Donna (00:00:02):

These are extraordinary times, but with too much information and much of it confusing on body ecology living, I interview some of the best minds to help you live your best life possible. We'll discuss topics on using foods to heal on building a hearty immune system, on aging well, on taking care of your gut and of course your brain, but most of all, on clarifying the right steps to [00:00:30] be happier, healthier, and having the energy to make a difference in your own world.

Donna (00:00:37):

Welcome everybody to Buddy Ecology Living. I'm really excited about this podcast today because it's on a topic that not enough people know about. Unfortunately, medical practitioners don't really know about it. If they did, they'd be able to get more people. Well. And I am interviewing Dr. Susan Brown and we've done a podcast already [00:01:00] earlier on. Another important topic, osteoporosis. And you must listen to that because all of these doctors are sending women over to get a DEXA scan. The DEXA scan may not be all that accurate, so you've got to listen to that one. And also this talk today on acid alkaline is very much related to osteoporosis. So my guest is Dr. Susan Brown, PhD. [00:01:30] She has a center called Better Bones Center for Better Bones, and she's written a couple of books, but I'm going to show you her book, the Asset Alkaline Food Guide, because this is a must. It's like a reference book. You got to have this. And then I just want you to know that she's a medical anthropologist and a certified nutritionist, which I find is when I read that and learned that about her, I thought, wow, what an interesting combination. So

(00:01:58):

Dr. Susan, [00:02:00] welcome. And could you start off by telling us a little bit about your history? How did you become interested in anthropology and then get into nutrition?

Dr. Susan Brown (00:02:11):

Well, Donna, you yourself have always cast a pretty broad net trying to figure out the whole ecology of the body, which is related to the ecology of human cultures, which is related to the ecology of the cosmos. So you're the first person to cast a broad net, and I was always interested in that broad net, trying to think [00:02:30] why do certain cultures behave the way they do? Culture is something that we learn and share, and I was interested in studying how in different regions of the world, the same kind of human beings adapted to different environments, different histories, different inputs, and develop different cultural lifestyles that they passed and passed on and on. And if they were successful, they lasted a long, long time. And so I got very intrigued with the study of different [00:03:00] cultures, understanding different cultures. Then when I realized that I had some health concerns, I got very interested in people who knew about how to regain that natural human potential for health. I saw people all over the world, they have very good health, and I'm wondering how do we maintain that natural health? And it occurred to me that we have within us a natural healing potential. If we look around, the animals do perfectly fine without hospitals [00:03:30] and without clinics to go to. And how is

Donna (00:03:33):

If they don't take supplements?

Dr. Susan Brown (00:03:36):

They don't take supplements, they just eat. They just eat what Mother Nature gave them. And so I started studying about health, and particularly in my case, my grandmother, who I dearly loved, fractured a hip at 102 when she was living by herself in her house. She was very independent. People stopped by there every day, but it was an amazing example [00:04:00] of personal strength. She had both osteoporosis and rickets that we didn't really identify. This was a person born in the late 18 hundreds who understood what slavery was like. And in fact, one day I asked her when she was about a hundred, I said, what was it like being a woman when you grew up? She said, come back tomorrow. I'll think about it. I went back tomorrow and she said, Susan, when I was young growing up as a woman, it was just like being a slave. And I thought, [00:04:30] isn't that an acute observation? She was born in 1880. I mean, she knew about the history of this. She knew what slaves were about, and she saw the position of women. It's so striking. But she was a kind person, a beautiful person, and I always thought how long she would've lived if someone knew decades ago, all she probably needed was a little vitamin D. And so I was really struck with that and I began studying bone health for that reason.

Donna (00:04:58):

Oh, interesting. Yeah. [00:05:00] Well, my father's aunts reached into, well into their nineties, mid nineties, and they all three had breast cancer. They had it for probably a long time, like 10 years, but they didn't die from the breast cancer they messaged, kind of just died from old age. But I've always thought that was interesting. And I didn't think about being studying anthropology, but I've had that same question for many years. I'm fascinated with their cultures [00:05:30] and what do they eat and what's the secret to the one staying older? Do they get up there and still be active? Now, I will say that when you look at them, they look old. And I think we have a lot more understanding of why we age. So we're going to see people getting to that age and they'll also look better.

