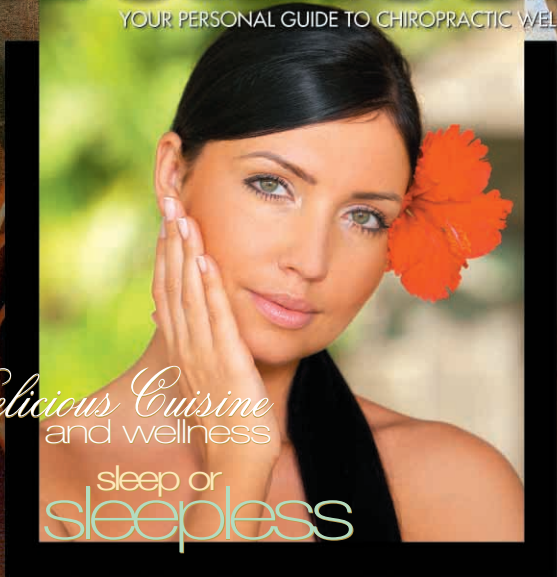


GOLF FITNESS

VOLUME EIGHT ISSUE EIGHT \$5.95 US

Chiropractic **Wellness**™

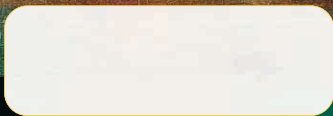
YOUR PERSONAL GUIDE TO CHIROPRACTIC WELLNESS



Delicious Cuisine
and wellness

sleep or
sleepless

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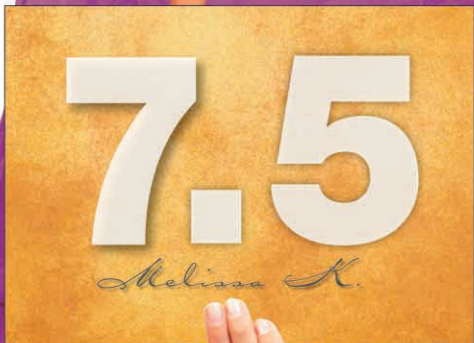
ph
WHAT'S
your
number?

CELEBRATING OVER NINE MILLION READERS

ph

WHAT'S YOUR NUMBER?

A As a doctor of chiropractic, many people only think of us as a "Back Doctor", working only on the frame of the body (vertebrae, nerves, muscles, ligaments), with the understanding that when the body's frame is in optimal alignment and balance, it functions at a higher level of wellness, heals quicker and is without symptoms. Well that is only half of our job!! As a chiropractor we are also a "body chemist" and the most miraculous laboratory in the world is the Human Body!



the series



"The first thought of any doctor who treats any kind of disease should be, what is the pH of this patient?"

Dr. Carson E. Pierce



Dr. Desiree Edlund

Our bodies are living laboratories. We are alive and breathing right now because of our complex nervous system in addition to the foods we eat and drink. This fuel we take in along with the oxygen from our lungs is "burned" in our cells, causing numerous chemical reactions to occur...until the products that are left are carbon dioxide (CO₂), water (H₂O) and an ash residue. This is similar to how our automobiles and fireplaces work, except their food is gasoline and firewood respectively. The question is...how does our ash residue measure up, and how does it affect our health? The answer depends on whether this ash residue is acid or alkaline.

First of all let's explore what it means to be acid or alkaline. What is pH?? No, we are not talking about how well your swimming pool is doing on a hot summer day. In the scientific world, pH stands for "potential of Hydrogen." Instead, we'll just say that, in your body, pH stands for your potential for Health.

pH is the value given to indicate the acidity or alkalinity of a substance. pH values are to acid and alkaline what temperature degrees are to heat and cold. It is merely a way of measuring the state of our ash. As we measure heat with degrees, ash residues that are acid, neutral or alkaline are measured by a "thermometer" called pH. The human body is

with dr. desiree edlund

CHIROPRACTIC WELLNESS

& FITNESS

3

Carbohydrates (4 kcal/g)

Carbohydrates are the body's primary source of energy, especially in low-fat diets. They're a great source of vitamins, minerals, and fiber, and are split into two categories, complex and simple carbohydrates. Choose a variety of foods ranging from fruits and vegetables to whole grains, such as whole-wheat bread and whole-grain cereals.

In addition, try to select foods made with little fat or sugar, such as pasta, lentils, and beans. Baked goods such as cakes, cookies, croissants, and pastries are carbohydrates as well, but most of the original fiber is removed during processing. Try to limit your intake of these types as much as possible.

Fat (9 kcal/g)

The two main types of fat are saturated and unsaturated fats. Saturated fats maintain a solid state at room temperature (like lard) and are generally considered to be associated with various health problems. On the other hand, unsaturated fats maintain a liquid state at room temperature (like olive oil) and have positive effects on the body's health. Due to these effects, you should try to eat oil-rich fish, nuts, and seeds more often, while limiting your intake of saturated fats like non-dairy creamers, high-fat meats, French fries, and pastries.

