

- For the same reason, eat melon on its own as a starter, and don't combine with other fruits, as it has an even quicker transit time than other fruits, which again can trigger fermentation and bloating in the gut.

ACID-ALKALINE BALANCE

(See also *Digestion and Low Stomach Acid*)

For good health, the body needs to maintain a certain acid-alkaline balance, and keeping this balance is one of the most crucial keys to remaining healthy and slowing the ageing process. Every cell functions more efficiently when it is predominantly alkaline.

In general, the body needs to be around 70% alkaline and 30% acid. But in the West, the average person is 80% acid and 20% alkaline. Many people confuse the term "acid forming" with "acidic", but they are entirely different. Everything we swallow, once metabolized within the body, breaks down into either an alkaline or acid mineral-based ash or residue. Whether a substance is alkaline or acid is determined by its pH (potential Hydrogen).

Stomach acid can be as low as 1.5, very acid, whereas saliva after eating could be as high as 8, which is very alkaline.

Your blood has a pH which is slightly alkaline between 7.35 and 7.45 and this level has to be maintained at all costs. If it becomes too acid, the blood (via the kidneys) withdraws alkalizing minerals from anywhere it can find them; beginning with the hair, skin and nails and then moving on through the body until it begins drawing minerals from the bones.

Unfortunately, our Western lifestyle and diet is almost all acid forming and if the body remains in an acid state for too long, then acidosis triggers degenerative disease and early ageing. A high-acid-forming diet also has a negative effect on tooth enamel, especially pre-packaged concentrated fruit juices. Acid-forming foods deplete calcium from the body, while alkaline foods increase the body's ability to absorb calcium from the diet.

Emotions also affect this balance, for instance stress and anger cause more acidity in the body, whereas feelings of being in control, in love, and breathing deeply through the nose all re-alkalize the body. Basically, harmony alkalizes and disharmony acidifies.

And if you want to slow the ageing process, you need to maintain an alkaline reserve which buffers excess acidity, like having savings in the bank at times of crisis.

Practically every major degenerative disease, including some cancers, are triggered by an over-acid system. When the pH is out of balance, your skin and hair become dull, the nervous system is affected and you may suffer insomnia, arthritis, rheumatism, aching joints, skin conditions, candida, fungal infections, muscle pain and gout which are all common symptoms of an over-acid system.