Dr. Susan Brown (00:05:51):

The looking thing is interest, isn't it? But more important than the look to me is how feel and if people are happy, I mean, there's never been [00:06:00] a culture that had so many conveniences is our culture yet never but dramatically high levels of unhappiness, anxiety, worry, fear, and even destructive self behavior. And that we've kind of lost contact with that native feeling of what is helpful to life and what is a good way to live a life and how do we feel happy and successful? And we get very, we're just seems like we're overburdened [00:06:30] with inputs, with technology, with new information lost kind of our footing in that basic nature of the human potential for happiness and wellbeing. I agree.

Donna (00:06:39):

When you Go ahead, say again.

Dr. Susan Brown (00:06:41):

No, and pH actually relates to this and we can talk later about it, that actually the ability to produce energy within this body is what allows us to survive and we can produce a low amount of energy. Did you know that in one day you produce your own weight in a TP? Now, that's hard to imagine. [00:07:00] I weigh 120 pounds. I produce 120 pounds of a TP every single day, and that can be an efficient production. It can take a little bit of my energy or it can take a lot of my energy, and part of that is dependent on the pH, the environment, the acid-based balance influences how much energy we produce, the more energy we have, the very big likelihood we're going to feel better, we're going to be able to accomplish what we want, we're going to be happy.

Donna (00:07:29):

Yeah, [00:07:30] absolutely. So let's get into this talk, but I want to say it a little bit. When I wrote the Body Quality Diet 30 years ago, it had seven principles, universal laws that people, I don't think I've ever done a really good job of explaining them well enough to people. It's too bad because they're really important and we have to live by them. We can't change them, and they dominate us in our life. One of those, I've been macro body for eight years and they [00:08:00] talk acid alkaline and the principle of balance or yin yang was the main thing macro products is based on. So when I was learning about yeast infections and the diet and all, I brought the understanding of acid alkaline, and it's really critical for so many reasons. But lately, I've been working on another book and oh, fun, helping long haulers, and [00:08:30] I'm even more convinced with the infections that we have in our body and we're always going to have 'em. You've got to have a slightly more alkaline environment or these infections thrive and actually they work very hard to make the body more acidic so they can survive. So I know what we need to do is start off with the real basics. Sure. Some people have never even heard the term acid is. So if we could just sort of start off with [00:09:00] what is acid alkaline?

Dr. Susan Brown (00:09:02):

Yeah. Well, probably everybody remembers their chemistry class where they would understand that there's a pH scale which measures a degree of acidity. In a minute, I'll tell you exactly technically what acidity is. It's just simply a free hydrogen ion. But so there was a scale from zero to 14. You might've remembered that in school colored scale seven is neutral. We know acid rain [00:09:30] gets to be when it's below seven, that seven is neutral. We don't want, and so we realized because of acid rain, that the environment is changing and we see the scale from one to 14, seven being neutral. We know that if you now this, you might've had to take chemistry to remember this, but the blood has to be slightly alkaline, 7 3, 5, 7 0.35 to 7.45 in order for life to exist. So it's a kind of narrow window that the pH has to be, [00:10:00] and if we're gardeners, we probably know they will say, when you plant these plants, test the pH of your soil.

(00:10:06):

This particular plant likes acid soil. This particular crop likes alkaline soil. So there's lots of applications of pH balance in the general life that we do. In simple terms, you could think, well, vari acid is like hydrochloric acid, very acid like down towards the one land, and then very alkaline is bleach or baking soda, which is towards the 14 [00:10:30] end. And that acid base has a balance of course, and if you stray too far in one direction, the plants don't grow or your blood doesn't grow always straight too far in the other direction, the same thing. It's not compatible with human life or it's not compatible with a particular function of the animal feed or the plant feed or the pH of the oceans is very interesting. Now, it's becoming so acidic because of the change in climate. When you change climate, different [00:11:00] plants grow and these plants are acid producing, but also we have to, the acids, when we take in, we have a chimney that's putting off UNC busted carbons.

(00:11:18):

Those carbons go to the sky and then they fall back down to the earth and they fall back down to the earth. Often in the oceans, the oceans are, and the oceans buffer those acids [00:11:30] with things like carbonate, things like the shells of plants, things like the coral reefs. And so we have a great deal of destruction of the oceans, the changing of pH and ocean where a lot of the, if you might've been in Florida at times you can't swim because there's only jellyfish and that's because jellyfish survive in that particular environment or up north here, the swimming areas are often closed because the water's too hot and too much algae. It's also acid forming certain toxins develop. [00:12:00] So it's a chemical balance. It's a chemical issue of how much free acid. Now, just not to bore people too much, but free

acid is the hydrogen ion, just the simplest ion in the world, an h plus, and then an acid is something that has that free hydrogen. And an alkaline substance is something that can buffer or neutralize, so to speak, that that acid, to get [00:12:30] it back more towards the middle range, it's a dance of chemicals and electrons.