Another fat found in our diets that needs to be controlled is hydrogenated fat/trans fats. To counter its effects, enjoy a diet full of essential fatty acids (EFAs). Natural sources of EFAs include cold-water fish, olive oil, nuts, seeds, and other supplemental sources such as flaxseed, canola, or fish oil.

Fiber

Dietary fiber is an indigestible carbohydrate that passes through our system without absorption. Our bodies lack the enzymes to break down the various types of fiber into a form that can be absorbed into the blood. Two main classes of fiber in our diet are soluble and insoluble types.

Soluble fiber is found in fruits, legumes, oats, and rye among other foods. This fiber combines with water to form a gel in our intestinal tracts, which softens our stools and slows the rate of food that passes through our digestive systems. Insoluble fiber can be found in vegetables and wheat bran. This fiber tends to bulk in size when absorbing water, thus accelerating the rate at which food passes through our systems. The American Dietetic Association's recommendation for daily fiber intake is approximately 20 to 30 grams per day.



composed of 78% water. Therefore, our bodies are made mostly of water, a vital medium which allows nutrients, oxygen and bio-chemicals to be transported throughout. This water-based medium can be either acid or alkaline and is measured by the graduated pH scale. The ash residue produced by our human laboratory influences the pH of our body fluids and tissues.

The pH scale of values runs from 0 to 14. At the low end, 0 indicates really strong, complete acidity. At the high end, 14 indicates really strong, complete alkalinity. In the middle, pH 7.0 indicates that the substance is neither acid nor alkaline - it's neutral. Very few substances are completely neutral. Most substances test out on either side of neutral. For example, vinegar at pH 2.5, is a strong acid, and baking soda at pH 8.0, is slightly alkaline. When we talk about the pH of your body, we mean the pH of the fluids inside and outside your cells, your "internal environment". pH is the potential for health of the fluids in and around your cells. The ideal pH for your internal environment is just above pH 7.0.

Why should I be concerned about my pH levels?

pH has a profound effect on health and disease. Imbalances in pH means that the body has become too acidic or too alkaline for long periods of time which is not

WHAT'S YOUR NUMBER?

ph
A REAL SILENT KILLER

very well tolerated by the body. In fact, the body has regulatory mechanisms (breathing, circulation, digestion, hormonal production, etc.) that serve the purpose of managing and balancing pH levels. If the pH deviates too far to the acid side or too far to the alkaline side, cells become poisoned by their own toxins and die.

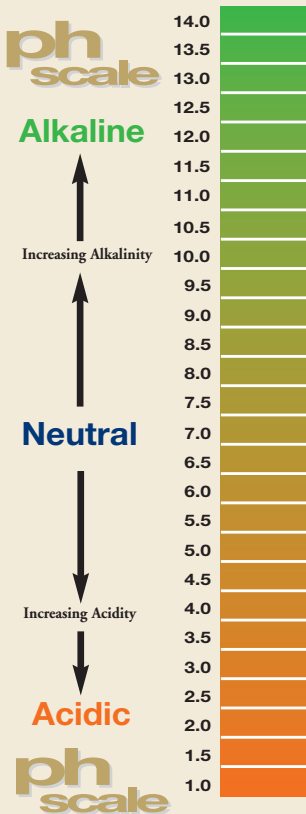
The Importance of Acid and Alkaline Balance for Health

Nothing does well in an overly acidic or alkaline pH medium. Similar to how acid rain can destroy a forest or how alkaline wastes can pollute a lake, an imbalanced pH can continuously corrode all body tissues, slowly eating into the 60,000 miles of our veins and arteries like rust eating into metal. This continued imbalance in pH will interrupt all cellular activities and functions, from the brain cells firing vital information through our nerves to our circulatory system pumping oxygen fuel throughout our body. Imbalanced pH interferes with our potential for true health and wellness!

Studies have shown that healthy people's body fluids are slightly alkaline while the same fluids of those who are sick are acidic, ranging from slightly acidic to extremely acidic. In Dr. Mark Cochran's book "The Secrets of pH Concerning Health and Disease" he states the body should remain in a slightly alkaline condition in order to avoid disease and premature aging.

Virtually all degenerative diseases including cancer, heart disease, arthritis, osteoporosis, kidney and gall stones, and tooth decay are associated with excess acidity in the body. While the body has a homeostatic mechanism that maintains a constant pH 7.4 in the blood, this mechanism works by depositing and withdrawing acid and alkaline minerals from other locations including the bones, soft tissues, body fluids and saliva. Therefore, the pH of these other tissues can fluctuate greatly. The pH of saliva offers a general window through which you can see the overall pH balance in your body.

