

# ELLEN KANNER

*~ soulful vegan writer ~*

## SIMPLE STEPS YOU CAN TAKE TODAY TO MAINTAIN YOUR BODY'S PH BALANCE

I'm all about balance — karmic, global and let's not forget the ideal balance of alkaline to acid, your pH balance. Nourished by real food, which is all there was before the Age of Junk, you're alkaline by nature. This is a good thing. Alkaline-producing foods give you the minerals you need, including calcium, magnesium and potassium. Alkalinity encourages vitality, gives you a glow and makes it easier to shed pounds. Alkalinity zaps the microbes and other nasties in the environment just waiting to invade your body. Being alkaline makes you a fortress.

Acidity means you get tired, puffy, plugged with mucus. Yuck. Acid-producing foods load you up with chlorine (hello, that's bleach), nitrates and phosphate. You're literally washing your body out with soap. But it's not getting cleaner, it's getting weaker. An acidic body is a stressed body, weakened and prone to illness because an acidic body can't bust up the bad guys the way an alkaline body can.

So sign me up, you say. I want to be more alkaline. How do I do it?

### **STEP 1: START BY EATING REAL FOODS**



Eat broccoli. It's not like I invented broccoli or stand to make a cent should there be an uptick in sales, I'm just passing on what I know - (read how to make [broccoli](#), simple, perfect and naked). A steady diet of broccoli and other alive, alkaline, real foods will not make you immortal. But it'll up your energy, help you fight off assorted miseries and generally make you feel better. So if broccoli – and [kale](#) and [cauliflower](#) and [quinoa](#) and pears and plums and [celery](#) and [sesame seeds](#) make you more alkaline (and they do), what

makes you acidic? Everything you like. Eggs, coffee, meat, pizza, cake, ice cream, booze and your ace of acid-producers, soda.

Endeavor not to flip out over this. As with all things, obsessing doesn't help. Don't stress. Breathe deeply. There you go.



## STEP 2: GO FOR THE SLOW SWITCH

Some foods like pomegranate have acid-producing qualities, but offer a lot in the way of antioxidant compensation, so don't give up on pomegranates. Don't give up on anything – even ice cream. Have some, if that's what you crave, but instead of your usual trough, cut your portion in half. Size matters. Another thing to keep in mind – there's alkaline foods like antioxidant-rich [blueberries](#) and really alkaline foods like watermelon and [lemon](#), acidic

foods like [honey](#) and really acidic foods like, um, ice cream. As with making other eating adjustments, go for the Slow Switch, make changes incrementally. Just start tipping the scale in the right – that is to say alkaline – direction. Focus on eating real food – fresh produce and whole grains – that's where the alkalinity is, that's where the energy is. This is something even I, who almost failed high school chemistry, can wrap my brain around. And the really nifty thing is, if you stay true to an alkaline-based diet, your body, which is very, very smart, will start to CRAVE alkaline foods. Your body and spirit will glow and you'll be in the broccoli state of being like never before.

## STEP 3: YOUR BODY WILL DO THE REST!

In his 1966 work *The Prime Cause and Prevention of Cancer*, Nobel laureate Dr. Otto Warburg\* posited an alkaline body repels cancer. At the very least, others believe a more alkaline diet makes for a happier, lovelier you. So if you knew a way to be happier, to feel better, wouldn't you go for it? With life throwing so much bad stuff at us every day, being happy and healthy is crucial. You know the power of the mind-body connection. Nutrition's great, but being happy gives you an edge. It gives you a carapace, armor. It makes the nasties bounce off rather than get you in the jugular.

Need help planning your diet for a healthy pH balance? Book your [Veg Therapy](#) session today for a consultation.

Greenly,  
Ellen

*Ellen Kanner is the award-winning author of [Feeding the Hungry Ghost: Life, Faith and What to Eat for Dinner](#) (VegNews' Book of the Year, PETA's debut Book of the Month Club pick), Huffington Post's [Meatless Monday blogger](#), Miami Herald syndicated columnist the [Edgy Veggie](#) and soulful vegan writer and recipe developer for numerous publications.*