

Detoxification in Relationship to Alkaline and Acid-Forming Foods

Cal Streeter, DO; Michael Epitropoulos, DC, PhD

As chiropractors, we are natural health specialists, and we teach our patients how to take better care of themselves. It is important that they know a little about the foods they eat.

Alkaline foods, such as fruits and vegetables, are great detoxifiers of the body. Alkaline constituents are also used to feed the body; they are truly the regenerators. Acid foods slow, inhibit or stop the detoxification process. They are inflammatory and mucus-forming, causing tissue failure to the body. Acids can become free radicals, causing tissue damage, unless linked to an antioxidant (alkaline) and removed. Examples of acid-forming foods are dairy products specifically, and proteins in general.

Alkalization is the key to regeneration and getting healthy. Alkaline foods cool and soothe inflamed tissue, heal ulcerations, and enhance cellular functions. A healthy diet consists of 80 percent alkaline-forming foods.

Acidic foods are high in sulfur, phosphorus and nitrogen. These include all meats; eggs; grains; beans; nuts; seeds; pasteurized dairy products; and cooked tomatoes. Most animal protein foods are irritants to the mucosa and cells of the body, invoking an immune response. Foreign proteins cause mucus production, creating congestive issues until the lungs, sinus cavities, ear canals, throat, and other areas become saturated. The intestines can also become saturated in mucus, resulting in parasites and inflammation. This congestion and inflammation eventually leads to cellular death. The best example of this congestive process results from the consumption of dairy products. Much of the mucus and toxins resulting from dairy consumption is stored or filtered through the lymphatic system, especially in the lymph nodes. Is it any wonder that lymphatic cancers are on the rise in the U.S. today? Remember: What you don't eliminate, you accumulate!

The human body is biologically suited for predominately alkaline-forming foods. You will find that your patient's adjustments will hold better if their diets become predominately alkaline. For a copy of a complete alkaline/acid food chart, contact us. As Hippocrates said, "Let your foods be your medicine and your medicine be your foods."

In future articles, we will look at the detoxification and regeneration process in more detail, as well as balancing body systems through subluxation correction and healing foods and herbs.

Michael Epitropoulos, DC, PhD
Flagler Beach, Florida
(800) 828-3057
atlanticdoc@aol.com

Wilbert Streeter, DO
Portage, Michigan
(219) 875-4898