Continues on page 8...



the series

Cholesterol

A Well-Known Fat-Like Compound
Cholesterol is a fat-like compound that is found in many foods, your bloodstream, and all of your body's cells. The liver creates about 85 percent of your blood cholesterol, while the other 15 percent comes from your diet. Dietary cholesterol comes primarily from animal sources such as meat, eggs, dairy products, fish, and seafood.

The American Heart Association recommends a daily cholesterol intake of less than 300 milligrams, as a higher intake of dietary cholesterol and saturated fat is linked to atherosclerosis (clogging of the arteries). As a result of their health effects, you should maintain appropriate levels of the various protein-composed outer coverings that transport cholesterol through the body. There are two main types: HDL (good) blood cholesterol carriers and LDL (bad) blood cholesterol carriers. Always make sure the HDL levels are high and your LDL levels kept low.

Water

The Other Element of a Healthy Diet
Your body's important chemical reactions all occur in the presence of water, which comprises about 60 percent of your bodyweight and 70 percent of your muscle weight. Water helps regulate and maintain your body temperature; transports nutrients and oxygen; removes waste products; and moistens your mouth, eyes, nose, hair, skin, digestive tract, and joints. Limiting water intake can result in dehydration, elevated body temperature, fatigue, decreased performance, and increased risk of heat-related illness. Consume at least ten, 12-ounce glasses of water per day.

Micronutrients

Micronutrients (more commonly known as vitamins and minerals) are different from macronutrients in that they do not supply direct energy. Rather, they work with your body to help extract energy from the foods you eat, in addition to helping ensure that your body functions optimally during everyday activities. Some of the tasks minerals perform include maintaining water balance; aiding absorption, digestion and transport of nutrients; transmitting nerve impulses; and regulating muscle contraction.

There are 13 vitamins (4 are fat-soluble, and 9 are water-soluble) whose responsibilities include ensuring normal metabolism, growth, and mental alertness. Vitamins and minerals are vital to our health, as deficiency in one specific vitamin or mineral can result in a related illness or disease that usually subsides once appropriate levels are reached again.

Cancer cannot exist in an alkaline environment. All forms of arthritis are associated with excess acidity. Acid in the body dissolves both teeth and bones. It leaches calcium from bone resulting in osteopenia or osteoporosis. Whatever health situation you are faced with, you can monitor your progress toward a proper acid/alkaline balance by testing your saliva pH.

Monitoring your pH gives you a general indication of how well or how hard your body is working to survive your lifestyle. The results of your pH tests are indicators of how your body is responding to the foods you eat and to other stresses. The actual acid or alkaline level of your internal environment affects how your body functions.

The pH values you get when you test your urine or saliva are indications of how your body is functioning. When your body is at its pH best, it hums along smoothly and easily as a brand new Ferrari would hum riding along the Pacific Coast Highway at sunset on a warm summer night. And when your body hums along smoothly and easily, your health and resultant quality of life has a good chance of doing the same. When your body is at less than its pH best, its hum may turn into an exhausted moan as it works overtime to survive. And when your body is exhausted, you are exhausted and your potential for a lower quality of life results.

The pH of your internal environment is a good indicator of how hard your body is working just to survive in today's environment. When your pH values are too far below or too high above pH 7.0, your potential for health plummets.

Our efforts to establish and maintain good pH levels are often thwarted by 2 main things:

1. What we put into our bodies (eating, drinking, breathing, absorbing, etc.)
2. What we are not taking into our bodies that we should (nutrients, vitamins, minerals, water, etc.)

In my next article, I will share with you the best ways to test your body's pH and review a list of foods that will increase your pH...resulting in better health. We will also explore specific

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

- Thomas Edison

nutrition which will raise pH levels and which products/labels are the best quality...hint, Green Drinks! It is important to know that changing the body's pH does not cure disease, however, it allows the body to heal itself by ridding it of toxins. Learning about the alkaline-acid connection will give you the knowledge to create an internal environment that not only fights diseases but thrives! **CW**

Dr. Edlund received her Doctorate degree with Magna Cum Laude honors from Southern California University of Health Sciences (formerly L.A.C.C.) and currently is the clinic director and founder of one of the fastest growing chiropractic clinics in California. Successfully treating thousands of people who had been diagnosed with many illnesses including arthritis, fibromyalgia, headaches, chronic pain, carpal tunnel, allergies, acute injuries, chronic fatigue and TMJ (jaw problems), she is dedicated to teaching her patients a program of true health as well as personal lifestyle guidance to allow their body's to experience maximized living! She is an avid spokesperson for the chiropractic profession, has made many television appearances on news programs and talk shows, is a prominent lecturer and co-author of a best selling book. You can reach her at drdes77@hotmail.com.

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