Donna (00:12:36):

I don't want people to glaze over because they don't want to know about chemistry. And I do want to get into the really practical stuff, why this is so important to know, but I want to tell you, because I know you're in Michigan, that I read an article about a lake in Michigan where they were getting all this acid rain, and so the fish started coating themselves in mucus to protect themselves from the acid [00:13:00] rain, and then they smothered to death bruising the fish population, just as another example of how that shows up in nature. That's

Dr. Susan Brown (00:13:07):

Interesting.

Donna (00:13:08):

Yeah, I thought just one of those things that stuck in my mind for maybe 30 years now. But anyway, so I want to point out that the blood itself, our blood is very tightly regulated and it's pH, and I think people get real confused because a lot of people dispute this theory because they [00:13:30] say it can't be too alkaline or you'll die or too acid when you die, but that's the blood. So throughout the whole body, there's all these organs that have different pH, like the stomach and the vagina and the mouth and the gut and all. Can we just kind of walk through the digestive tract and talk about how the pH changes from the mouth to the stomach to the colon?

Dr. Susan Brown (00:13:54):

Well, yeah, I mean, we can talk a tadd bit about that. I'm not really an expert on the digestion side, [00:14:00] but certainly the oral cavity, if that gets acidic, like we eat sugars and then that is acid forming, the bacteria grow that produce acidity that can lead to damaging of the teeth. That's quite well known. The oral cavity, you'd like to have alkaline. We know that the stomach is very acidic. You want the stomach to be acidic. The strongest acid in the body is hydrochloric acid that can actually, those little hydrogen ions are looking for something to grab onto, [00:14:30] and so they actually have an electron transfer with the food we digest, the food we eat. So it helps to break down that food acid has a capacity to break down,

Donna (00:14:43):

Especially the proteins. Especially the proteins extract out things like B12 and minerals. Particularly minerals too. Yeah,

Dr. Susan Brown (00:14:52):

Exactly.

Donna (00:14:53):

Stomach. But then down in the small intestine, you get alkaline again, but you get acidic down in the colon so that the microbes [00:15:00] live. There need to be their acid loving bacteria basically. So I just

think that's fascinating. The confusing, actually, there's blood which is tightly regulated, and then there's places all over the body. The vagina is more acidic. If a woman makes love with a man and has sperm in there, he's changing the pH of the vagina and infections and so on too. So that's one simple thing to know. So [00:15:30] I wanted to, I don't think people know, oh, go ahead.

Dr. Susan Brown (00:15:33):

Well, I want to say you're absolutely right Don, and we talk about it in kind of general terms because we're focusing on the survival of the body and that the blood pH must be particular. But you're absolutely right, there's different compartments in the body that have different phs and that very acid chime from the stomach goes to the pancreas. The pancreas produces all these buffering, all this bicarbonate and the whole, and like you say, then into the intestine, it tends to change [00:16:00] pH depending on the situation of the microbes. So yes, right. Every compartment can have its own particular pH. And I didn't mean to simplify that too much, but we're looking at the body

Donna (00:16:11):

As well. I just think we need to be more clear for people. I think this is just one area that there's a lot of confusion around and even practitioners. So the thing to know, so you can do a very simple test in the morning when you wake up and you explain this [00:16:30] in the book, you have test strips that are my favorite ones to use, very durable set of those. They have testing where there's like a paper thing and you strip 'em out. I don't really like those as much, but I mean they're fine if that's all you've got. But you want to talk about testing. How would somebody know if their body is too acidic or too alkaline or balanced? How can we test for that?

Dr. Susan Brown (00:16:58):

Right? Right. [00:17:00] So what seems to be pretty, you'd love to be able to take the blood and study that blood, look at the pH, but you can't do it even if your doctor pulls your blood, you have to measure it right quickly because it will soon change the pH. So the clinically relevant technique is to look at the urine and there's quite a bit of data saying that the urine is, if we're looking at the kind of acidity, what we call metabolic acidity, if we [00:17:30] look at the impact of different foods on the pH, then we look at the first morning urine, and the first morning urine is a very good indicator of a pH balance and acid load. And acid load is really an indicator of mineral adequacy because the compounds that alkalize are attached to minerals most frequently, like potassium citrate, which becomes potassium bicarb in the body or magnesium alk [00:18:00] citrate.

