

An Alkaline body is an optimally functioning body!

The internal environment of your body is maintained at a pH between 6.5 – 7.5, which is alkaline. For necessary cell reactions and functions to occur, our body must maintain this appropriate pH. When we are in an acidic state, disease sets in. While your body can regulate pH, there is a limit to how much it can neutralize which is why you need to take action to keep in an alkaline state. Excess acids can accumulate from one or more of the following; and acid-forming diet, emotional and physical distress, toxins from the environment and our foods, inadequate anti-oxidant status and high oxidative stress.

Please get some salivary pHHydriion testing strips (online or from me)

Check your acid-alkaline balance daily and it should be tested first thing in the morning. An ideal pH is >6.8 (but minimally >6.5). If you are not optimal, just keep working to become more alkaline as you will get there! It usually takes 4 weeks to get into an alkaline state with a conscientious effort.

*Eat fresh, high quality whole foods from organic, biodynamic and local sources.

*Eat a wide variety of whole foods in a variety of ways to let your body select what it

*Hydrate and chew

* ½ organic lemon in 6 oz of water 2x/day (first thing in the morning and last thing at bedtime)
OR

*Apple Cider Vinegar 2 tsp 2x/day (same as above) but always dilute with water.

Long -term excessive use could conceivably cause low potassium levels so either monitor levels

*Organic Green drinks are recommended if you are not getting 6-8 servings of vegetables per day. Consider the Renewal Greens from the office (I think it is tasty) or Suja which is store bought as the sugar content should be low- ideally <4grams

NO alkaline water as this decreases stomach pH- which then depletes minerals and affects bones

Consider these nutrients below for anti-oxidant support:

*Magnesium Glycinate (typical dose is your Kg in weight x10 for daily dose) with Potassium Citrate
200mg

*Milk Thistle 200mg 2x/day



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- *Alpha Lipoic Acid (because taking this orally is typically short acting and need to be dosed 4x/day, I recommend ALAmax by Xymogen which is 600mg 2x/day)
- *L- Glutamine 3-6 grams daily away from food
- *N- Acetyl Cysteine "NAC" by Xymogen 600mg 2x/day (to support glutathione, our biggest detoxifier and anti-oxidant in the body)

There are many online resources on additional foods that are alkaline (and acidic which you should avoid)

Check out <http://www.perque.org/> and find "Lifestyle and Management" and then find "The Alkaline Way"

Also in the search bar look up "The Alkaline Way" and there will be recipes to try and enjoy!

Yours in Health,

Carrie Ballas FNP

