



How to Maintain an Alkaline Body

Many naturopathic doctors advocate diet and lifestyle habits which promote an alkaline body. There is much confusion about what an alkaline body is and how it can be achieved.

It is important to understand that an alkaline body does not mean the blood is more alkaline than normal. The pH of blood is tightly regulated and does not vary except under extreme, and often life-threatening, conditions. Rather, an alkaline body refers to a body that requires little neutralization of acid to maintain blood at a constant pH. Urine is one of the ways the body rids itself of excess acid. For this reason naturopathic doctors often measure the pH of an individual's urine to estimate how acid or alkaline their body is.

Since the early 1900's, it has been known that dietary factors significantly affect the pH of urine.¹ Over the years science has evolved, and it is now possible to determine the effect a food will have on urine pH - often referred to as acidic load. The acidic load of a food or meal can be estimated with a simple formula. This formula can be used, with surprising accuracy, to predict urinary pH due to dietary factors. Generally speaking, vegetables, fruits, beans and legumes help make urine more alkaline, whereas meats, cheeses, and grains may make urine more acidic.² Other factors, such as exercise,^{3,4} have also been shown to reduce the acidity of urine, suggesting that other healthy lifestyle factors may also contribute to promote a more alkaline body.

There are divergent views on the health benefits of an alkaline body. Some scientists and practitioners feel that acidity is directly linked to poor health. They theorize that a diet and lifestyle with a high acidic load may create an acidic ash or a chronic low-grade metabolic condition that is too small to detect, but still contributes to how a person feels. Other professionals simply feel that an acidic diet contains components that may be harmful to health like excessive saturated fats and is deficient in beneficial nutrients like the alkalizing minerals magnesium and potassium. They speculate that it is the harmful components and nutrient deficiencies of acidic diets that are the concern, not the acidity itself. While the direct role of acid in the body is somewhat controversial, what is clear is that an alkaline diet rich in vegetables, fruits, beans and legumes, as well as adequate physical activity is important in maintaining overall health and wellbeing.

A list of foods and their acid load are provided on page 3. Keep in mind that alkalinity isn't the only measure of the healthfulness of a food. Many foods categorized as acidic, like nuts, whole grains, and lean protein sources, should be part of a healthy diet. Some acidic foods may actually be a healthier choice than other more alkaline options. For example, whole wheat flour is listed as highly acidic while refined flour is listed as mildly acidic. Whole wheat flour, however, is a healthier choice despite the higher acidity because it is richer in vitamins, minerals, and fiber. Likewise, just because milk is classified as neutral (neither acidic nor alkaline forming), does not mean it is appropriate for everyone.⁵ Use your best judgment as you create a diet that balance healthy acidic foods with healthy basic foods to promote an alkaline body.

Disclaimer

No information contained here is intended to take the place of the care provided by your doctor or health care provider. This information is provided for educational purposes only. Genesis PURE and Genesis PURE products do not treat, diagnose, prescribe for or cure any disease, disorder, deformity or physical or mental condition. Individual results may vary. Always consult your doctor prior to starting any new health product or program.



Diet

- Follow the *Alkaline Diet* of primarily vegetables and fruits.
- Drink at least half your body weight in ounces of water every day.
- Avoid alcohol, caffeine (may substitute ENERGY or PURE Café), soda, **sugar**, artificial sweeteners (acesulfame K [ace-K], aspartame, saccharin and sucralose), preservatives (nitrates, nitrites and MSG), artificial colorings or flavorings and hydrogenated oil.
- Minimize animal-based foods.
- Avoid pork, which is difficult to digest and may create toxins in the body.
- Never use vegetable or corn oil for cooking, as heating them may create toxins and inflammation.
- Avoid fried foods.

Acid/Alkaline Dietary Tips:

- Go on a short 24-hour freshly juiced liquid vegetable diet to cleanse excess acid waste.
- Drink an alkalizing juice of 8 fl. oz. tomato juice and 1 tsp. each of wheat germ, brewer's yeast and lecithin daily.
- Drink 1 to 2 glasses of plain cranberry juice daily.
- Incorporate fresh squeezed vegetable juices with lemon into your diet daily.
- Drink 8 to 10 glasses of alkaline water daily. Water is instrumental in flushing acids out of the body. Add lemon or lime to your water.
- For 3 days, try and eat only fresh raw or blanched foods to complete the body alkalizing process. Cooked foods tend to increase acidity.
- Eat a diet of 80% alkalizing foods, including fresh and lightly steamed vegetables, sprouts, fruits and ocean vegetables.

Lifestyle

- If you smoke, quit.
- Chew food thoroughly – this aids in digestion and nutrient absorption, helping create a healthier body and mind.
- Eat until satiated, but NOT full. This means you should neither feel hungry nor full; stop between the two.
- Get plenty of sleep (7-9 hours per night).
- Do not eat after 9PM.
- Exercise everyday. Exercise oxygenates the cells and tissues and encourages detoxification. Acid is removed from the body through sweat (the skin), as well as the other channels of elimination (lungs, liver, kidneys, bowel, blood, and lymphatic system).

Supplementation

Core**

- Liquid/Capsule Cleanse
- GoYin
- Daily Build

Daily Basics**

- Alkaline Water Concentrate
- Coral Calcium
- Greens
- Mila
- Probiotic

Support**

- Acai
- Noni

You may also consider other Genesis PURE products.

