



Holistic Healthcare of Virginia

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An Alkaline Diet

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We need to be sure that we eat more vegetables and less meat and grain and when we do so we are moving our diet from acid toward alkaline. As for fruits, though some are acidic, they are usually mildly acidic and generally not enough to bring about acidification, unless the person has difficulty metabolism acids. Therefore, fruits in the morning or as a snack would be a good idea and then for lunch and dinner, reduce the portion of meat and grain (pasta, sandwich bread, etc.) or choose a more mildly acidic grain such as brown rice or millet and choose legumes as they are less acidic than meats and are a good source of protein and fiber especially when combined with a grain.

Increasing vegetable consumption seems to be the main message for optimum health in both Christopher Vasey's book, *The Acid-Alkaline Diet for Optimum Health*, as well as many other books suggesting diets for health. In his book, Christopher Vasey, N.D. describes four elementary principles for selecting foods to ensure an acid-alkaline balanced diet.

- The first principle is to ensure that each meal always contains alkaline foods. This basically means we should eat more veggies or perhaps have alkaline fruit in the morning with breakfast.
- The second principle is that the proportion of alkalizing foods should be greater than the acidifying foods at any given meal. This also means we need to eat more veggies and less meat and grain.
- The third principle is that the amount of alkalizing foods should be increased if we know we have acidification or if the individual cannot metabolize acids properly. We can become more acidic when we are stressed, feel weakened or exhausted or live in a more toxic environment.
- The fourth principle is that a purely alkaline diet should only be maintained for about one to two weeks. We need protein (which is acidic) to survive, and a purely alkaline diet would not have sufficient intake of protein. A purely alkaline diet would therefore be useful for therapeutic reasons and only for a relatively short period of time. This fourth principle shows that we need to be conscious of ensuring an acid-alkaline balanced diet and not simply following an "alkaline diet" unless it is for a short term and for therapeutic reasons.

In summary, eating more vegetables and less meat and grain is better for us as there's less acidity. Folks who have acid reflux would really benefit from following the advice given in Dr. Vasey's book. Increasing vegetable consumption seems to be the main message for optimum health yet again.

Source:

Vasey, C. (2006). *The Acid-Alkaline Diet for Optimum Health*. Rochester, VT: Healing Arts Press.