

## Of Special Interest

- Acidosis
- Catch 22
- Feedback
- Share the Health

Last month our newsletter took on a new look, in order to serve a greater number of people. Circulation is growing thanks to all of you.

Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.

Now circulating in 40 states and 14 countries abroad.

## Share the Health

Five Foods for Healthier Skin

- Fish
- Green Tea
- Broccoli
- Safflower or Sunflower Oil
- Almonds

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Next month is all about Spring Tune-ups.

Thank You for your continued support.

PASS THIS NEWSLETTER ON TO A FRIEND.

"The difference between the impossible and the possible lies in a person's determination." - Tommy Lasorda

## Acidosis

### Keeping alkaline or shifting your pH Toward Alkaline...

It is important for our bones, muscles, joints, and general health that our systems are alkaline, pH 7 or above. Eating foods that are more alkaline helps to shift your body's pH, which oxygenates your system. Poor health and acidosis go hand in hand; listed below are some symptoms of acidosis from Mild to Advanced. The pH scale ranges from 0 to 14, with numbers below 7 acidic (low on oxygen) and numbers above 7 alkaline. An acidic body is a sickness magnet. Beside the common maladies

from our workaday lives, **acidosis** can destroy or weaken the immune system. If some of the symptoms below are keeping you from doing the things you love or enjoying your life, you may want to consider the list of alkaline and acidic foods included here.

### Mildly Acidic Symptoms:

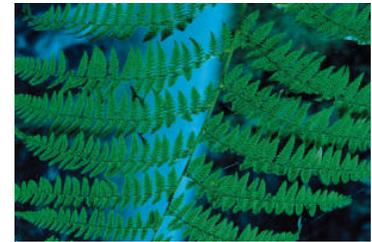
- Low energy
- Digestive problems: constipation diarrhea, bloating, gas
- Mild headaches
- Muscle pain
- Itchy skin
- Joint pain
- White coated tongue
- Bad breath

- Nasal congestion or discharge
- Strong smelling urine

### Moderate Acidic Symptoms:

- Fungal infections: Candida, athlete's foot and thrush
- Periodontal Disease
- Poor memory and concentration
- Viral infections: cold sores, colds and flu
- Hay fever, sinusitis, asthma, and bronchitis
- Urinary tract infections, prostatitis
- Premenstrual tension
- Psoriasis and hives

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## Catch 22

A catch 22 sidelines many, it hurts to move, so we don't, and if we don't, soon we can't, and we end up with even more pain. Ever wonder why, you wake up in the morning greeting pain and it gets progressively worse until retiring for the night? Motion – the human body is designed to move in order to remain healthy and active. Even while standing still or sitting straight our muscles continue to move if we are normal healthy functional human beings. Humans are constantly fiddling with things and are never satisfied. Bigger softer cushier undemanding furniture becomes the **surrogates** for our posture muscles. Do I dare mention all the "Labor Savers" and "Time Savers" we have perpetrated on ourselves? The posture muscles

become weak and atrophied and voilà, they no longer are able to do their intended jobs, keeping our posture aligned and our body upright and straight – free of pain and healthy. Is it possible then that we have done ourselves a disservice in taming our environments? Something to ponder. As an amateur cook, I can safely say that something else we humans really like to fiddle with is the food we eat. We refine it, bleach it, preserve it, enhance it, and *improve* it. How does one improve on Mother Nature? We take a beautifully designed body, the best antigravity system known to man and fiddle with it. Then we take perfectly good well-designed food and fiddle with that. How is it possible that we can take such beauty and tweak it into desecration - junk? We take all this

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*Two dried figs have more than the daily requirement of fiber. They taste good too.*

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*People involved in strenuous activities seldom ever complain of being tired. Wonder why?*

*The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will.*  
**Vince Lombardi**

## Acidosis ... continued from page 1

- Migraine headaches
- Insomnia
- Depression
- Bacterial Infections: Staph, Strep
- Hair loss
- Swollen joints
- Gastritis, gastric ulcers and colitis
- Heart Disease
- Vaginal yeast infections
- Ear infections