Genesis PURE products should be taken at least 1 hour before or after prescription medications.

*These statements have not been evaluated by the Food and Drug Administration. Genesis PURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.

+With all herbs and supplements, it is important to consult a qualified health practitioner before implementing.

Products that may NOT be Appropriate for this Condition:

Product restriction is not necessary.

List of Foods and their Alkalinity

Highly Acidic

Dairy

Camembert Cheese
Cheddar Cheese
Cottage Cheese
Gouda Cheese
Mozzarella Cheese
Parmesan Cheese

Nuts/Seeds

Cashews
Pumpkin Seeds
Sunflower Seeds

Meats

Chicken
Clam
Duck
Egg
Lamb
Liver
Pork
Salmon
Sardines
Shrimp
Steak
Trout
Turkey

Mildly Acidic

Grains

Barley
Corn
Flour, All-Purpose
Quinoa
Rice, Brown
Rice, White

Legumes

Lentils
Tofu

Meats

Bacon
Cod
Halibut
Lobster

Nuts/Seeds

Almonds
Pecans
Pistachios
Walnuts
Peanuts
Flax Seeds

Neutral

Dairy

Milk
Sour Cream
Yogurt

Legumes

Edamame
Peas

Oils

Butter
Coconut Oil
Olive Oil

Mildly Alkaline

Fruits

Apples
Cherries
Grapes
Grapefruit
Lemons
Mangos

Oranges
Peaches
Pears
Pineapples
Strawberries
Watermelon

Legumes

Green Beans
Lima Beans

Nuts

Hazel Nuts

Starchy Vegetables

Spaghetti Squash

Vegetables

Asparagus
Broccoli
Cucumber
Eggplant
Garlic
Mushroom, Portabella
Mushroom, White
Onion
Peppers (Sweet)

Highly Alkaline

Fruits

Apricots
Bananas
Cantaloupe

Figs
Kiwi
Raisins

Legumes

Black Beans
Great Northern Beans
Kidney Beans
Pinto Beans

Nuts

Cacao, >70% dark chocolate

Starchy Vegetables

Acorn Squash
Butternut Squash
Potatoes
Pumpkin
Sweet Potato
Yam

Vegetables

Beets
Brussels Sprouts
Carrots
Cauliflower
Celery
Kale
Spinach
Squash
Tomatoes

Although studies have not found simple sugars, alcohol, and caffeine to have a notable effect on urinary pH,⁶ it has been argued that they should be classified as acidic because they have been shown to increase excretion of alkalinizing minerals from the body.^{7,8,9,10,11}

Calculated using PRAL equation from Remer T, Manz F. Potential renal acid load of foods and its influence on urine pH. J Am Diet Assoc. 1995 Jul;95(7):791-7.

Nutrient values obtained from U.S. Department of Agriculture, Agricultural Research Service. 2013. USDA National Nutrient Database for Standard Reference, Release 26. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>.

Sample Alkaline Menu 1

The following is a sample daily menu. It is not provided as a dietary plan but simply as a reference for how alkaline and acidic foods can be combined to create an overall alkaline diet that still provides adequate calories and protein. Calorie needs vary from individual to individual so consult your doctor or a dietitian for a customized dietary plan that meets your needs.

Breakfast

- Frittata and steel cut oats:
 - 2 eggs, 1 cup chopped potato, 1 cup chopped kale, 1 tbsp olive or organic canola oil, tomato and avocado to garnish, salt and pepper to taste.
 - ½ cup steel cut oats, honey to taste.



Snack

- 1 cup serving of whole fruit

Lunch

- Tofu stir-fry with egg drop soup
 - ¾ cup brown rice, 3 oz tofu, 1 cup bok choy, 1 cup chopped vegetables, 1 tsp sesame oil, 1 tbsp organic canola oil, 2 tbsp white wine, garlic, ginger, and soy sauce to taste.
 - 1 cup egg drop soup.



Snack

- Carrot sticks and hummus

Dinner

- Chef Salad
 - 2 cups mixed greens, 1 cup chopped vegetables, ½ cup chickpeas, 2 tbsp sunflower seeds, ¼ cup quinoa, olive oil, lemon juice, and salt to taste.



Calories – 2000 Protein – 65 g

Sample Alkaline Menu 2

The following is a sample daily menu. It is not provided as a dietary plan but simply as a reference for how alkaline and acidic foods can be combined to create an overall alkaline diet that still provides adequate calories and protein. Calorie needs vary from individual to individual so consult your doctor or a dietitian for a customized dietary plan that meets your needs.

Breakfast

- Yogurt parfait:
 - 1 ½ cup plain low fat organic yogurt, 1 cup fresh fruit, ½ cup granola with nuts, honey to taste.



Snack

- Celery and peanut butter
 - 2 stalks celery, 2 tbsp peanut butter

Lunch

- Whole grain pasta with mixed vegetables
 - 4 oz dry, whole grain pasta, ½ cup tomato sauce with sautéed mushrooms, 2 cup mixed vegetables, olive oil, salt, and pepper to taste.



Snack

- 1 cup serving of whole fruit

Dinner

- Chicken, baked potato, side salad
 - 3 oz organic chicken, 1 medium baked potato, 1 tbsp coconut oil, salt and pepper to taste, 1 cup mixed greens, ½ cup chopped vegetables, balsamic vinaigrette dressing.



Calories – 2000 Protein – 90 g

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