Alkaline-Acid Dr. Ben Johnson, M.D., D.O., N.M.D

Remember Dr. Otto Warburg, the 1931 winner of the Nobel Prize in medicine, the pioneer we mentioned a few pages back?

Well, not only did Dr. Warburg discover more than 85 years ago that all cancer cells have a unique ability to survive without oxygen, he also found that when body systems tip toward being more acidic in nature, the low oxygen environment they create promotes the growth of cancer cells.

It boggles the mind to think that more than 85 years ago we had the tools to conquer most types of cancer and that at the time, the medical profession recognized the validity of Dr. Warburg’s research, but we’ve somehow forgotten all about it.

Normal cells that become cancerous have done so because of a low-oxygen, highly acidic environment, among other factors.

Unless your body is in a slightly alkaline state, it cannot heal itself as well or protect itself from the cell mutations that become cancer.

If your body is becoming more acidic, among the first things you might notice are low energy and perhaps a tendency to get a lot of colds. When your body becomes more acidic, you might begin to experience headaches, aches, pains, stomach aches and joint pain. When the body becomes extremely acidic, the ability of the cells to take in oxygen diminishes. This is the ideal growing environment for cancer cells.

So how does your body become acidic and anaerobic?

answers are pretty simple:

* By eating the Standard American Diet (SAD), which is heavy in sugar, processed foods, meat, dairy products and trans fats.
* By drinking acidic water.
* By smoking.
* By being stressed.

**DR. BEN SAYS:**

I recommend a modified alkaline diet that is very different from the high protein, high fat, low carb diets that have recently become very popular. Most of all, I urge you to eat a sensible diet, heavy on alkalizing fruits and vegetables, healthy oils like fish oil and olive oil, and moderate amounts of animal products unless you have access to organically produced meats and dairy.

If your diet is heavy on animal products, sugar, alcohol, caffeine, trans fatty acids and processed foods, you have most likely tipped your system into the undesirable acidic state.

**The modified alkaline diet**

In order to maintain health, all of us want to be sensible and eat a diet that will nourish the whole body and especially keep breasts healthy. That is a sensible diet that contains a wealth of antioxidant-rich fruits and vegetables, complex carbohydrates like whole grains, legumes (dried beans), nuts, good fats and healthy meats.

If you remember your high school chemistry, pH measures the concentration of hydrogen in a solution. The more hydrogen, the more acidic it is (low pH); the less hydrogen, the more alkaline it is (high pH). The human body has a natural pH (acidity indicator) of 7.36 to 7.44, which is slightly alkaline.

If you have been eating the SAD (Standard American Diet), you are probably in an acidic state. How can you determine the state of acidity in your body? The simplest way is to get some pH paper (it’s cheap -- about $10 for 15 feet that will last you a year if you test daily) and test your urine and/or saliva.

The test is simple: Place the paper in your urine stream or in your mouth. The color will change. Simply compare the color to the master chart to let you know your pH reading.

It’s best to take your reading early in the morning before you eat or drink anything. You can also take your reading in the afternoon at least two hours after you’ve had anything to eat or drink. Dr. Ben thinks saliva testing is slightly more accurate than urine testing, and, unless you have cancer, it’s probably not necessary to test on a daily basis. Once or twice a week is sufficient.

Foods that keep your body in the optimal alkaline range are the ones that will keep your body in an optimum state of health.

How do you know if you have excess acidity in your diet and in your body? Here’s a list of early symptoms:

* Low energy, chronic fatigue
* Excess mucous production
* Nasal congestion
* Frequent colds, flu, and infections
* Nervous, stressed, irritable, anxious, agitated
* Weak nails, dry hair, dry skin
* Formation of cysts, such as ovarian cysts, polycystic ovaries, benign breast cysts (fibrocystic breasts)
* Headaches
* Joint pain or arthritis
* Neuritis (nerve pain or numbness)
* Muscle pain
* Feeling better after a detox diet
* Hives and other allergic reactions
* Leg cramps and spasms
* Gastritis, acid indigestion

Probably most of us experience symptoms on this list from time to time. If you’re experiencing them on a regular basis, it’s time to alkalinize your diet, maximize your health and reduce your risk of cancer.

