



*Take Control Of Your Life With Hypnosis
Eliminate negative habits, Create healthy changes, Achieve optimal well-being.*

Hi Everyone! Here is the 11th issue of the Hypno-Healthgram. You can access previous issues on the Newsletter page of my website: www.hypno-health.net

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ACID-ALKALINE BALANCE

"Over acidity, which can become a dangerous condition that weakens all body systems, is very common today. It creates an environment in our bodies that is conducive to disease, as opposed to a pH balanced environment which allows the body to function normally and resist disease." [1] This phenomenon has appeared very recently in the history of mankind. The hunter gatherers, who were our ancestors many thousand years ago, survived in harsh environments because their diet of primarily fresh fruit, vegetables and root crops gave them the necessary alkaline-based nutrients to survive. But in more recent times, our diet has shifted from alkaline to acid.

In 1933, Dr. William Howard Hay published the thought-provoking book *A New Health Era*, in which he suggested that all disease is caused by acid accumulation in the body. [2] In his book *Alkalize or Die*, 2005, Dr. Theodore Baroody concurs: "The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much acid waste in the body!" [3] These beliefs have been echoed by many other authorities. Renowned naturopath Paavo Airola says in his book *How to Get Well*: "Acidosis, or over-acidity in the body tissues, is one of the basic causes of diseases, especially the arthritic and rheumatic diseases." [4] In his book, *The New Nutrition*, Michael Colgon wrote about the acidity of a high-fat, high-sugar diet. "Acidosis destroys bones, because the body has to steal alkalizing minerals from them, to keep the blood pH from dropping into the acid range."

Acidosis is very common in our society because the typical American diet is very high in acid-producing animal products, such as meat, eggs, and dairy and too low in alkaline-producing foods such as fresh vegetables. We eat acid-producing processed foods like white flour and sugar, and drink acid-producing beverages like coffee and sodas. We also use many drugs, which are acid-forming, and artificial sweeteners, which are very acid-forming. [5] For better health, we should eat more fruits, vegetables and root crops and less processed foods, meats and sweets. The following symptoms may indicate excessive acidity in the body: weight gain, joint pain, heartburn, poor digestion (irregular bowel movement and intestinal cramping), low energy and chronic fatigue, muscle weakness,

urinary tract problems, receding gums, kidney stones, bone loss, skin problems, diabetes, and premature aging.[6]

Acidity and alkalinity are measured in pH on a scale of 0 to 14. Zero is the most acidic, 14 the most alkaline, and 7 is neutral, indicating an absence of either acidity or alkalinity. This 0 - 14 pH scale measures the body's fluids and tissues levels, not the stomach's acid levels. The ideal pH should be slightly on the alkaline side, between 7.35 and 7.45.[7] You can check your acid-alkaline level with pH strips, which are available at pharmacies, health food stores and on line. Melissa Makris, the author at www.how-to-boost-your-immune-system.com/ph.strips.html, gives helpful suggestions to make the process easy (get combo saliva/urine strips; how to use them; don't test urine first thing in the morning; test one hour before or two hours after meals; how to interpret results; etc.).

Although there are many acid-alkaline sites on line, and the information may vary slightly among them, I've found two that seem particularly helpful. For a handy, one-page chart showing foods in the three levels (lowest, medium, most) of alkaline and acid, for ten food categories, go to www.asktheherbalist.net/stuff/alkaline-acidchart.pdf. You will find a very comprehensive guide (with a brief, informative introduction) to alkalizing and acidifying foods at www.rense.com/1.mpicons/acidalka.htm - cached. If you move forward in this direction, know that many experts recommend initially striving for a ratio of 80% alkaline foods and 20% acidic foods. Let the pH levels be your guide.

Living or working in a building or environment that is polluted with chemicals can cause acidity in the body. Excessive exercise (to the point of exhaustion) can create an acid problem due to lactic acid buildup; moderate exercise is alkalizing to the body.[8] Emotions such as fear, anger, guilt, hate, negativity, worry and stress (which can be released in hypnosis) can also cause acid levels to rise. Cleansing emotions like love, joy, peacefulness, serenity, tranquility and positivity (which can be established in hypnosis) create an alkaline environment within.

[1] www.naturalhealthschool.com/acid-alkaline.html

[2] www.naturalhealthschool.com/acid-alkaline.html

[3] www.naturalhealthschool.com/acid-aldaline.html

[4] www.angelfire.com/az/sthurston/acid_alkaline_foods_list.html

[5] www.rense.com/1.mpicons/acidalka.htm-cached

[6] www.acidalkalinediet.com

[7] www.angelfire.com/az/sthurston/acid_alkaline_foods_list.html

[8] www.ionizers.org/alkalizeordie.html

HEALTH TIPS

(From: www.rense.com/1.mpicons/acidalks.htm - cached)

--- Lemon and watermelon, extremely alkalizing foods: pH 8.5 - 9.0

--- Lemons - excellent for EMERGENCY SUPPORT for colds, coughs, sore throats, heartburn, and gastro upsets.

- Parsley - purifies kidneys.
- Asparagus - powerful acid reducer, causing alkalinity for the long term.
- Alfalfa sprouts - enzyme rich, superior digestibility.
- Garlic - elevates acid food 5.0 in alkaline direction.
- Spices - range from 7.0 - 8.0.
- Carbonated soft drinks and fizzy drinks - leach minerals.
- Sugar (white) - detrimental to health, avoid it.



Happy Health!

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Remember: *Hypnosis can be done in the office, by phone, and via Skype.*