### Advanced Acidic Symptoms:

- Osteoporosis
- Autoimmune diseases: Multiple sclerosis, lupus, rheumatoid arthritis
- Cancer

### Musculoskeletal problems include:

- Arthritis [chronic postural misalignment]
- Joint pain and problems
- Chronic back aches
- Neck aches
- Restless sleep
- Sports injuries (tennis elbow, knee injury)
- Problems stemming from accidents [healing]
- Hyperextended joints
- Vitamin D deficiency related problems
- Joint stiffness
- Damage to the ligaments and tendons
- Sprains and broken bones
- Hip fractures

## Feedback...

There was overwhelming positive response to our new format. Thank you.

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*"There are too many fast food dumps [sic] to count..."*

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*"...since I made the connection, I am feeling so much better...my family loves you, Frank"*

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*"...did you know caffeine dehydrates? Drink two cups of water for each cup of coffee."*

Continued below

## Catch 22 continued from page 1

beauty to the point of uselessness. Here we are slouched in our big easy chairs filling our bodies full of chemicals that require a major in chemistry to come close to understanding or pronouncing what we are putting into our bodies. Now we cannot stand or sit straight, are unable to walk, and aching; so what do we do? Remain motionless and start popping pills putting even more chemicals into our beautiful bodies. Recently I assessed and interviewed a person popping powerful prescription painkillers and on top of that drinking nearly a

fifth of scotch everyday in order to endure the pain from his dilapidated frame. He is on the brink of losing his job, what a shame.

Is it any wonder then, with our pH is out of balance, our posture so out of whack, that we are sick, tired, depressed, achy and unable to move?

This is not how our lives were intended or should be.

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**Take the stairs – Avoid Elevators – Stay Healthy.**

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After doing your menu, go for

a long fast walk. Remember proper foot strike.

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Stair climbing...

A 100-pound person making 20 round trips up and down 24 stairs lifts 24 tons or 30 foot tons.

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By following all the nooks and crannies, the inside of Franklin Park Mall is ~1.2 miles. Make 4 rounds.

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Have you given your **telomeres** a break today?

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**Live Life – Live Well – Live Long**

## Feedback continued from top of page 2

*"The secret of concentration is the secret of self" – Arnold Palmer*

*"Hi frank, thank you for coming...it is amazing how important form and execution are in doing a menu."*

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Cod Liver Oil...*"I know you told me, but I forgot what brand?"*

Carlson Norwegian Cod Liver Oil – Lemon Flavored

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*"...the more I push the easier it gets. Everyone should feel as great as me...thanks"*

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### ...ALKALINE FOODS...

#### ALKALIZING VEGETABLES

Alfalfa  
Barley Grass  
Beets  
Beet Greens  
Broccoli  
Cabbage  
Carrot  
Cauliflower  
Celery  
Chard Greens  
Chlorella  
Collard Greens  
Cucumber  
Dandelions  
Dulce  
Edible Flowers  
Eggplant  
Fermented Veggies  
Garlic  
Green Beans  
Green Peas  
Kale  
Kohlrabi  
Lettuce  
Mushrooms  
Mustard Greens  
Nightshade Veggies  
Onions  
Parsnips (high glycemic)  
Peas  
Peppers  
Pumpkin  
Radishes  
Rutabaga  
Sea Veggies  
Spinach, green  
Spirulina  
Sprouts  
Sweet Potatoes  
Tomatoes  
Watercress  
Wheat Grass  
Wild Greens

#### ALKALIZING ORIENTAL VEGETABLES

Maitake  
Daikon  
Dandelion Root  
Shitake  
Kombu  
Reishi  
Nori  
Umeboshi  
Wakame

#### ALKALIZING FRUITS

Apple  
Apricot  
Avocado  
Banana (high glycemic)  
Berries  
Blackberries  
Cantaloupe  
Cherries, sour  
Coconut, fresh  
Currants  
Dates, dried  
Figs, dried  
Grapes  
Grapefruit  
Honeydew Melon  
Lemon  
Lime

