

## Clinical Insights



## Clinical Insights by Dr. Donald L. Hayes, D.C.

### Acid/Alkaline Bullet Points

#### Acid/Alkaline Fat Loss Information:

- Fat dissolves in an alkaline medium.
- Most diets are not alkaline but very acidic.
- Acid in the blood is turned to a solid and stored in fat cells on the hips and abdomen to keep the blood alkaline.
- Weight loss can only occur when the body is brought into an alkaline state.

*(Secrets of an Alkaline Body, David Jubb, PhD, North Atlantic Books, Berkeley, CA)*

#### Acid/Alkaline Fat Loss Research:

- Many patients who are acidic and trying to lose weight skip breakfast to cut calories.
- This is a big mistake because during sleep the body uses much of the glycogen stores in the liver to maintain blood sugar levels.
- If a patient skips breakfast, low blood sugar will soon trigger the brain with a very powerful hormone forcing that person to either eat too much for lunch or snack all day long.
- University of Colorado researchers headed by Dr. Holly Wyatt found that people who eat breakfast maintain weight loss better than those that don't. *(Research from Univ. of Colorado Health Sciences Center)*
- Breakfast eaters burned up more calories during the day, particularly if it contains protein. The body converts the Amino Acids from protein into blood sugar.
- Amino Acids act like tiny blood sugar time-release capsules that can keep you from overeating. *(Obesity Research: 10 78-92, 2002).*

#### COMMENT:

- Patients that are overweight are obviously suffering from at least a mild to moderate case of acidosis. If they eat meat at the breakfast meal to provide the necessary protein (Amino

Acids) to help maintain their blood sugar throughout the day, the meat they eat is generally extremely acidic (pH 1.5 – 2.2) and it will worsen their acidosis.

An excellent option for breakfast is to have patients take either the Greens First Wellness Shake or The Greens First Healthy Living Shake.

**Greens First Wellness Shake** is made by mixing **Greens First®** (Original or Berry) together with either flavor of **Greens First Boost®** (Vanilla or Chocolate) 10-12 oz of pure, cold water. Shake & enjoy! It's a complete nutritional drink. **Greens First** provides the organic fruits and vegetables while **Greens First Boost®** provides all 3 Food Groups (vegetarian/vegan brown rice and vegetable pea protein, good carbohydrates & healthy oils) plus vitamins and minerals that your body needs.



The **Greens First Healthy Living Shake** is a delicious meal replacement that combines all three food groups, low-fat protein, complex carbohydrates and healthy fats. The products help to create a low-glycemic response that helps balance blood sugar levels. The Healthy Living Shake provides a nutrient dense, calorie and carbohydrate restricted meal replacement, that helps achieve optimal vitality.



### General Acid/Alkaline Information:

- When the body is alkaline and oxygenated, vital immunity is at its peak.
- The body in an alkaline state can neutralize acid wastes.
- Acid wastes are reduced only by alkaline body fluids.
- Alkaline blood allows for more protein synthesis.

- Alkaline tissues and alkaline blood convert acids and free radicals to harmless water and oxygen.
  - Alkaline blood and alkaline tissues neutralize toxins and restore and maintain vitality.
  - Having an alkaline body dissolves solidified acidic calcium.
  - Alkalinity equals more electrons. Acidity equals a loss of electrons.
- (Secrets of an Alkaline Body, David Jubb, PhD, North Atlantic Books, Berkeley, CA)*

### **Acid/Alkaline Research & Chronic Disease:**

- Research published in the prestigious Journal of Gerontology, conducted at *University of San Francisco Department of Medicine* by Drs. *Lynda Frassetto and Anthony Sevastian*, clearly demonstrate that as people get older they have a decreasing alkaline reserve, a lower amount of bicarbonates in the blood and a tendency toward metabolic acidosis.
- In the abstract of the research paper the scientists reported they found with increasing age from 20 years to 90 years a significant increase in the state of blood acidity and a correspondingly significant reduction of bicarbonate alkaline reserves, indicative of a progressively worsening low-level metabolic acidosis.
- In studying the research one can clearly see that the bicarbonate density of human beings remains fairly constant until the age of 40-45 and linearly decreases about 18% by the time one reaches 90 years old.
- In general, adult degenerative diseases such as obesity, diabetes, osteoporosis, high blood pressure and others start to appear at the age of 40 and up and gradually worsen approaching the age of 90 and up.
- The researchers attribute the reduction of bicarbonates in the blood, as we age, to generations of the Standard American Diet (SAD) and concluded that the role of age-related metabolic acidosis in the cause of adult degenerative disease warrants consideration.

### **Common Denominators of Chronic Degenerative Diseases**

- Research shows that as we age acids accumulate (see research above) in the body's weakest and most devitalized joints and organs. The blood supply to these areas is compromised and the immune cells incapacitated because of the poisonous acids. These organs and joint areas become breeding grounds for various organisms like viruses, bacteria and fungi to flourish.
- The initial purpose of these organisms is to consume the accumulating toxic acidic waste. This is the body "rotting" from the inside out.
- We do not 'catch' Chronic Degenerative Disease...We CREATE IT!

### **Medical Model:**

- The concept of Acid/Alkaline Imbalance is extremely significant and central to all aspects of healing. In fact this concept serves to unite all forms of health care, both allopathic and alternative, SINCE NO ONE CAN DISPUTE it. Double blind research studies are not needed to understand that alkaline neutralizes acid. We all learned that in elementary school.
- Allopathic medicine deals with the final symptoms and stages of Acid/Alkaline Imbalance, not the root cause. However, to have patients begin treatment inside the allopathic model, it places them in a severely compromised predicament.
- It is in the best interest of the patient to begin a treatment program that offers conservative protocols that apply to all diseases. Concepts not exclusive to any one profession, not expensive and not dangerous.
- Instead of treating based on the final symptoms of Acid/Alkaline Imbalance, this is about treating based on the 'cause' of Acid/Alkaline Imbalance.
- Alternative practitioners such as chiropractors, naturopaths, acupuncturists and others can use all or as few natural protocols as required. The protocols are done in a logical and sequential order.

### **Wellness for Doctors Model**

- Given the research on decreasing alkaline reserves, lower amounts of bicarbonates in the blood and a tendency toward metabolic acidosis for most Americans it seems logical that working to improve the Acid/Alkaline Imbalance of patients is a good place to start.
- The basic premise regarding the overproduction of acids in the body is that as countries become more "advanced and automated" eating fast foods and saturated fatty meat proteins become the norm.
- These foods are converted to strong acids that must be eliminated from the blood and / or removed from the body through various organs including the kidneys.
- Every acid molecule that passes out of the body via the kidneys must take an important "alkaline" mineral with it, which contributes to the loss of the body's alkaline reserve.
- So, the healing process, no matter what is wrong with you, begins with re-establishing the body's depleted "Alkaline Reserve." The only way you can replace these vital alkalizing minerals is by consuming 80% of your daily diet in alkalizing fruits, vegetables and other alkalizing foods.
- To achieve an Acid/Alkaline Balance in patients, health practitioners must include concepts such as body cleansing, alkaline foods, alkaline breakfast eating and alkaline forms of exercise and stress reduction.

- Acid/Alkaline Balance Treatment requires care of the whole person and must take into consideration many lifestyle issues not only one..
- This is a “Whole-istic” Health Care approach which is most assuredly in the patient’s best interest.

You can start to live the alkaline lifestyle with guidelines from my book, *Alkalize Now, Promote Healing & Improve Health*.



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Or Call us at 1-866-410-1818

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