As a general guideline, the most valued foods on an alkaline diet are fruits and vegetables. Foods that you might consider acidic like lemons and tomatoes do not necessarily create an acidic effect on your body. In fact, these are excellent alkalizing foods.

This is a standard list of alkalinizing and acidifying foods. Individual needs vary, but a ratio of 75 percent alkalizing and 25 percent acidifying foods is recommended:

ALKALINE FOODS ACIDIC FOODS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | |  | | |
|  | FRUITS Apple Apricot Avocado Banana (high glycemic) Cantaloupe Cherries Currants Dates/Figs Grapes Grapefruit Lime Honeydew Melon Nectarine Orange Lemon Peach Pear Pineapple All Berries Tangerine Tomato Tropical Fruits Watermelon PROTEIN Eggs Whey Protein Powder Cottage Cheese Chicken Breast Yogurt Almonds Chestnuts Tofu (fermented) Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds Millet Sprouted Seeds Nuts | OTHER Apple Cider Vinegar Bee Pollen Lecithin Granules Probiotic Cultures Green Juices Veggies Juices Fresh Fruit Juice Organic Milk (unpasteurized) Mineral Water Water Green Tea Herbal Tea Dandelion Tea Ginseng Tea Banchi Tea Kombucha SWEETENERS Stevia SPICES/SEASONINGS Cinnamon Curry Ginger Mustard Chili Pepper Sea Salt Miso Tamari All Herbs ORIENTAL VEGETABLES Maitake Daikon Dandelion Root Shitake Kombu Reishi Nori Umeboshi Wakame Sea Veggies | FATS & OILS Avocado Oil Canola Oil Corn Oil Hemp Seed Oil Flax Oil Lard Olive Oil Safflower Oil Sesame Oil Sunflower Oil FRUITS Cranberries GRAINS Rice Cakes Wheat Cakes Amaranth Barley Buckwheat Corn Oats (rolled) Quinoi Rice (all) Rye Spelt Kamut Wheat Hemp Seed Flour DAIRY Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter | NUTS & BUTTERS Cashews Brazil Nuts Peanuts Peanut Butter Pecans Tahini Walnuts ANIMAL PROTEIN Beef Carp Clams Fish Lamb Lobster Mussels Oyster Pork Rabbit Salmon Shrimp Scallops Tuna Turkey Venison PASTA (WHITE) Noodles Macaroni Spaghetti OTHER Distilled Vinegar Wheat Germ Potatoes | DRUGS & CHEMICALS Chemicals Drugs, Medicinal Drugs, Psychedelic Pesticides Herbicides ALCOHOL Beer Spirits Hard Liquor Wine BEANS & LEGUMES Black Beans Chick Peas Green Peas Kidney Beans Lentils Lima Beans Pinto Beans Red Beans Soy Beans Soy Milk White Beans Rice Milk Almond Milk |

### Healthy fats

#### What fats are good and which ones are bad?

The absolute best fats come from fatty cold-water fish, like salmon and tuna. These healthy fats are called Omega-3 fatty acids and their components have been credited with protecting the heart and cardiovascular system, joints, brain and, most importantly for our purpose, to protect against cancer.

Even more importantly, the components of fish oil have been shown to be particularly effective in preventing hormonally dependent cancers like breast cancer.

We recommend eating fish once or twice a week and taking a fish oil supplement (1-3 grams) daily.

Other healthy fats: olive oil, a great source of another essential fat called Omega-6, any seed or nut oils, like walnut and sesame and coconut oil, a much-maligned oil that has tremendous health benefits. We know, some of these are acidifying foods, so use them sparingly and in keeping with the balance recommended in the alkaline diet.

#### Stay away from:

* Any oils that are solid at room temperature (i.e. Crisco-type fats, lard, etc.) except coconut oil;
* Hydrogenated fats and trans fatty acids: fortunately these are now included on labeling, so your job of detecting them is easier. Most commercial baked goods are full of these harmful fats.
* Canola oil: It has the appearance of something healthy. It is made by irradiating rapeseed oil, which is not digestible by humans.