

Aches, pains? Too much sugar could be to blame

Barbara Broadwater 3:30 p.m. CDT August 25, 2014

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The health and disease of your body begins in your cells. This is often referred to as “the cellular level.” It is important to give your cells life-giving nutrients and oxygen from the bloodstream. Yet, they also need to release cellular waste. Both of these interactions are able to take place when the body is in a slightly alkaline state. This allows for an easy flow of oxygen and nutrients into the cell walls.

When the body is in a chronically acidic state, these processes may become impaired. If the body remains in this state and a buildup of waste in the cells occurs, both fatigue and disease begin.

Persons with arthritis have a buildup of acidic crystals that cause joint and muscle pain. Too much sugar can attribute to many aches and pains.

The American Cancer Society, the American Heart Association, the American Medical Association and most other health organizations recommend a minimum of five servings of fruits and vegetables each day. Many fruits and vegetable are high in compounds that keep the body in a slightly alkaline state.

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Be aware of the pH content of the foods and beverages you consume.

Here is a list of just a few acid- and alkaline-forming foods to increase your awareness level on what you are consuming:

Alkaline forming:

Apollinaris water

Fiji water

Apple cider vinegar

Apples

Asparagus

Bananas

Beets

Strawberries

Blackberries

Ginger tea
Grapefruit juice
Broccoli
Cantaloupe

Celery
Chestnuts
Tangerines
Limes

Collard greens
Endive

Acid forming:

Beer
Malt liquor
Gin
Vodka
Wine
Pork
Peanuts

String beans
White beans
Beef
Tomato juice
Bread
Sugar
Cakes

Pies
Cheese
Rice
Chips (fried)
Coffee

Did I just take all the fun out of eating?

Well, being on medications, including but not limited to dialysis, is no fun. Having gone to nursing school, I know there are certain things that are consistent like cells make up tissues, tissues make up organs. However, each year the drug medication book changes only to include new medicines. Any medication you are on for an extensive period is likely to affect your liver and/or kidneys.

Put your body into a healthy state and eat and drink for your health.

Be fit and healthy. It's a lifestyle!

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