

Alkaline Food Chart and Choices

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Many people are looking for natural choices when it comes to fighting illness. With all of the supplements available that claim to address many types of ailments it can be confusing. There is an easy way for you to alter the chemistry of your body in an attempt to combat illnesses. This is through the use of an acidic and alkaline food chart.

Your body's pH is instrumental in how it functions against illness. If the pH isn't at the level it should be you might find yourself struggling against the effects of a cold or the flu.

Using an acidic and alkaline food chart is easy. Most of these types of charts contain lists that detail which foods are more acidic and which are more alkaline. For optimum health benefits it's important to choose foods from both sides of the acidic and alkaline food chart.

A few examples of things that you may find on the acidic side of the chart are nuts, butter, pasta and beans. On the alkaline food chart you are likely to find vegetables and fruits among other foods.

If you only consume foods from the acidic chart you may find that you suffer from common ailments such as head colds or allergies more often than others. There have been studies that have shown that a diet rich in acidic foods can also lead to an increased risk of developing cancer.

Adding foods from the alkaline food chart can easily be done. It can be as simple as including a serving of fruit with each meal. An orange or grapefruit with breakfast or a banana as a dessert treat with lunch immediately incorporates items from the alkaline food chart into your diet.

One of the items found on the acidic food chart is alcohol. This includes beverages such as beer and wine. Although red wine has been proven to be effective in fighting heart disease it should be used in moderation.

To counteract the acidity of the alcohol a beverage from the alkaline food chart should be consumed on a frequent basis. This can be tea, mineral water or many types of fruit juice. Drinking these regularly during the day will help to balance the body's pH.

You can ask your physician for a copy of an acidic and alkaline food chart. You can also find a copy online on one of the many websites that explain the benefits of incorporating foods that are alkaline into your diet.