

McKenzie's Food for Thought

Informed insight on the latest medical & health news & what it means for you

Acid and disease?

When we are born we are full of alkaline reserves. Over time we allow our bodies to become increasingly acidic which leads to ill health. When there is an increase in the amount of acid in body tissues it translates into impaired cellular metabolism, enzyme function and energy production within the cells. Tissue acidity has many harmful effects upon the body if not neutralized or eliminated. E.g. the body's ability to absorb minerals and other nutrients decreases significantly in acid conditions. Additionally the enzymatic processes that control the repair mechanisms for damaged DNA and other critical structures become weakened. The liver cannot detoxify heavy metals from the body when an acid pH predominates. Cancer cells proliferate wildly in acid conditions. Acid tissue pH causes fatigue that leads to depression and stress.

A pH of 7.0 is a perfectly neutral pH, below that is acid, above alkalinity. The blood of a healthy human is at physiologic pH (optimum) is 7.36 – 7.40. Urine will range between 6 – 6.4 when it is dumping acid and 6.8 – 7 when the body is happily alkaline. The body will constantly struggle to maintain a healthy alkaline pH level. Many live in an acid state. When our digestive system metabolizes foods, acids are produced. The body has natural ways of eliminating excess acid including the lungs, kidneys, intestinal tract and skin. These organs become overworked by over-consuming too many acid producing foods. This needs to be countered by consuming the right amounts of alkaline foods or the excess acid becomes overwhelming for your body to handle naturally. If not you may be experiencing headaches, illness, colds, allergies, viruses and diseases.

TEST FOR ACID STATE:

You can use pH test strips or litmus paper and test your urine or saliva (6.4 – 7.2 optimally).

If you test your saliva wait two hours after eating. Spit into a spoon and dip a pH test strip in your saliva, read the results immediately by matching the colour of the strip to the chart. For urine: use any void other than the first one of the morning. 6.4 – 6.8 is a favourable reading.

Conventional medical treatments don't consider the acidity of the body in treating illness yet it has a huge role to play in the degeneration of body and thereby also a role in the restoration of health and energy.

There is a huge difference between 'acidic foods' and 'acid forming foods'. Eg. Citrus fruits are acidic until they enter the body. This is due to the fact that during the process of digestion foods change their chemistry. Energy is derived from foods by oxidation similar to the burning of fuel in a stove, which means there is 'ash' or residue. It is this 'ash' that has a chemical reaction. Some foods leave an acid 'ash' and thus are known as 'acid forming foods'. And the same is true in reverse about alkaline forming foods.

It's not a case of only eating alkaline forming foods but of balance. I often say to clients imagine your plate of food as a pie chart – where do the divides fall in the circle? Is the bulk of your meal alkaline forming? The body likes to be c. 70 – 80% alkaline so look at what you are eating and see this is where the bulk of your food intake falls.

Simply put:

Nearly all meat, processed foods, refined flours, pasteurized dairy, extracted oils, cooked grains, chemicalized beverages, vegetables and fruits that have been altered in some way, plus sweets and drugs. Note that whenever we cook, boil, process, freeze or otherwise alter foods they become acid-forming in the body.

For a free list of acid forming and alkaline forming foods please email Fiona McKenzie at office@fionamckenzie.co.uk

RECHARGE/RESTORE in November:

During the weekend of November 11- 12th 2011 I am offering an unparalleled opportunity: a chance to spend time with me at the stunning Hotel Endsleigh, deep in the Devon countryside. Designed by Olga Polizzi, the beautiful and tranquil surroundings of the Hotel Endsleigh are the perfect setting for a weekend designed to renew, inspire and empower. In collaboration with the Hotel I have developed a unique weekend retreat that combines practical workshops with relaxation, creative sessions and fine food.

Along with workshops on communication skills, good health and re-energising the body, I will work with guests on their goals and how to better achieve them. Participants will also have the opportunity to develop their creativity and intuition through photography workshops, yoga and meditation. During the weekend, I will share my insights into relationships between food and well-being, which will include an introduction to 'raw' foods as well as ideas for creating healthy and delicious meals. There will be a chance to test acid/alkaline and discussion of how to realistically improve your reading, if needed.

As the end of the year approaches, there is no better time for people to assess their goals and define new paths for the New Year. My results-orientated programme at the Hotel Endsleigh is the ideal way to spend a November weekend. Guests will leave re-energised and with the skills they need to change their lives for the better.

Please note that places on this special weekend are very limited and must be booked in advance. Prices are from £560 per person for a package that includes room and full board for two nights as well as most activities. For more information about the Hotel, please see www.hotelsleigh.co.uk

PARTING THOUGHTS. (anon as sent by a friend in an email)

TWO GLASSES OF WINE

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 glasses of wine...

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor then picked up a box of sand and poured it in the jar. Of course the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes'. The professor then produced two glasses of wine from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

'Now' said the professor, as the laughter subsided, 'I want you to recognise that this jar represents your life.'

The golf balls are the important things, your family, your children, your health, your friends and your favourite passions, things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house your car. The sand is everything else, the small stuff.

If you put the sand in the jar first, he continued, there is no room for the pebbles and the golf balls.

The same goes for life, if you spend all your time and energy on the small stuff.

Pay attention to the things that are critical to your happiness.

Play with your children. Take time to get medical check-ups. Take your partner out to dinner. Play another 18 holes. There will always be time to clean the house and fix the disposal. Take care of the golfballs first; the things that really matter. Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the wine represented. The professor smiled. I am glad you asked. It just goes to show that no matter how full your life may seem, there is always room for a couple of glasses of wine with a friend.

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Remember "life of health" Chlorella has strong alkalizing properties – consider taking a daily dose. Less than 65p per day to enhance your health.

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