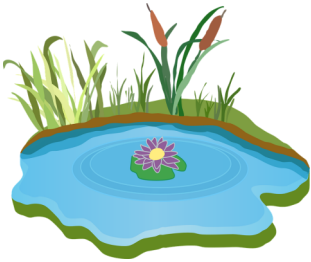


# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## THE IMPORTANCE OF ACID-ALKALINE BALANCE



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### STORE HOURS:

Tuesday – Saturday  
9 am-5 pm

**CLOSED SUNDAYS  
& MONDAYS**

### SPA HOURS:

By Appointment

Baking soda is a great tool for cleaning and removing stains, but there are many health benefits associated with its use. Baking soda is a familiar household product that also goes by the names sodium bicarbonate, bicarbonate of soda and sodium hydrogen carbonate. Sodium bicarbonate is sometimes used as a supplement because it provides dietary bicarbonate. When taken orally, baking soda can raise serum levels of bicarbonate. Bicarbonate is typically made by the kidneys, and it acts as an acid buffer in the body. Baking soda is known to help to neutralize acid and improve pH balance in the body. Most of us never consider the acid/alkaline balance of our blood, but a proper pH is a crucial aspect to overall health. Keeping your body at a healthy pH level helps prevent unhealthy microbes and organisms from flourishing, tissues and organs from becoming damaged, minerals from being depleted, and your immune system from being compromised. The most effective way to balance your pH is to eat lots of nutrient-dense, alkalizing plant foods and to limit your intake of processed foods. Because so many different factors—gut health, stress, sleep, medications and medical history—also affect your internal pH level, other lifestyle habits can also be helpful for restoring balance. Some of the primary factors that contribute to acidity (acidosis) and pH imbalances in your body include drug and alcohol use, antibiotic overuse, poor gut health, high consumption of artificial sweeteners, food coloring and preservatives, pesticides, chronic stress, sleep disorders, low levels of fiber in the diet, lack of exercise, excess animal meats in the diet (from non-grass-fed sources), excess hormones from processed foods, health and beauty product and plastics; exposure to chemicals from household cleaners and cosmetics; radiation from computers, cell phones and microwaves; poor chewing and eating habits, and pollution. An increase in acid overwhelms the body's acid-base control system, causing the blood to become overly acidic. Normally, the kidneys maintain proper pH balance as well as electrolyte levels, including calcium, magnesium, potassium and sodium. But when we are exposed to acidic substances, these electrolytes are used to combat acidity. The kidneys start to excrete more minerals out of the body via the urine. High degrees of acidity force our bodies to rob minerals from our bones, cells, organs and tissues. Cells end up lacking enough minerals to properly dispose of waste or oxygenate the body completely. Vitamin absorption is then compromised by mineral loss. Toxins and pathogens can start to accumulate in the body, and this can suppress the immune system. Acidity can contribute to allergies, asthma, fatigue, headaches, inflammation, joint and muscle pain, skin problems, ulcers and weight gain. Long term acidosis can lead to more serious health problems, including arthritis, cancer, diabetes, heart disease, multiple sclerosis, osteoporosis, stroke, and cognitive changes including confusion. Here are steps you can take to help restore pH balance: 1. Reduce intake of acidic foods: if you currently eat a "Standard American Diet," you will need to eliminate the following foods from your diet: processed meats such as deli meats, cold cuts, hot dogs, salami and cured meats; foods high in sodium and sugar; processed cereal grains; conventional meats; fried foods; milk and dairy products; peanuts; refined grains including white rice, white bread, pasta, cereals, etc.; caffeine and alcohol. There are also some otherwise healthy foods that contribute to acidity, but they don't need to be completely avoided due to their high nutrient content. Eat them in moderation as part of an overall balanced diet. These foods include: most high-protein foods, such as meat and eggs, lentils and other legumes, oats, brown rice, whole grain bread (I recommend sprouted breads) and walnuts.

