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Alkalinity is Key for Optimum Health and Wellness



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Eating habits have surely changed over the decades, with most people now consuming processed foods that are low in nutrients rather than raw foods with high nutrient factors. This trend puts our cell function at risk, because without a proper acid/alkaline balance, we increase the risk of disease. Most diseases thrive in “acidic” systems and we often hear the word acidosis with illness. How the body reacts to certain foods will determine which foods are alkaline-forming and which are acid-forming. Did you know that lemons are acidic in nature but have a strong alkalizing effect on the body when digested?

If you are interested in

making changes to achieve health and balance in your life, please consider changing some of the foods you consume while taking a fresh new path with your diet. An alkaline diet will help you restore a pH balance and get rid of acid waste. Our body’s metabolic process depends on a thriving alkaline environment; our internal system lives and dies at the cellular level, because the trillions of cells in our body are slightly alkaline and need to maintain that alkalinity in order to function and remain healthy.

Hydrating our body with alkaline water, which has a pH of between 8 and 11, will neutralize and detox harmful acid waste from our tissues. I use a Vollara Living Water unit, which is attached to my kitchen faucet. This unit alkalizes, ionizes and removes toxins from my tap water, thus allowing me to avoid drinking acidic water (3-4 pH) from plastic bottles. I also use it to wash produce and make green tea. In addition to water, eating alkaline foods as much and often as possible will enhance health and wellness. Try adding some of these Alkaline Foods to your daily diet.

Leafy greens: Kale, Swiss chard, turnip greens, spinach.

Grasses: Alfalfa, wheat and barley grass.

Root vegetables: Radishes (especially black, red or white), beets, carrots, turnips and rutabaga.

Cruciferous vegetables: Broccoli, cabbage, cauliflower and Brussels sprouts.

Other notable alkaline foods:

Garlic: Helps lower blood pressure, cleanses the liver, and is a natural antibiotic.

Cayenne Pepper or Capsicum: A potent tropical pepper containing enzymes that support the endocrine function, and also an antibacterial packed with vitamin A.

Lemons: One of the most alkalizing foods; also a natural disinfectant and wound healer, lemons help with coughs, colds, flu, and heartburn, and they stimulate the liver to promote detoxification.

One of my favorite health books is “The pH Miracle: Balance Your Diet, Reclaim Your Health,” by Dr. Robert O. Young. Dr. Young is a microbiologist and nutritionist who has done extensive research. “Over-acidification of the body is the single underlying cause of all disease,” he writes. He goes on to say that when our biological

terrain is out of its healthy alkaline pH range, cells cannot function properly. An acidic blood pH level puts the body at higher risk for acute and chronic unhealthy conditions and diseases as well as rapid aging. In summary, acidosis interferes with life itself and leads to sickness and disease.

Food for thought: Chlorophyll contained in green plants and grasses is identical to the blood of humans, except for one atom; it’s the only known substance able to transform sunlight into edible energy. So when you are eating your next salad packed with alkaline greens, you are essentially eating sunlight. Wow, now that’s something positive to look forward to!

That said, my tip for this week is try to eat green foods at breakfast, green foods at lunch, and green foods at dinner!

To dig deeper and view an in depth table of pH alkaline and acid forming foods, please visit: http://www.balance-ph-diet.com/acid_alkaline_food_chart.html.

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