(00:18:01):

So yeah, you want to measure the first morning urine. We have in the book the acid alkaline food guide. I discussed that technology, and we actually have a pH test kit@betterbones.com and alkaline for life.com. We have a pH test kit that gives you the book and suggestions on how to develop a diet that'll get the proper pH, a high mineral diet, and then these strips to measure your first morning urine and what you want the first [00:18:30] morning urine to be is like 6.5, just either slightly acidic to 7.5, right around neutral, remember, which is seven. So that's a simple

Donna (00:18:40):

Thing to do. So if it's acidic, it's going to be more when you put the strip underneath your urine and you shake it off and bring it out. If it's yellowish, it's more acidic. And there's a little guide on there, there's a little chart that you're can hold it up to. It's amazing how accurate it is.

Dr. Susan Brown (00:18:57):

It's a color guide. Yeah, it's a color guide. [00:19:00] So you're looking for slightly green, which is about 6.5. Donna, have you tried that with some of the people on the body ecology diet? Have you seen what their pH is? I wonder.

Donna (00:19:09):

I went through a spell there where people were real into it and got so many questions because they were testing all throughout the day and they really

(00:19:18):

Standard. So I sort of got away from that. But I think of cultures, speaking of cultures like Japan for example. Well, in a day's time they are taking in a lot of minerals in their diet. They put [00:19:30] kobu, which is a sea of vegetable into water and boil it and make a kobu stock. Then into that, they stir that into meso paste, which is protein and more minerals. And then they just eat that literally for breakfast, lunch and dinner. And their whole diet is just extremely mineral, but so much so that when we went to that war, we went over there, started helping them, we brought in meat and we brought, which they didn't have that fish, and we brought in [00:20:00] milk, which made them bigger bones, for example, which anyway, before actually with extremely rich mineral rich diet, they ate so much out of the ocean that they were some very small people.

(00:20:16):

They weren't tall and they were very muscular, so strong, very, very strong, but they didn't develop the same way. So I always thought that was fascinating. I lived in Japan a few times. Yes, yes. [00:20:30] So, so I'm hoping people understand to go get test strips and tests because I've said for years that most everybody wakes up to a civic. And so the first thing you have to do is start that acidity. I always put a lot of minerals in water, and if I were going to drink coffee, which I try not to is acidic, so I'll put in, we have ancient [00:21:00] or minerals, it's a hum. Make minerals in a liquid form. I'll put a couple of dropper rolls in there. You can't taste it. But I'm trying to create balance, which also I'm going to talk about and then try to stay very mineral rich during the day. So that's why I think we really have to get in, get very practical here and start talking to people about foods. Right? Okay. The acid alkaline, the foods that are acidic and the foods that make the body more alkaline [00:21:30] and actually the foods that are naturally balanced.

Dr. Susan Brown (00:21:37):

Just before we talk about the foods, so foods are real simple, and I'll show you five categories of food that those are the main categories that alkalize. But if you decide to measure your pH and get an idea of your acid load, you need to measure the first morning urine. Either you'd like to have a urine measured after six hours of sleep, [00:22:00] but some people say they can't. They go to bed at 10, they wake up at three, they have to urinate them, so that's okay urinate. But then when you get up to stay, do the first morning urine, measuring it throughout the day has no accuracy because the pH changes all throughout the day as you buffer from different foods you eat and

Donna (00:22:16):

In the morning you should be not, you have to do this before you eat, right?

Dr. Susan Brown (00:22:21):

Yeah, that's right. Because you've had all night for your body to equilibrate the acids with whatever alkalizing reserve they have. So you buffer [00:22:30] as much as you can, and then you see that result in the morning. So the foods are really simple, and I was just reading an article by Linda Ceto, a new article on potassium. She's a major pH researcher at the University of California, and they calculate that in pre-history, these humans like us ate 10,000 grams of protein, of potassium a day. Potassium is [00:23:00] one of the major, right? We used to recommend 4,500, now they've reduced it to 2,500 because they said no one's dying from, if it's at 2,500, it's really, it's a whole nother issue of what we set our standards at. But the point is early diets were very, very high in potassium and potassium from the fruits and vegetables, nuts and seeds is generally in the form of potassium citrate. The body takes that potassium [00:23:30] citrate and produces bicarbonate, and the pH is really a dance between free hydrogen and bicarbonate. And so we want lots of sources of fruits, vegetables, nuts and seeds. Herbs and spices and lentils are a very good alkalizing form. Some of those small pulses that can actually buffer acids that have the alkali reserves that end up turning into bicarbonate that we can buffer acid with. Well,

Donna (00:24:00):

[00:24:00] If you can go buy potassium citrus supplement, but it's a very, very low dose, like 20 milligrams or 200 milligrams. I mean, I've taken, go ahead

Dr. Susan Brown (00:24:12):

With potassium, you're saying?

