

Alkaline Diet: Truth or Myth? Script

An alkaline diet is a diet where you focus on foods that have a pH greater than seven. These foods are considered alkaline.

The thought is that if you eat foods that are alkaline, it will change the pH of your body. It will cause you to be at a more alkaline state.

Your body likes to be at a slightly alkaline level of 7.35 - 7.45.

Having a more acidic body helps to promote cancer cell growth.

If you can shift the pH level of your body to be more alkaline, you can slow the growth of cancer cells.

So, the thought is that if you eat foods that are more alkaline (greater than 7), then your body will be more alkaline.

But this is really not possible. Your body has a built-in way to control your pH level and keep it within that 7.35 - 7.45 range.

That would be like your respiratory system, or your kidney function. They help control how your body functions.

So, it's really not possible to shift your body out of a slightly alkaline state.

Even if you're testing your urine and it shows that it's more acidic, it doesn't mean that your body is alkaline. (Should this be acidic?)

It just means that your regulating system is doing its job. It keeps your pH level where you want it to be (where it's preferred).

Really, it's about eating a balanced diet. One way to look at that is about how you portion your plate.

Have half the plate be fruits and vegetables. A fourth of the plate should be a whole grain, and a fourth be a lean protein. Then add a low-fat dairy for your beverage.