



"Based Upon World Health Association and American Cancer Society stats, nearly 80% of people in modern society will die of an illness, with the 7 leading illness killing about 24 million people every year.

Check out that once again to absorb it. The majority of people stroll through life with the rock-solid assumption that they're powerless to prevent disease. This is a dangerous myth. With proper care, our bodies will remain disease-free for life. Some of the most popular physicians and dietary experts have actually said that 90% to 95% of all sickness and disease originates from a malfunctioning diet.



We are what we consume

Our body's pH level is somewhat alkaline, with a regular series of 7.36 to 7.44, which must be shown through more wholesome, unrefined foods. An imbalanced diet plan high in refined and unhealthy food, sugar, caffeine, and processed foods tends to interrupt this balance.

In his book *The pH Wonder*, Robert O. Young states: ""The pH level of our internal fluids impacts every cell in our bodies. The whole metabolic process depends upon an alkaline environment. Chronic acidity rusts body tissue, and if left unattended will interrupt all cellular activities and functions, from the whipping of your heart to the neuron firing of your brain. Simply put, over level of acidity hinders life itself.""

What types of food do we need?

A proper diet plan of fresh, wholesome foods has fantastic benefit in the avoidance of illness and illness. Eliminating the cause - improved foods - eliminates the top factor for many suffering. We require an abundance of vegetables and fruits, with smaller amounts of whole grain items, whole milk and cheeses, butter, clean meats, and unrefined oils. These wholesome items have the important enzymes, nutrients, fats and other co-factors that provide remarkable health.

The basic North American diet plan is overabundant in acid-producing foods. The typical grocery store fare of sweet cereals, margarine, rancid oils, white flour and sugar, canned and boxed foods make it difficult to receive correct nourishment.

A research study in the June 2004 problem of the *Journal of Food Chemistry and Analysis*, discovered that junk food represent 30 percent of food Americans take in. Sugary treats and

sodas top the list, which most likely represents our growing obesity epidemic. Conversely, the usage of alkaline-forming vegetables and fruit is at an all-time low.

Well balanced Viewpoint

Consume wholesome, health foods which still maintain much of their nutrition. Keep this basic standard in mind: fill one-quarter of your dinner plate with an option of beans, lean meats, dairy or carbohydrates, and the remaining three-quarters with colorful vegetables and crisp leafy greens, topped with raw oils and a range of herbs.

Any nutritional expert can give you a complete listing of foods that are perfectly matched for the alkaline diet. Keep a well balanced perspective on life and stay concentrated on your goals. Lively health brings vibrant energy and interest to life. Organize your own health and your body will operate at peak performance."