



Clinic Guide

Alkalisising Your Diet

The Principles Of The Naturopathic Diet

Your body needs to be slightly alkaline to be at its healthiest. Your cells, the chemical reactions inside them, your beneficial bacteria and your immune system all work better in a slightly alkaline environment. An acid body means your systems do not work as efficiently as they should. This guide tells you how to alkalisise for health, and what foods and factors provide an alkaline diet. It will even thwart candida and yeast infections.

What do we mean by this?

There are a number of biochemical reasons for having a slightly alkaline body rather than an acid body – here are three major examples:

1. Energy Efficiency. Your cells' energy production depends on you having good levels of magnesium and potassium, and low cellular levels of sodium. The energy production systems in your cells' power stations (mitochondria) thrive on potassium. If sodium displaces the potassium, the mitochondria use less oxygen and produce less energy. They also produce sodium salts which are more acid than the potassium salts they normally produce. These make matters worse, the cell uses even less oxygen, makes even less energy and is in a dangerous downward spiral. Magnesium is required by a pump on the membrane of the cell to pump in potassium and pump out sodium. 40 per cent of the population are deficient in magnesium. You should also consume potassium at 5 times the level of sodium. Few people do.

2. Immune boosting. In your gut you have many, many strains of beneficial bacteria. They cut up your foods and release essential vitamins, natural compounds and even a cancer killing chemical. They also cause many reactions which direct up to 85 per cent of your immune system. The bacteria thrive at a certain pH and enjoy consuming a high fibre diet. They also consume microbes and yeasts like candida . Any change in that

balance (for example, through the consumption of non-fibrous foods, too much alcohol, or salt) will cause a stunting of their labours on your behalf. Low fibre foods, salt, saturated fats, meats, common sugar, cows' dairy, stress can all alter the pH in the intestine directly, or through the production of hormones or bile acids that have a secondary effect.

3. Candida preventing. A crucial side issue of an imbalance of beneficial bacteria in the gut, is that at night when you sleep they consume over 2 kgs of microbes and yeasts. They are your first line of defence. Yeasts, and particularly candida, thrive in low oxygen, slightly acid environments. See the Clinic Guide to Candida for more information.

A good naturopathic diet contains at least 70% of alkalisising foods alongside small quantities of good quality, preferably organic proteins including meat, fish, eggs, pulses and yoghurt.

Potassium Broth

You will need:

- Thick potato peelings
- Sliced carrots
- Sliced celery
- Parsley
- Onions /Garlic/Seaweed [optional]

Method:

Use generous quantities in a large pan. The precise amounts are not important, just use a lot of thick potato peelings, and discard the centre of the potatoes, which is the acid part. Celery makes a great balance, and some carrots add sweetness. The onions and garlic are for flavour and for their antiseptic qualities. Seaweed (arame, wakame or hijiki) is not a traditional ingredient, but if you have a handful, it will add a whole range of minerals.

Cover with several inches of spring water. Simmer very gently until the vegetables are soft.

Strain off the broth (if desired eat some of the veggies while fresh and warm in a bowlful of the broth; discard the rest or give to your hens) and drink straight away (it will store in the fridge for a day or so).

This is an alkalisising broth, and is ideal for the colder days. It will taste more or less sweet depending on the proportion of carrots to celery. Do not reheat it, or it will lose its qualities. Instead pour some into a preheated mug and top up with warm water.

You can have several servings in a day, two or three times a week, throughout the winter. It's delicious!

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Foods and factors that will help you alkalise your body*

- Multi-strain probiotics
- Greens – especially green vegetables, chlorella and wheatgrass, plus fibrous cruciferous vegetables (cabbage, kale, cauliflower etc.) and broccoli, alfalfa, sprouted seeds and beans
- Whole grains, seeds, nuts
- Olive oil, fish oils, flaxseed oil, walnut oil
- Ginger, natural willow bark, garlic, onions, apples, curcumin/turmeric, cinnamon, cloves, nutmeg
- Virtually all fresh fruits especially apples, apricot, avocado, blackberries, blackcurrants, cherries, cranberries, currants, raisins, dates, figs, grapes, lemons, limes, lychees, mangoes, melon, olives, oregano, papaya, peaches, pears, raspberries, redcurrants
- Raw honey, especially manuka; raw molasses
- Whole brown rice
- Medicinal mushrooms
- Vegetables and natural herbs like aubergines, beetroot, broccoli, cabbage, carrots, parsnips, cauliflower, celery, chard, chicory, chives, cucumber, dandelion, dill, endive, fennel, green beans, kale, kelp, lettuce, mushrooms, parsnips, peppers, potatoes, radishes, sorrel, soya beans, spinach, squash, turnips, watercress
- Exercise, yoga, meditation
- Sunshine and vitamin D
- Baking soda
- Apple cider vinegar

Foods and factors that will cause your body to become more acid

- Meat – especially mass-market fatty red meat and offal
- Fruits and vegetables picked unripe and shipped a long way
- Pulses – if you do not skim off the phytic acid (the surface scum) when you cook them
- Shell fish – especially prawns, crab, scallops
- Processed, prepared, canned foods - because of the sodium chloride content
- Dried meats – hams, sausage, bacon - because of the sodium chloride content
- Chinese foods – because of the MSG content
- All refined carbohydrate products – pasta, white bread, white rice, pies, pastries, cakes, noodles, refined breakfast cereals, doughnuts, dumplings
- Salted snacks – crisps, peanuts
- All cows' dairy
- Fizzy sweet drinks
- Prepared fruit juices and 'smoothies' (high sugar, processed)
- Caffeine – stimulates liver to release glucose into blood stream (even diet drinks!)
- Preservatives, jams etc. and Pickled products
- Alcohol, especially beer and spirits
- Lack of sleep
- Stress, negative emotions, guilt
- Tobacco

The list is meant to be indicative, not exhaustive. There is debate about tomatoes and oranges, which some people say are acid forming. But lemons and limes are certainly not – a drink of fresh lemon, ginger and honey with hot water is a great way to start the day. Other foods like liver, shell fish and crab also have issues to do with stored toxins and chemicals.

**Extracted from The Rainbow Diet by Chris Woollams*