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Happy July 4th

2. A pH balanced diet includes lots of green plants and other alkalizing foods. It is also most important to eat mostly organic foods since crops that are grown in organic, mineral-dense soil tend to be more alkalizing and have a higher vitamin and mineral content. Foods that should be consumed in a well-rounded alkaline diet include leafy green vegetables (kale, chard, beet greens, dandelion, spinach, microgreens and sprouts, etc.), non-starchy vegetables including mushrooms, tomatoes, avocado, radishes, cucumbers, jicama, broccoli, garlic, ginger, green beans, cabbage, celery, zucchini and asparagus. Raw or uncooked fruits and vegetables are said to be biogenic or “life-giving.” Cooking foods depletes alkalizing minerals. Increase your intake of raw foods and lightly steamed vegetables as they can help supply high levels of alkalizing minerals. Strangely enough, acidic fruits such as grapefruit and tomatoes don’t create acidity in the body but contribute to an alkaline environment. Citrus fruits, dates and raisins are all very alkalizing and may help prevent acidosis. Apple cider vinegar tastes acidic but actually helps restore pH balance. Most high protein foods are acid forming. If you are eating lots of meat and animal foods, it is important to balance these with alkalizing plant foods. An alkaline diet includes lots of fresh vegetables and whole fruits, some raw foods, beans, nuts and healthy fats. 3. Alkalize your water: add pH drops, lemon or lime, or baking soda to your water to boost alkalinity. 4. Reduce exposure to drugs, toxins and chemicals: many different drugs, chemicals, pollutants and toxins can disturb pH balance and contribute to acidity—such as alcohol, products containing caffeine, opioids, sedatives, non-steroidal anti-inflammatory drugs and aspirin. It is important to address any underlying health conditions that might be causing you to rely on these drugs regularly. pH is short for “potential of hydrogen,” which is a measure of the acidity or alkalinity of our body’s fluids and tissues. pH is measured on a pH scale ranging from 0 to 14. The healthiest pH level for the human body is slightly more alkaline than acidic, with an optimal pH of 7.365 (although this fluctuates slightly throughout the day). You can test your pH by purchasing strips at the Evergreen Cottage. You can measure your pH with saliva or urine. Your second urination of the morning will give you the best results. You compare the colors on your test strip to a pH scale chart that comes with your test strip kit. During the day, the best time to test your pH is one hour before a meal and two hours after a meal. If you test with your saliva, you want to try to ideally stay between a pH of 6.8 and 7.3. Certain foods like eggs, meat and walnuts might not be alkalizing, but don’t let that scare you away from eating them. They contain a host of health benefits like antioxidants and omega-3 fatty acids. A healthy balance is what you should be shooting for where pH is concerned; it is also possible to become too alkaline, so extremes in either direction are not ideal. Eating a variety of foods, focusing on quality, and addressing other lifestyle concerns are all important for maintaining homeostasis (balance).

**BAKING SODA** is a cost-effective way to reduce **heartburn and indigestion**, as opposed to other options like Tums and Rolaids. Simply add half a teaspoon of baking soda to two cups of water. An hour after eating, drink this mixture to gain some relief. Because baking soda neutralizes stomach acid, it can be helpful for ulcers. Rub baking soda on your **bug bite** to relieve the itching or create a paste with a teaspoon of baking soda and water. Keep applying the soda paste—about three times a day—until the bite dissipates. Your sunburned skin will also benefit from soaking in a mixture of baking soda and water. Soak in a warm (not hot) bath that includes half a cup to a cup of baking soda. You can also mix baking soda into your favorite body lotion to calm **sunburn**. Baking soda can help to reduce the discomfort from **allergic rashes**, and skin affected by **poison ivy** or **poison oak**. Mix a teaspoon with some water to create a paste and apply it to the areas of concern. Leave it on for several minutes and then rinse. You can do this a few times a day as needed.

## ALKALIZING SMOOTHIE RECIPES

### Green Smoothie:

Place the following ingredients in a blender:  
1 avocado (peeled and pitted), 1 cup almond milk, juice of 1 lemon, pinch of cinnamon, a few leaves of kale, a few mint leaves and a few cucumber slices. Blend and enjoy!

### Simple Grapefruit Smoothie:

Place the following ingredients in a blender:  
1 grapefruit (juiced), 1 cup coconut milk, 1 cup spinach (washed) and a pinch of stevia to sweeten. Blend, serve and enjoy!

### Veggie Blast Smoothie:

Place the following ingredients in a blender:  
1 cucumber (peeled and sliced), 4 tomatoes (peeled), 1 garlic clove, one half onion, black pepper and sea salt to taste, 1 TBSP. virgin olive oil, 1 cup of spinach or kale, juice of 1 lemon, a few sprigs of fresh rosemary.

### Kiwi-Banana Smoothie:

Place the following ingredients in a blender:  
1/4 cup coconut milk, 1/4 cucumber, 1/2 banana, 1 kiwi fruit, a handful spinach and a handful ice cubes. Blend and serve!

Organic Roots  Bistro

### BUSINESS HOURS:

TUESDAY through SATURDAY 9 AM—5 PM  
Closed Sunday & Monday