Acid and Alkaline

Talk by
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What is, Acid and Alkaline?

• A measure of physical properties
• Measured in terms of pH
• 7 is neutral.
• Readings that are higher than 7 are alkaline
• Readings that are lower than 7 are acidic
Why, Acid and Alkaline?

- Body’s pH influences our chemistry and biology
- Influences our health
- Easy to measure saliva and urine
- Explores the idea of balance rather than a strict diet
- Links diet and emotions
How do I Become Acid or Alkaline?

• Food
• Emotions
• Exercise
• Thoughts
How Do I Test Myself?

- Test my saliva with a pH strip
- Test my urine with a pH strip
- Test in the morning with a clean mouth
- Take averages
- Wait for 2 hours with only water and no food before testing
Acid and Alkaline Applied to Food

• Acidic and alkaline foods measured by ash
• Acid and alkaline forming foods measured by saliva and urine
• Ash tells us more about the foods influence on our digestion
• Forming indicates how food might influence us after digestion
• Example - Lemon is acidic but alkaline forming
Acid Forming Foods

- Coffee
- Alcohol
- Meats
- Fish and shell fish
- Refined sugar
- Most grains, beans, nuts and seeds
- Salty foods
Alkaline Forming Foods

• Vegetables
• Sea vegetables
• Many fruits
• Soya beans, miso, shoyu, natto, tofu, tempeh
• Almonds
• Quinoa, Millet
• Herb teas
Highly Alkaline Forming Foods

- Watercress, parsley, celery
- Agar agar, wakame, nori
- Lemon, melon, kiwi, grapes
- Miso soup
- Fresh vegetable juices
- Kuzu and umeboshi
- Salads
Influence On Fermented Foods

- Stomach acid can kill healthy bacteria.
- Healthy bacteria live between 50 and 100 degrees F or 10 and 40 degrees C.
- Raw vegetables collect spores on their skin.
- Miso soup – add diluted miso in the bowl.
- Wash vegetables two hours before eating.
- Sauerkraut, kimchi, salads, natto.
Balance

• Try making more than half your food vegetables
• Fish / almonds, parsley, lemon
• Humus / carrots, celery, cucumber
• Beans / salad
• Grains and beans / vegetables
• Sushi / miso soup, wakame salad, vegetables
• Shellfish / in a vegetable soup
Alkaline forming macrobiotic meal

Pumpkin Soup
Vegetables
Millet croquette
Alkaline forming macrobiotic meal

Alkaline Forming
Natto
Vegetables
Nori
Scallion
Shiitake
Shoyu

Acid Forming
Noodles
Seeds
Alkaline forming – Nori and vegetables
Acid forming - brown rice, sunflower seeds and falafels
Acid Forming Emotions

• Fight or flight
• Stress
• Anxiety
• Fear
• Worry
• Anger
• Impatience
Alkaline Forming Emotions

- Relaxation
- Feeling calm
- Humor
- Love
- Appreciation
- Feeling content
- Acceptance
Alkaline Forming Activities

• Meditation
• Living life in the moment through our senses
• Laughter
• Awareness
• Mindfulness
• Being in nature
• Gentle movement
• Healing
Blood Sugar

The following increase a foods ability to raise our blood sugar quickly

• Cooking
• Cooking temperature
• Cooking time
• Processing
• Grains potentially raise our blood sugar more quickly than other natural food groups
Living life as it happens, through our sense greatly reduces stress and helps us become more alkaline.
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