

■ This month, we'll discuss acidity, pH and other alkali products. You've likely heard of diets whose aim is to repair the body's pH. For once, here's something serious that has undergone randomized clinical trials. You know that your coach likes studies where the results really mean something!

Our body's pH should be 7.3 – pretty close to water, which is pH 7 – for us to be in good health, with an optimal energy level and a good weight.

Often, people who complain of:

- Not being able to lose weight
- A lack of energy
- Always being sick or catching every virus
- Always being tired
- Having hormonal problems
- Suffering from frequent headaches
- Being pale
- Having painful gums
- Having weak hair and nails
- Having gastritis and weak intestines
- Having dry skin
- Leg cramps
- Digestive issues

...we find an **acidic**, or very acidic, pH. Just by de-acidifying your body – making it more alkaline – helps to fight the symptoms above. (Of course, you must always consult your doctor in case of severe discomfort, but you already knew that, right?)

I've just used the words **pH, alkaline, and acidic**. But what exactly do they mean? The initials "pH" come from the German **potenz** (as in potential, power) and the term **Hydrogen**. A pH is a parameter, a measure by which the acid or alkaline levels of a solution – or, for our purposes, the human body – can be calibrated. Generally, a pH under 7 is acidic, over 7 is alkaline, and 7 is neutral. Our bodies are at their healthiest when our blood is slightly alkaline, with a pH between 7.3 and 7.45 (the ideal level being 7.365).

How can you measure the pH of a body? Very easily, with little strips you can find in pharmacies (anywhere in France, whether you live in a small village or a big city), in a homeopathic pharmacy or on certain websites. I advise you to measure your pH in the morning, before breakfast, with your

Slightly acidic	Acidic	Very acidic
White beans	Black beans	Prunes
Cooked spinach	Potato (flesh only, the skin is less acidic)	Sweetened fruit juice
Store-bought fruit juice	Rhubarb	Cranberry
Plum	Canned fruit	Blueberry
Whole grain bread	Buckwheat	Pasta
Whole rice, Cold-water fish	White rice	Cake and pastries
Oysters, Game meat	Cooked, dried, or canned corn	White bread
Liver (of veal, heifer, fowl)	Oats	Wheat
Eggs, Cream	Lamb	Beef
Yogurt, Butter	Chicken	Pork
Sunflower seeds	Raw milk	Shellfish (except oysters)
Sesame seeds	Cashews	Ice cream
Pumpkin seeds	Pistachio	Cheese (except goat)
Margarine (non-hydrogenated, of course)	Wine	Heavy cream
Sunflower oil	Coffee	Walnuts
Corn oil	Vinagar	Peanuts
Tea (Earl Grey, black tea in general)	Mustard	Soda
Cocoa	Mayonnaise	Beer
Filtered, heated honey (usually very cheap)	Ketchup	Liquor
	Jam	Chocolate
	White and brown sugar	Synthetic sweeteners (except Stevia)



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saliva. It's easier and more convenient than measuring the pH level of your urine. Once a week, and you're set!

The goal is to have your pH be on the alkaline side rather than on the acidic side. I therefore decided to write you up a list of foods that make your body more acidic – not very good – and those that have a positive impact on your system, since they make it more alkaline – very good!

If your system is at a good pH level, your diet should ideally consist of 60 percent alkaline foods and only 20 percent of acidic foods.

Here's a list of alkaline foods (recommended) and acidic foods (to be avoided):

I'm sure you're saying to yourself, "But Valerie is always telling us to eat blueberries and walnuts, and here I see they're acidic." And you're right. But if your diet only has 40 percent of acidic foods and everything else is alkaline, you're on the right path. Because acidic foods contain powerful antioxidants, they are also very good for you. It's just a matter of striking the right balance!

Note that stress will acidify your body! So your coach prescribes yoga, meditation and long hikes in the forest on the weekend!

Note also that as surprising as it may seem, lemon isn't acidic but alkaline! That's why I often suggest that you drink plain water with lemon and cucumber slices (like at the spa)