Donna (00:24:14):

Yeah, I have potassium citrate. It's a supplement, and every time I go up to take it, if I get a cramp in my leg, I think, oh, I'm really low potassium. But anyway, so I go to the cabinet where I keep it on, I always look [00:24:30] at the bottle, which I can't remember now, but it's an incredibly low dose, like nothing really. I'd say they're 20 milligrams or maybe 200 milligrams, but I always want to take five of 'em at least. So how do you get more potassium in a supplement?

Dr. Susan Brown (00:24:46):

So you just make yourself a nice green drink with a lot of green vegetables or even lemon and lime water, which has citrate, which the body converts into bicarbonate. But that's an interesting story. What happened with potassium is [00:25:00] that, and the reason that until recently you couldn't buy higher dose potassium is because people in kidney failure do not excrete excess potassium. And so if a person kidney failure inadvertently takes or consciously takes two, three, 4,000 milligrams of potassium, they can have very serious problems with their heart, with the heartbeat and this and that. So you want to make sure that you [00:25:30] are not in kidney distress, and that's why they kind of restricted the sale of high dose potassium, except under situations where the people are monitored to make sure that you're not in kidney failure,

Donna (00:25:43):

How can they get enough? Let's say they don't have a kidney problem, but they want to take in more in day, besides the green drink, is there such a thing as a supplement with a higher dose? Well,

Dr. Susan Brown (00:25:53):

Certainly you can supplement with potassium citrate, but here's the thing, one of the really big values of [00:26:00] alkalizing is taking the fruits and vegetables that have so many phyto compounds, so many antioxidants. Basically one of the major foundations is oxidative damage foundations of all diseases. So we want to keep that a very high antioxidant level. And of course our ancestors did because they just ate whatever, nuts, seed, fruit, whatever they could find the bark of a tree. Those things were chalked with nutrients and including high levels of antioxidants. [00:26:30] So we can say, I'm just going to use the potassium supplements, but it's better to get the foods. And you can look at the potassium foods and go and say, on better bones.com, you'll find a chart of high potassium foods and you pick the ones that maybe are low calories. You say you make a S broth, you make a soup of it. Even things like lemon and lime juice will provide some, but certainly other foods like avocados will have many, many lots of [00:27:00] vegetables. Lots of vegetables have high potassium.

Donna (00:27:04):

So I to, I know they're in the olden days when I first began, some of the old timers that they were already old at that time, they had recommended a potato skin broth. I think that was Richard Potassium, wasn't it?

Dr. Susan Brown (00:27:21):

Potato skin has a lot of potassium. And Jensen would do that. They'd say cut off Jensen edge of the potato. Yeah, that's true. And I just saw a study [00:27:30] that like 10% of the potassium that Americans get is from potatoes and processed potatoes. We don't eat the fruits and vegetables we eat. In fact, the average American of three people, one person out of three doesn't even have one fruit or one vegetable a day. We eat things like all this processed food. So if you eat a potato, even a french fry, you're getting a certain amount of potassium. But we'd like to give the body a full deck to play with good, fresh [00:28:00] whole foods, colorful foods, foods that are very high in antiox, heightened phyto compounds, veritol, quercetin, all these amazing compounds that you're not going to get in a supplement. Now, if you

Donna (00:28:12):

Go ahead,

Dr. Susan Brown (00:28:13):

So if you ask me about do, about supplementing in minerals, here's a real interesting thing. The first morning urine gives us a rough idea of mineral status because the minerals don't stand alone in nature. They're attached to something, they're attached to an anti, [00:28:30] and this a negative charge is a positive charge. So this negative charge can be alkalizing itself like a citrate or a glycinate or an ascorbate. So if you get a mineral attached to an alkaline, an alkalizing factor, it's much more powerful to balance of chemistry like potassium chloride. It's potassium still, but the chloride is acid forming. So it's not as powerful a source of potassium where potassium citrate, this is alkalizing. [00:29:00] You get that with potassium, you get a double benefit of alkalizing and the most important, and that's how potassium occurs in food as potassium citrate. The most important mineral I think that we've overlooked though is magnesium.

