeze of lemon added to it on rising  
Herbal teas - dandelion, green tea, peppermint, fennel, rosehip, chamomile  
Vegetable juices  
Almond milk

### Recipe for almond milk

½ cup of blanched almonds - ground finely 500mls of water  
Blend together in a food processor  
Strain through a fine strainer



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### **Recipe for Salad Dressing**

Olive oil (3/4) with lemon juice (1/4), or apple cider vinegar or balsamic vinegar, add raw garlic, mustard, herbs, pepper and Celtic sea salt.