

Genesis Today Alkaline Diet

The Principle of Acid & Alkaline

Just as our normal body temperature is 98.6, there are other measures of a normal condition of homeostasis within the body. The levels of sugar, oxygen, and carbon dioxide within the blood must all be stable, and the pH (the balance between acid and alkaline) of the bodily fluids, including the blood, should be 7.4, slightly alkaline.

Balanced body chemistry pH is vital to immune health and disease correction. The body has alkaline parts (like the blood) and acid parts (like the inside of the stomach), but when our over-all body chemistry is over-acid, we open ourselves up for arthritis type diseases. A healthy body keeps large alkaline reserves to meet the demands of too many acid-producing foods. When these are depleted beyond a 3:1 ratio, health can be seriously threatened.

Knowledge of how to keep your body in a slightly alkaline condition is vital to restoring your health. Without this knowledge you cannot maintain the proper pH for your body to function and for the living ecosystem within you to survive.

An acid/alkaline imbalance toward too much acidity allows yeast, viruses, rebellious cancer cells, and various other parasites to thrive. Acidity also leads to conditions such as chronic fatigue, AIDS, arthritis, and allergies.

The typical American diet is high in foods that cause our bodies to become acidic. It is no wonder, then, that these serious conditions are becoming more prevalent. If you have an acidic condition from eating an acid-forming diet, your body constantly is trying to return to an alkaline state by calling on your stored reserves of alkaline minerals: sodium, calcium, potassium and magnesium. If you continue eating foods that are highly acid-forming, you leach even more alkaline minerals from your body, creating a mineral deficiency that becomes severe over time.

Approximately 20% of the foods on your plate at each meal should be acid-forming, and approximately 80% should be alkaline-forming.

Common Causes of an Over Acid Body

Mental stress and tension (stress creates acid in the body!); over-eating; kidney, liver or adrenal malfunction; poor diet with excess acid-forming foods, such as caffeine, fried foods, tobacco, or sweets. Acidosis can often be related to or caused by arthritis, diabetes or borderline diabetes.

Acid/Alkaline Dietary Tips

Obviously, to overcome an acidic condition, we need to eat alkaline-forming foods. There are several good ways to jumpstart this process and make the overall long-term diet more successful.

Once we begin to rid ourselves of excess acidity and our body starts balancing itself, it is easy to follow a more relaxed dietary plan to keep our acid/alkalinity in the proper balance. All acid-forming foods are not bad. On the contrary, some acid-forming foods are necessary for nutritional value and for proper pH balance.

Signs & Symptoms of an over-acid body: Frequent skin eruptions that don't go away; sunken eyes with darkness around the eyes; rheumatoid arthritis ; burning, foul-smelling stools and anal itching; chronic poor digestion; latent ulcers or ulcer flare-ups, bad breath and body odor; alternating constipation and diarrhea; insomnia; water retention; excessively low blood pressure, frequent migraine headaches.

Sample Diet: 1 day of eating on the Genesis Today Alkalinizing Diet

Breakfast:

Sauteed green vegetables & onions (80%) & 2 poached eggs (20%)

OR

Vegetable soup (80%) with Quinoa (20%)

Lunch:

Large Rainbow Salad (include vegetables of all colors)(80%) topped with broiled & sliced free range chicken (20%)

OR

Steamed Greens & Vegetables (80%) with brown rice, millet or quinoa and beans (20%), topped with lemon.

Dinner:

Steamed asparagus, broccoli, cauliflower, zucchini and kale (80%), and broiled, wild salmon (20%), topped with lemon and olive oil.

OR

Sauteed Mixed Vegetables (80%) with Tofu, over brown rice (20%) and a small raw salad.

Snacks:

Raw nuts and seeds (in moderation), sliced avocado, raw vegetables, hummus wrapped in lettuce leaves, fresh squeezed vegetable juices, plain goat yogurt (occasionally), green drinks, miso soup, and more.

Beverages:

Herbal teas, Powdered green drinks, Vegetable juices or bottled water