

Protective Diet Class #016

Inflammatory Disease: Acid vs Alkaline Foods

This class discusses the negative health consequences of consuming acid-forming foods, especially chronic inflammation. A Protective Diet is the ideal alkaline fuel for the body, naturally eliminating obesity and releasing the body from a constant state of pH correction.

Announcements

- Join us in [Protective Diet Living \(PDL\)](#) to get daily support and encouragement on your path to optimal health.

Vocabulary

Acute Inflammation	Chronic Inflammation	Somatic Pain	Visceral Pain
Autoimmune	Self-Antigen	Phytonutrients	Anti-Inflammatory

Action Steps for Eliminating Chronic Inflammation

- **Identify Inflammation**

- Inflammation is the body's natural immune response to injury or infection.
- In this protective process, defensive blood is rushed to the tissues to begin healing.
 - Acute inflammation—tissues become inflamed, swollen, red and heal within a week or so
 - Chronic inflammation—can last months, years...a lifetime due to failure to eliminate the cause
 - Autoimmune response to a self-antigen--where your immune system attacks your own healthy tissue
- Inflammation may trigger pain as swelling tissues push against nerve endings, which send signals to the brain.
 - somatic pain--felt in muscles, joints, ligaments and skin
 - visceral pain—felt in the deep tissues and organs; deep ache, cramping pain
- Inflammation is a precursor to a range of autoimmune, metabolic, and chronic diseases, including, but not limited to:

Asthma	Ulcerative Colitis	Cancer	Fibromyalgia	Celiac Disease
Chronic Ulcers	Crohns Disease	Hay Fever	Lupus	Psoriasis
Rheumatoid Arthritis	Chronic Sinusitis	Heart Disease	Type 1 Diabetes	Addison's disease
MS	IBS			

- **Know the Cause of Chronic Inflammation**

- Obesity is linked with higher white blood cell count, which promotes inflammation and disease.
- Foods that acidify in the body produce an immune response because the body must respond quickly to re-alkalize the blood.
- Highly acidic diets cause the body to be in a state of constant correction, which means chronic inflammation.
- In addition to inflammation, to correct the blood pH after acidic foods are ingested, the body mines alkalizing agents (such as calcium & magnesium) from bones and muscles, causing osteoporosis and muscle loss overtime.

DR. T. COLIN CAMPBELL--The China Study

- Comprehensive series of studies showing the negative health consequences of high consumption of inflammatory foods.
- Contributes to low grade systemic inflammation, oxidative tissue stress & irritation.

- **Eliminate Instead of Masking It**

- Current treatments reduce inflammation, manage symptoms, mask disease, and ultimately slow the healing process.
- Anti-inflammatory drugs (NSAIDs), Steroids/hormones administered with injections/inhalers, as well as natural remedies (ginger, turmeric, ice, green tea, tart cherries) only help to reduce symptoms.
- The science is there, but the medical community is slow to adopt it:

DR. ROYCE SWANK -- 50 year landmark study that produced the cheapest, most effective solution for MS (multiple sclerosis)

- Removing saturated animal fats allowed 13/15 patients to have youthful mobility in their 70s and 80s, despite the disease.
- Adding 8g of saturated animal fat/day back into the diet caused the disease to reactivate & symptoms to progress.
- Conclusion: MS is caused by the consumption of animal fat. A single meal can decrease circulation, which affects the brain.

DR. JOHN MCDUGAL conducted the study again in 2013 with the help of physical medical imaging (MRIs)

DR. DEAN ORNISH—studied a low fat plant based diet and heart disease without physical medical imaging (no MRIs)

DR. CALDWELL ESSELSTYN—conducted the same study using MRIs & showed arteries clearing, enlarging and repairing

- But many cardiologists are still prescribing medications & surgeries instead of removing acidic foods

- **Eat A Protective Diet**

- Eliminate obesity & naturally get to your ideal body weight.
- A Protective Diet is composed of alkaline food. The more alkaline the food, the more detoxifying it is.
- A Protective Diet nourishes & regenerates the body instead of depleting it.
- Phytonutrients in plants decrease inflammation, cell death and oxidative damage.
- A designation of alkaline or acidic does not have to do with the actual pH of the food, but the body's response to it.
 - meat is alkaline (actual pH) but leaves an acidic residue in the body
 - acidic fruits (citrus and tomatoes) become alkaline in the body without causing inflammation

Acidic	Alkaline
Dairy products	Soy milk , Rice Milk , Nice Cream
Meat, fish & poultry	Tofu, beans, lentils, tempeh
Fruit juice, pop, caffeine, alcohol	Water or tea , PD Beverages
Processed foods, food additives	Whole plant foods
Oils & fats, nuts	Seeds (caraway , cumin , fennel , dill , chia , etc.)
Sugars, syrups, honey, sweeteners	Stevia , erythritol
Soy Sauce	Tamari

Cooking Tips

- Alkalized water is a scam—water is at a neutral pH of 7—filtered tap water is fine—add lemon to make water alkaline.

Student Q&A

Q: Do you think it is better to not eat erythritol if you are trying to lose weight or if you have issues with overeating?

Q: Is stevia better than erythritol?

Q: What do you suggest for someone that has an autoimmune disease and doesn't lose weight easily?

Encouragement

- You are already doing this. You are already eating an alkaline diet. It's not something you even need to think about on a Protective Diet. Your body will not have to correct this.
- If you have fibromyalgia or arthritic pain, you should expect a dramatic change. After your first 30 days you should start to feel some relief if you stick to this 100%. Inflammation is dramatically reduced.
- No matter what you have going on in your body. If you apply this 100% you will get results.

"This diet is so beneficial for reducing inflammation, reaching your ideal weight and reversing all disorders within the body."

Recommended Recipes

- [Breakfast Brownies](#)
- [Flower Water](#)
- [Rice Milk](#)
- [Nice Cream Sandwiches](#)
- [Tuber Tonic](#)

Recommended Classes

- [#026 Outdated Recommendations in the Health Care System](#)
- [#045 Weight loss Average on a PD](#)
- [#082 Mastering Label Reading](#)
- [#027 Being Challenged by Diet Trends](#)
- [#086 Sugar in Healthfood Camouflage](#)
- [#046 Type 1 & Type 2 Diabetes](#)
- [#142 Video Coaching Hour](#)
- [#007 Understanding the Endothelium](#)
- [#111 Coffee & Diet Soda](#)
- [#036 Nuts](#)
- [#164 Eliminate, Heal & Achieve Optimal Health](#)
- [#002 Identify True Hunger](#)