Muskmelons  
Nectarine  
Orange  
Peach  
Pear  
Pineapple  
Raisins  
Raspberries  
Rhubarb  
Strawberries  
Tangerine  
Tomato  
Tropical Fruits  
Umeboshi Plums  
Watermelon

#### ALKALIZING PROTEIN

Almonds  
Chestnuts  
Millet  
Tempeh (fermented)  
Tofu (fermented)  
Whey Protein Powder

#### ALKALIZING SWEETENERS

Stevia

#### ALKALIZING SPICES & SEASONINGS

Cinnamon  
Curry  
Ginger  
Mustard  
Chili Pepper  
Sea Salt  
Miso  
Tamari  
All Herbs

#### ALKALIZING OTHER

Apple Cider Vinegar  
Bee Pollen  
Lecithin Granules  
Molasses, blackstrap  
Probiotic Cultures  
Soured Dairy Products  
Green Juices  
Veggie Juices  
Fresh Fruit Juice  
Mineral Water  
Alkaline Antioxidant Water

#### ALKALIZING MINERALS

Cesium: pH 14  
Potassium: pH 14  
Sodium: pH 14  
Calcium: pH 12  
Magnesium: pH 9  
Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

### ...ACIDIC FOODS...

#### ACIDIFYING VEGETABLES

Corn  
Lentils  
Olives  
Winter Squash  
**ACIDIFYING FRUITS**  
Blueberries  
Canned or Glazed Fruits  
Cranberries  
Currants  
Plums\*\*  
Prunes\*\*

#### ACIDIFYING GRAINS, GRAIN PRODUCTS

Amaranth  
Barley  
Bran, wheat  
Bran, oat  
Corn  
Cornstarch  
Hemp Seed Flour  
Kamut  
Oats (rolled)  
Oatmeal  
Quinoa  
Rice (all)  
Rice Cakes  
Rye  
Spelt  
Wheat  
Wheat Germ  
Noodles  
Macaroni  
Spaghetti  
Bread  
Crackers, soda  
Flour, white  
Flour, wheat

#### ACIDIFYING BEANS & LEGUMES

Black Beans  
Chick Peas  
Green Peas  
Kidney Beans  
Lentils  
Pinto Beans  
Red Beans  
Soy Beans  
Soy Milk  
White Beans  
Rice Milk  
Almond Milk

#### ACIDIFYING DAIRY

Butter  
Cheese  
Cheese, Processed  
Ice Cream  
Ice Milk

#### ACIDIFYING NUTS & BUTTERS

Cashews  
Legumes  
Peanuts  
Peanut Butter  
Pecans  
Tahini  
Walnuts

#### ACIDIFYING ANIMAL PROTEIN

Bacon  
Beef  
Carp  
Clams  
Cod  
Corned Beef  
Fish  
Haddock  
Lamb  
Lobster  
Mussels  
Organ Meats  
Oyster  
Pike  
Pork  
Rabbit  
Salmon

Sardines  
Sausage  
Scallops  
Shrimp  
Scallops  
Shellfish  
Tuna  
Turkey  
Veal  
Venison

#### ACIDIFYING FATS & OILS

Avacado Oil  
Butter  
Canola Oil  
Corn Oil  
Hemp Seed Oil  
Flax Oil  
Lard  
Olive Oil  
Safflower Oil  
Sesame Oil  
Sunflower Oil

#### ACIDIFYING SWEETENERS

Carob  
Sugar  
Corn Syrup  
**ACIDIFYING ALCOHOL**  
Beer  
Spirits  
Hard Liquor  
Wine

#### ACIDIFYING OTHER FOODS

Catsup  
Cocoa  
Coffee  
Vinegar  
Mustard  
Pepper  
Soft Drinks

#### ACIDIFYING DRUGS & CHEMICALS

Aspirin  
Chemicals  
Drugs, Medicinal  
Drugs, Psychedelic  
Pesticides  
Herbicides  
Tobacco

#### ACIDIFYING JUNK FOOD

Coca-Cola: pH 2  
Beer: pH 2.5  
Coffee: pH 4

\*\* These foods leave an alkaline ash but have an acidifying effect on the body.