(00:29:17):

And the first morning urine test, if y'all listening here say, this is interesting. I can count up my potassium and how you need about eight cups [00:29:30] of fruits and vegetables, nuts and seeds a day, and some

small beans to alkalize, you need about eight cups. So you think about, I'm not quite getting that. I better expand this. But the other issue outside of potassium and perhaps more important is magnesium. Magnesium is really a hidden magnesium deficiency is a hidden driver of many, many degenerative diseases today, including bone health, including cardiovascular disease. And the first morning urine is a very good [00:30:00] indicator of magnesium status. So that's a particularly strong indicator of magnesium in particular. And everyone would do well to measure that first morning in urine seed, how's my magnesium doing? Then you can look at the food list. But here with magnesium, we do find you often need to supplement because you know what happens?

(00:30:23):

We don't have this activity level that we eat. We can't eat as much food as [00:30:30] our ancestors did because we're sitting all day at this computer and we're not out there working in the fields or running around collecting food. So we don't have the same appetites or the same ability to, we don't eat as much food to get the nutrients that our bodies use. The chemistry of our body needs, high magnesium, high potassium, but we don't eat enough of those foods. We have a sandwich, they I'm hungry. That's good for lunch, instead of thinking we're full. But is it giving [00:31:00] us the nutrients?

Donna (00:31:02):

Most people don't think before they eat. But a big issue today that I think about all the time I don't have a solution for is that so many people are now on very restrictive diets. They're trying to save or stay away from the FODMAP food because they have small intestine issues. And another big one, and I am very much in this camp because I learned about offsets maybe 20 years ago when we started working [00:31:30] with children with autism. They're super sensitive to food high and ox. Anyway, I won't go into that, but I've done some podcasts on summits and things like that. I always bring up oxalis. And finally, more and more people are knowing about them, talking about them. And Susan Kay Norton wrote an excellent book on them, but they really are a problem, and they really are high in vegetables, dark green, leafy vegetables like beet greens and [00:32:00] spinach of course, but sweet potato, I'm sure some of those foods, when you look at nutrients are in them.

(00:32:08):

They are a great source of potassium. So Swiss chard is another one. There's just a lot, unfortunately, quite a lot of 'em now. I developed Canis early in life because which is what got me started on this path, and why write the book Body Culture, your diet book, but trying to get well and help other people. But I started off by [00:32:30] taking antibiotics. The doctor thought it was fine for nice skin, and I took for a long time, and I remember this last doctor said, you can stay on this antibiotic the rest of your life. I started wondering, should I be on this thing for so long? It was like 15 years. So naturally, I warned my gut if I ever had a microbiome, that was good because baby boomers weren't breastfed. Our moms, our moms were put to sleep and we woke up, they woke up, we were drugged, and they [00:33:00] said, Hey, Mrs, whatever, you have a little girl.

(00:33:02):

You have a little boy. But very different birthing very far from nature. And little babies seemed to be not very intelligent for a month or so because they were actually drugged. Well, fast forward today, we know more about that, but basic baby boomers got a bad start to life. Well then as time went on and my understanding of oxalates grew, what makes 'em besides these foods we're eating and we're eating a lot of [00:33:30] 'em now, nuts and seeds are very high in oxalates anyway. It's something important to know about. And so we're avoiding them because we have to. But now as we understand more about yeast and mold, they're actually making oxs too. So we're getting 'em from a popular diet, the end diet,

and we're getting them from yeast and mold making them. And so we're just off the charts creating oxygen in our body. And so I [00:34:00] actually think that's one of the things that screws up our bones, for example, they make the bones weak and porous. I wanted to actually talk about the things that do make us unhealthily acidic,

Dr. Susan Brown (00:34:22):

The things that make us unhealthily acidic. You say, well,

Donna (00:34:25):

Yeah, it's probably not a good way to say it. In other words, what are the things we're doing? For example, [00:34:30] stress is huge and stress is making us acidic. So if you talk about that, the cortisol and all that, but also even just exercising, were temporarily acidic. And what are some of the things that come to your mind? I'm huge on infection, so they make a acidic.

