



Health Tips

ACID/ALKALINE BALANCE FOR HEALTH AND VITALITY

Maintaining a balance of acidity and alkalinity in our body tissues is highly important for good nutrition and health. Acidity is the cause of many ailments, it creates inflammation, puffiness, asymmetry and contraction of the tissues.

This is usually measured as pH with totally acid at 0.0 and totally alkaline at 14.0. Neutral is 7.0. Our ideal blood pH range is from 7.35 to 7.40 while our muscles and skin are more acidic. Typically, someone who has eaten a standard diet all of their life becomes unbalanced and acidic and their overall pH can drop to around 6.2 or lower.

MINERALS

The body uses electrolyte minerals to control pH and our main electrolytes are sodium, potassium, calcium, magnesium, lithium and phosphorous. Electrolytes are minerals that conduct electricity in solution.

Each cell contains more than 4,000 enzymes and those enzymes are only activated when there are significant quantities of trace minerals. The higher the concentration of minerals within a food, the better. Wild foods and organic foods on average contain more minerals compared to commercial, chemically grown foods.

FOOD CHOICES

The way to correct acidity is to eat foods that are more alkaline than acidic and to drink high-quality spring water. The main thing that determines whether foods are alkaline or acidic is the mineral content of the food. Acidic foods are those that have acidic minerals such as phosphorus, chlorine, iodine, nitrogen and to some extent sulphur. Alkaline foods are food rich in calcium, magnesium, silicon, iron, sodium and manganese.

Different parts of a plant attract different minerals, so the mineral content may vary between the stalk, leaves and seed of a plant.

Looking at the chart it is easy to see why many people eating a western diet are highly acidic as we have predominantly roots, seeds and animal muscles. We need to eat more green-leafy foods. To reverse an acidic condition, eating two organic green salads each day and drinking a green vegetable juice and/or drink with a green superfood powder is a great solution. (Superfoods will be available on website soon).

Acidic foods are still important but its about establishing the balance.

ALKALINE FRUITS



- | | | |
|---------------|--------------|---------------------|
| Carob | Pomegranate | Olives |
| Prickly Pear | Figs | Wild Apples |
| Papaya | Hot chillies | Pineapple |
| Blackberries | Raspberries | Lemon |
| Grapefruit | Lime | Passionfruit |
| Oranges | Cranberry | Tangerine |
| Citrus Fruits | Kiwifruit | Grapes (with seeds) |
| Cherries | | |

NEUTRAL FRUITS



- | | | |
|------------|------------------------|-------------|
| Melons | Apricots | Peaches |
| Nectarines | Watermelon | Honeydew |
| Guava | Apples | Lychees |
| Cucumber | Pumpkin | Tomato |
| Mango | Strawberries | Blueberries |
| Jackfruit | Persimmon (with seeds) | |

SLIGHTLY ACIDIC FRUITS



- | | | |
|----------------------------|--------------|---------|
| Banana | Mulbery | Avocado |
| Prunes | Mamey | Plums |
| Persimmons | Cacao | Dates |
| Grapes | Sugar Apples | |
| Dried fruits (except figs) | | |

THE ACID /ALKALINE CHART

ACIDIC	Meat
	Eggs
	Nutts and Seeds
	Slightly acidic fruits and flowers
	Neutral fruits and flowers
	Alkaline fruits and flowers
	Stems
	Bone
	Milk products
	ALKALINE

SYMPTOMS OF BEING TOO ACIDIC	SYMPTOMS OF BEING TOO ALKALINE
Tense muscles	Laziness
Stress headaches	Spaciness
Anger	Lack of drive
Short temper	Excessively passive
Chronic negative thoughts	Feelings of being too cold
Addictions to coffee, cigarettes, smoking marijuana, etc.	Weakness
Itchy skin	
Acne	

Ref: "Eating for Beauty" David Wolfe, North Atlantic Books, Berkeley, CA 2009

BENEFITS OF BUTTER FOR HEALTH

When at the Fitness Convention recently, I heard of further research being done on the benefits of butter for fat loss and health. I then came across an article by Charles Poliquin on the benefits of butter. See the 6 benefits below:

1. Source of butyric acid. Butyric acid is a short-chain fatty acid that feeds the good bacteria in the gut. When people go on very low fat diet, like physique contests, their gut bacteria develops dysbiosis because of lack of butyric acid. Butyric acid has also been shown to be cancer preventative.

2. Source of palmitoleic acid: This is a monosaturated fat which insures healthy cell communication, and has strong antimicrobial properties that protects us against infection.

3. Goiter preventer. How do people living in mountainous regions get their iodine? Butter! Without sufficient iodine in the mother's diet, a baby cognitive development is impaired.

4. High selenium content in butter. Selenium is a trace mineral with strong anti-oxidant properties. It is critical for optimal thyroid health and metabolism. Without sufficient selenium, your immune system is powerless.

