Useful Knowledge About Alkaline Foods And Their Benefits

Alkaline foods are those capable of reducing acidity resulted from metabolism, keeping the human body in a desirable and healthy condition. They are typically rich in minerals; some have a sour or acidic taste (because of rich organic acids therein.)

**Acidic foods**, in comparison, usually appear in diets as fat, grease, protein and carbohydrates.

Inside the human body is a complex system of *buffer solutions*, consisting of blood and various body fluids. Sophisticated mechanisms are involved to mitigate many subtle changes inside the body, and helps it maintain in a constant range of pH values.

A weak alkaline environment (pH7.0—7.4) is highly desirable because it is vital to physiological functionality of human bodies. A healthy new-born baby's body is within the perfect range of pH7.3—7.4, whereas a 75-year-old person's body may fall between pH7.1—7.2.

Acidic Food / Alkaline Food	Squid	Yolk	Tuna	Chicken	Pork	Beef	Rice	Wheat
Onion	2000	1200	1000	700	600	500	400	300
Red Wine	1400	850	700	500	420	350	280	210
Cabbage	600	360	300	200	180	150	120	100
Kelp	80	50	40	30	25	20	I6	12
Ume Plum	10	6	5	4	3	2	2	1

✳**Examples of Acidic and Alkaline Foods.** *As this table shows, to neutralize metabolic acidity of 100g of rice (an acidic food), it takes 400g of onion or, alternatively, just 2g of ume plum. Therefore, ume plums are nutritionally more "alkaline" than onions.*

Acidic 4.0 5.0 6.0 6.6 7.0 7.6 8.5 9.0 9.5 10.0 **Alkaline**

Many factors can build up acidity in the body, such as **unhealthy diet and lifestyle, natural aging**, **illness** and **pressure**, just to name a few. A pH value of 7.0 or lower is often seen in very ill people, a lethal sign that their bodies are quickly losing capabilities of sustaining life.

It is a long and progressive process for the body to turn acidic. Because this process is so slow, people tend to neglect small warning signs: for instance, *dull skins, constant fatigues, difficulty in catching breath, backache or sore muscles, poor digestion, constipation, metabolic disorder, poor sleep quality*, and many more.

When the body becomes acidic, metabolism deteriorates and metabolic "wastes" (generally acidic in nature) accumulate in the body faster than it can remove. The consequences are physiological disorders, such as **weakened immunities**, **inflammation of tissues**, **poor skin conditions**, and **accelerated aging** of the entire body, etc., leading to a body environment more acidic and vulnerable to diseases.

Acidification → **Declining Metabolism** → **Deteriorated Functions** → **Accelerated Aging**
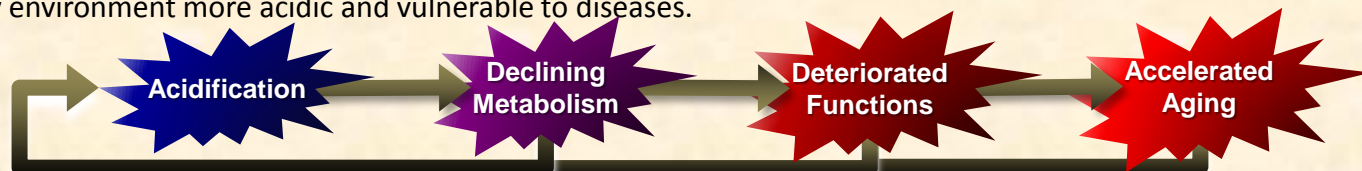
Nutritionists have advocated the consumption of sufficient alkaline foods (such as vegetables and fruits) and related supplements in order to help the body defend against the above viscous cycle of acidification. In fact, the biochemical process behind this understanding is so important to human health that in 1953, the Nobel Prize in Physiology/Medicine was awarded to the discovery of the **Krebs Cycle**, a major finding on how **organic acids play a key role in promoting and completing generation of bio-energy** inside the human body.

Carbohydrate Protein Fat → [Organic Acids] → Bio-Energy / Water CO_2 Radicals
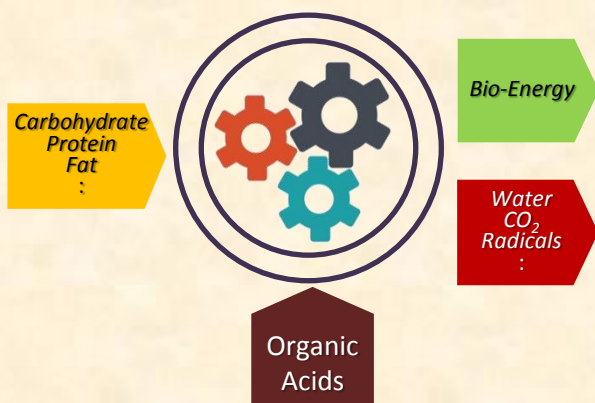
The Krebs Cycle (Citric Acid Cycle) is a series of biochemical reactions taking place in aerobic organisms that, when facilitated by certain organic acids, generate energy through the oxidation of acetate (derived from carbohydrates, fats and proteins) into carbon dioxide (CO_2) and biochemical energy (ATP).

The organic acids contribute to completion of the weak alkaline reactions in the Krebs Cycle, hence are characteristically alkaline. *In many ways, the Krebs Cycle works like a bio-engine that "burns" fuels (carbohydrates, etc.) into useful bio-energy, and bio-exhausts that are typically acidic and toxic to human bodies.*

In addition to a rich collection of amino acids, many organic acids that participate in the Krebs Cycle (such as citrate, succinate, fumarate, malate, acetate...) can be found in aged ume plums, the key ingredient used in all Balsalia products.