Dr. Susan Brown (00:34:51):

Yeah, yeah. I mean it's a constant issue of balance. Certainly if we overexercise, [00:35:00] we produce acids, if we're like lactic acid, and especially if we push ourself maybe a little bit too much, and there's always this thing between rest and recovery. But if you take the issue of, let's see, yeah, I mean exercise is a really good example of we can definitely get acidic with exercise, but probably of more interest [00:35:30] is the stress response that when we are under stress, as you all, everyone, the body really responds in many ways to kick up the survival mechanisms by producing things like cortisol, which tell your body, look, stop digesting food. Shut off hydrochloric acid, start getting ready to fight or flight. Send the energy to the muscles, send the glucose to the muscles. Don't send it to digestion. Shut [00:36:00] everything down. That's not to do with the fight or flight mechanism.

(00:36:03):

And so yeah, stress has such a big impact on every part of the body. In fact, we did some, I had a client who was always measuring her pH, and she was very good. She'd always measure the first morning urine. She took the minerals. One of the things we do at Alkaline for Life is produce mineral compounds at Alkali. And so she took our supplements and she was great, but then she got a really big situation [00:36:30] of stress. It was kind of a family distress, and she recognizes that she got really invested in it. She got really upset. She got thrown off kilter by this, and her pH went down and it stayed down for about four or five days until she finally said, I realize I'm internalizing this. I've got to do my breathing exercises. I've got to let go of this, a little trust that it's going to work out. And when she shifted her mental attitude and changed her stress response, her pH went right back to normal. [00:37:00] I

Donna (00:37:01):

Had a spiritual teacher told me once that the best way to handle stress is to be absolutely grateful for everything, even that probably. But I try to practice that and of course breathe too. But I'm just by nature somebody that's easily stressed. That's common today. And then we live in a world where you turn on the tv, you turn on the news, you awful things are happening and other places in the world in here, and we don't have any say [00:37:30] so on fixing it. I don't know what it would've been like, different kind of stress if you were an ancient person living thousands of years ago, just your light, getting enough food or stress not being killed,

Dr. Susan Brown (00:37:47):

Different stresses, different

Donna (00:37:47):

Kind of stress. But I don't know if we're under way more stress, and especially people in war zones right now. So it's almost like you almost have to assume stress is there. It's not going to go away. [00:38:00] And so you need to do things to constantly daily focus on minerals and alkalizing, and I take our minerals and I literally pop 'em into anything I'm drinking, even if it's soup or something. You might think, wow, she's taken a lot of this, but I feel like I have to do that making balance for me.

Dr. Susan Brown (00:38:23):

And if we could also, we need the full deck of nutrients and alkalizing compounds. But also [00:38:30] if we could have a goal of gaining some control over our mental processes and our emotions and not be so subject to this, we see something horrible. We get to feel horrible, but to be more a witness of what's happening and try to, they always talk about the ducks. They'll be in a pond. The ducks, one duck will fight with the other duck. They have a big fight, and then after it's over, they shake and they go off and they forget. It have to, the impression [00:39:00] can leave a deep mark if we see something horrible on the TV or it can leave a mark where we say, bless those people and not leave a deep mark that consistently brings up negativity. Just to tell you, I did recently an interview with Acharya who's one of these teachers of Ayurveda and the Vedas, and this is called From Fear to Flourishing that you can find it on YouTube if you're interested. We were talking about bone health and how fear affects bone [00:39:30] health. And she said in the ancient text, they said that bone was very strong tissue, nothing could damage bone except one thing, and that was negativity. So we have this whole energy is the energy of negativity is similar to the energy of acidity, a breakdown, debilitating energy. I don't know. But certainly we should work to become masters of our thoughts and our feelings. At least. We can't control the world, but we can control this body and how we respond [00:40:00] to things.

Donna (00:40:01):

What advice would you have for somebody that just grew up in a really difficult situation and it's just ingrained in them, just be fearful or protecting themselves and stuff?

Dr. Susan Brown (00:40:13):

It's so interesting, Donna, because the researchers now know that if you have a very fearful situation, like you were out there in the Savannah, you fell into a deep hole. The tiger's after you, there's a fire, you got to do something. Bone is the first organ to sacrifice, and what bone [00:40:30] does is give up a protein osteo calcium to go into the blood and shut down the parasympathetic so we can stay in high gear, fight or flight. And that is a very interesting thing that happens. But today, we don't have tigers on our table. We may say, look, I'm just overloaded with all of this stuff, all this news around the world, or worse yet, a good friend of mine is very sick, or my mother died. Then we have to, it's very good to figure a way, like you said, in the long [00:41:00] run, we know that this life is a learning school, that this is going to be a lesson too.