5. High bioavailable vitamin A which assists adrenal and thyroid health.

6. Butter helps prevent osteoarthritis: Butter apparently contains an "anti-stiffness" factor a.k.a. Wulzen factor. According to Dutch scientist Wulzen, this nutrient is responsible for preventing the calcifications of joints, but also prevent hardening of the arteries, and cataracts. Pasteurization destroys this nutrient, therefore you should use raw butter to get its full benefits.

(Ref: Poliquin Live, "Six very healthy things you should know about butter" 3/28/2011)



News

Thank you to everyone who has supported us with our move and who has stayed with us in our new stage of Fitwomen/Fitmen/Fitnum! We have finally moved from the gym and I will now have plenty of extra energy to put into giving you new information, new classes and some fun social events for our community! We are now doing outdoor classes and running indoor classes at the Literary Institute. Our fitness timetable is running as usual, yoga and Pilates has changed. The online booking system will be up again asap- thank you for your patience with this.

I have recently launched our new Real Body website to link all that we are doing so please take a look at www.realbody.com and please 'like' our facebook page! I have just launched the facebook pages for real body and for our separate brands Fitwomen, Fitmen, Fitnum and I hope you will all support the pages if you use facebook. I will post research articles and news on those pages regularly from now so take a look!

<http://www.facebook.com/pages/Real-Body-Management/158053704222323>

Current Classes

ZUMBA

We are now holding Zumba! It's great fun and dancing is a great alternative to your other fitness classes and it's a high energy workout!. Zumba is on Mondays at 7:45pm.. we currently have more men than women though- Fitwomen where are you all?? It's only \$15 per class so come along next week! We will be running a 6 week course from mid-May so come and try before the course, I love it!

FITMUMS AND BUBS CLASSES

Now we have a new school term, we are keen to launch our new Mums and Bubs group so please let Eddy know if you are keen to join the group this term to train at Queens Park and Clovelly Beach.

STILETTO CAMP & BOOT CAMP

We are still running our 6am boot camp(men) and Stiletto Camp(women) and are keen to build it up- remember we have the Literary Institute as our back up plan in the rain so you won't miss out on your training through the winter months!

PILATES

Lou is available to take another course on Tuesday evenings at 6:30pm again! We have had some interest again so we may run a course from 2nd week in May. Please let Eddy know if you are available for this 8 week course, we need a minimum of 8 people to run it. The 8 week course costs \$144.

YOGA

Yoga on Thursday evenings at 6:45pm with Skye has been a great hit! Come along and join us-\$18 per session. We are about to run another 6 week course.

PERSONAL TRAINING/BUDDY TRAINING

We are now offering more home personal training and buddy sessions so if you would like us to come and train you from home or your local park/beach we're there!

MAY TIMETABLE

MON	TUE	WED	THU	FRI	SAT
6:15am Healthy - LI		6:00am Clovelly Beach 6:15am Healthy - LI	Fitmen Clovelly beach - LI	6:00am Stiletto Clovelly Beach 6:15am Healthy (TC)	
7:30am Express - LI		7:30am Express		7:30am Express	7:30am Fitmen - LI
8:30am Strong - LI	8:30am Healthy - LI	8:30am Strong		8:30am Strong	9:00am Healthy Clovelly Beach (TC)
10:30am Healthy - LI	10:00am Fitmums nbubs (TC) Queens Park		10:00am Fitmums nbubs (TC) Queens Park	10:00am Healthy	
5:30pm Strong - LI		5:30pm Strong Clovelly Beach			
6:30pm Healthy - LI	6:45pm Fitmen	6:30pm Healthy Clovelly Beach	6:45pm Yoga - LI	6:30pm Healthy Clovelly Beach	
7:45pm Zumba - LI	6:30pm Pilates (TC)				

* We will have mobile eftpos facilities available as well as online payments from May

Adventure Trips

I am currently looking at doing some more adventure trips! Please register your interest in our trips by joining our website communities.

www.adventurewomen.com.au
www.adventuremen.com.au

SKI TRIP SEPTEMBER

Mixed Adventuremen & Adventurewomen

9-11th September. I am organizing a group of people for a ski trip this year! The venue will be at our ski lodge which is 10-15 minutes out of Jindabyne, between Berridale and Jindabyne

www.berridalerange.com

We have room for 25 people with 4 queen size beds so get in early if you want to grab a double bed! Register your interest and numbers with Eddy. You don't need to be a top skier, we can do snow shoeing one day for non-skiers.

HIKING TRIP NOVEMBER/DECEMBER

Mount Kosciusko- 3 day weekend

Due to popular demand we are bringing this back! Thanks to Kyla, Kate and Belinda for their encouragement to do another hiking weekend this year. After the last fun weekend, we are going to do it again! Please register interest for our hike of Mt Kosciusko, with some yoga, meditation afterwards to relax after the adventure!

OTHER ADVENTURES

I will be putting more up on the website to share upcoming trips of ours and others so please share if you know of other adventure locations or trips which are happening so we can spread the word! Please share the site with other like-minded adventurers.