



## **Beat the Bugs this Cold and Flu Season!** *by Anita Sauv  CNP*

Have you ever wondered why some people get every little cold that goes around and others just seem to breeze through without catching anything at all? Well, it has more to do with the terrain than the germ. Everyone is exposed to the same bugs. What determines whether we stay healthy or get sick is the condition our bodies, and specifically our immune systems, are in. All the vitamin C and Echinacea supplements you can swallow will be wasted money if you don't start with the proper terrain. So how do we ensure our terrain is hostile to those nasty little foreign invaders, the cold and flu bugs?

The answer lies in your body's pH level. pH stands for potential hydrogen. It is a numerical value that represents how acid or alkaline a substance is. This is represented on a scale from 0 to 14, with 14 being the most alkaline and 0 being the most acidic. Our bodily fluids, tissues and organs all function at an optimal pH. The blood pH must stay in a very narrow range in order to stay alive. As part of the process to keep this optimal pH, acidic wastes are shuttled from the blood to other parts of the body. These waste materials then build up and impair the proper functioning of all of our cells. Immunity is affected by the acid/alkaline balance because viruses, bacteria and fungi cannot survive in a properly alkaline environment. Other benefits of correcting an overly acidic state include; younger looking skin, stronger bones, decreased inflammation, easier weight loss, prevention of chronic disease & increased energy, both physical and mental. That's a lot of benefits! So where do these acidic waste materials come from?

Acid wastes come from a number of sources. Some acids are formed from normal bodily functions like the exercise you get on your morning power walk. These naturally occurring acids are normally eliminated from the body through the lungs as you breathe. Emotional and mental stresses can also cause an acid build-up in the body so it is important to build regular self-care and relaxation activities into your lifestyle. Diet however, plays a major role in the amount of acid produced by your body. Everything that passes your lips creates either an alkaline or acidic residue in your body. Acid forming foods include processed foods, fried foods, dairy, sugar, meats, many grains and most beans. Alkaline forming foods include most fruits and vegetables, sprouts, some nuts, most seeds, sea salt, green tea, apple cider and many spices. One of the best methods of controlling your pH is to eat a diet of mostly alkaline forming foods along with a moderate amount of acid forming foods. In some cases, alkalizing dietary supplements may be of benefit as well.

So how do you know if you are overly acidic? One of the simplest ways is to use pH paper to test your saliva and urine. Once you are armed with knowledge about your current pH level you can be proactive and take charge of your own health. No more colds and flues for you!

Until November 15th call the Waterdown Clinic of Naturopathic Medicine (905.690.9151) for a free 15 minute appointment with me. I will teach you how to test your pH levels and give you some guidelines to help keep you in a healthy acid\alkaline balance for the cold and flu season. I look forward to meeting you!