

(Dr. Silberstein's website – you can go to www.beatcancer.org for a handout that helps people understand acidity vs. alkaline level - you can just print it off)

Dr. Mitra Ray - April 1, 08

Answering the question of is JP alkaline to the system or not?

The ph scale goes from 0 -14 – it's an algorithmic scale, with 7 being neutral and numbers less than 7 are acidic and numbers greater than 7 are alkaline. Our bodies are slightly alkaline in nature. Most of the cellular (?) is at a ph slightly above 7. When we eat F and V and berries they are actually alkaline to the system and help to produce an alkaline environment in which most of the enzymes in our body are happy to function.

The enzymes in our body are highly sensitive to the environment being at the right ph, so it's important to eat lots of F and V in our diet. Now some people are confused because they heard citrus fruits have citric acids in them. Yes, there are acids and bases if you start to analyze each and every ingredient in F and V. For instance citric acid is in citrus fruits but that does not make citrus fruits acidic to the system because the citric acid gets broken down - in fact all the acids in F and V and berries get broken down very easily.

Ultimately, the kidney knows whether what you ate is acidic or basic and we can measure the renal acid load of every food and what we find is all F and V and berries are alkaline and they help the body maintain the correct ph environment in which most of your enzymes like to operate – there are a few exceptions not worth mentioning here. But for most of the enzymes in your body, you want to create an alkaline environment and that's what you do by eating lots of F and V and because JP contains lots of F and V and berries it is alkaline to the system. So you need not worry about any of the mythology around citric acids being acidic, they are not acidic to the system as measured by the renal acid load.

Unlike other foods you eat: grains, meat and dairy – these produce an ultimate effect of producing lots of acidity and that means the calcium stores have to be released from the bone to neutralize this acid load and this ultimately is what causes osteoporosis. While eating lots of F and V and taking a product like JP you will help the body stay more alkaline.