



The alkaline diet

Follow a healthy alkaline diet in 2014 and your body will love you forever. *By Diana Jost*

Are you sour? Are you often in a bad mood? Does your mind feel like it's lost in a fog? Does your body feel tired, heavy, lifeless? If so, the chance that your PH level is in the sour/acidic state is highly likely.

Most of us have little knowledge about the acidic/alkaline balance that exists in our bodies. We fill our days with coffee, white toast, eggs, bacon, sausages, sandwiches, croissants and cakes. Does this sound like a familiar pattern to your day? It may be a diet served up all over the UK, but don't convince yourself its good for you or your PH balance. All of these foods rank highly on the acidic side of the acid/alkaline balance.

Measuring the PH levels of our bodies is one of the best and simplest health checks we have available to us. For great health, our bodies should register on the neutral or slightly alkaline side of the acid/alkaline balance. The ideal number would be between PH 7.35 and 7.45. If our body is in this environment, we will feel great health. Our skin will look clean and healthy. Hair will shine. Our immune systems and metabolism will be strong and efficient. Our bodies will have high amounts of energy. We can recover quickly from strenuous workouts and even stressful life circumstances.

But it's a fine balance. If we go slightly under the neutral stage of 7.0, we descend into the acidic state and that's where we feel unwell. We lack energy. Our minds have trouble concentrating. Our moods swing, our joints hurt, our muscles feel heavy and tired, our skin is dry, our body's odour becomes unpleasant. If we are overly acidic for a long period of time, our digestive systems may begin to function problematically. Candida, fungus, and parasites can invade only those bodies that register on the acidic side of the balance.

Most people do not know how hard their body works to keep the blood alkaline. Our blood must stay around 7.4 on the alkaline side of the balance. As we age, this number begins to drop as the body uses up its natural minerals to balance and remain alkaline. Unfortunately, our bones contain these vital minerals, and if we are acidic, our bodies will take from this source in its quest to maintain an alkaline blood level. Being sour also means being more susceptible to arthritis, rheumatism, osteoporosis and other bone disease.

The biggest offenders of the acidic forming foods are coffee, alcohol, cigarettes, meat, dairy, baked goods, and any food containing yeast and sugar.



On the plus side, it is easy to change diet. Start your day with a lukewarm glass of lemon water. Replace your toast with a healthy grain porridge of quinoa, millet, and buckwheat. Load up on green and fresh vegetables for lunch. Steam vegetables and make healthy soups for dinner. Potatoes too are alkaline, so load up with these positive carbohydrates. There are many healthy options that can catapult your diet back to the healthy and vibrant alkaline side of the PH scale. And don't forget to breathe and do plenty of yoga. ॐ

Diana Jost is a yoga teacher, nutritionist, ayurveda consultant and massage therapist. She runs alkalising yoga detox retreats in Portugal (algarveyoga.com)

Sweet cheeks

Got a sweet tooth? Sadly, sugar is one of the bad guys if you want to follow a more healthy diet. But cut down on your intake at first rather than banishing it forever - use one spoonful in your tea, not two, or nibble posh, dark chocolate instead of a Twix - in order to make any changes realistic and long-lasting.

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