(00:41:05):

But immediately we'd say, okay, I encourage people to sit down and to feel the feeling. The first time I say I'm terribly sad, I'm crying. I'm sad to feel that feeling because suppressing feelings won't really help at all. And then to try to create a little distance and breathing is the most breathing sort of connects us to cosmic intelligence and also [00:41:30] to the intelligence within us. So we sit down and do some very

gentle, deep breaths and maybe even soothe ourself, maybe even say, I'm really stressed, but it's going to be okay. I trust that the great goddess is going to provide whatever we do that can quiet down the response. And breathing is breathing techniques are very good for that.

Donna (00:41:52):

And I thinking quiet down the response in a positive way. Somebody might say, I'm very stressed. I'm going to the refrigerator and get big chocolate bar or [00:42:00] whatever. There's a lot of ways people are handling stress in an unhealthy way too. So your advice is very wise. Thanks for saying that. So lemme just go into a couple of diets. There's a carnivore diet. And so just to let people know, basically the person's eating animal protein, mostly beef from nose to tail, meaning they're eating a bunch of organs and don't think they eat the tail. But [00:42:30] anyway, that's carnivore. And Paul Saladino was really promoted and made it big, but after a year or so he realized that wasn't a good thing to do, so he added in some fruits. But when you look at the fruits, one is avocado, which people don't think of it as a fruit, and the other one is coconut.

(00:42:50):

So people think those are kind of more vegetables, I guess, and then some honey because he realized you had to have some carbs. And I guess that's working for him. Well, but [00:43:00] I wondered from the very beginning when I was hearing about it, I thought, wow, what an extremely acidic thing to be eating. Eventually there's going to be a problem here and people are going to move away from carnivore, but that's a very acidic diet. And the other thing too, we didn't talk about the principle of balance. Another one of the 12 principles I talk about in the book. So carbs are very, very often given [00:43:30] a bad rap. And what I know is they're acidic, but some people need them. The thyroid seems to need them according to all the data. And also they're calming. They help you sleep better at night. They help you make more serotonin.

(00:43:45):

I'm one of those people being a blood type A that definitely needs some complex carbs. But what I do, knowing the principle of balance, that they're acidic and I need to alkalize to create balance. I do things [00:44:00] like I might have those minerals, but also put in a lot of alkalizing vegetables. So I wouldn't just eat rice, I would put it in a grill or a soup or something. So I'm getting the carbs, but I'm alkalizing them. But one of our other principles, the 80 20 is more that you've been knowing about the work for a long time, which I'm grateful for, and I really appreciate that you get what I've been doing all these years stuff you'll do. But I just [00:44:30] wanted to say, we can learn about acid alkaline and then we can learn how to create balance in our diet. So can you speak to that?

Dr. Susan Brown (00:44:39):

Yeah, sure. And the carbohydrates is so interesting because many carbohydrates are alkalizing. In fact, a simple way to balance to move towards balancing pH is to cut the grains, which are acid forming and do the root crops. So like your sweet potatoes, your turnips, your cabbage, your beets, all these things are very alkalizing, [00:45:00] very high mineral alkalizing where the grains are generally acid forming. Now, quinoa might be different, millets not so acid forming. In the book, I detailed which grains are most acid forming, but that's a good move. We don't want to throw a baby out with a water there. There's certain types of people. I'm like that too. I do much better with carbohydrates having those root crops. And certainly honey is really a very powerful healing medicine. [00:45:30] The age,

Donna (00:45:30):

Well, actually, Paul, on his carnivore diet, he does have honey, which I was kind of surprised, but yeah, he loves honey. I was also just going to bring this up because this gets back to that principle of uniqueness and how we all have different things. The root cause, the crops that you were just talking about, they like potatoes for example, they're high in oxides, so I personally can't eat them. I dealt with a yeast infection for so many years. [00:46:00] I'm super sensitive to oxides. I get a really dry, painful left eye from eating them. So chopping things all over the place.

Dr. Susan Brown (00:46:09):

I see. So you have to sort through which you can have

Donna (00:46:11):

And what you can. But you know what works great are the butternut squash, acorn squash carby in the vegetable world, but they go really, they help alkalize the same rice.

Dr. Susan Brown (00:46:25):

That's very good. And then of

Donna (00:46:26):

Course, other things like carrots. And so potatoes [00:46:30] and sweet potatoes are both high and oxalates, but it depends on how much you're using. So maybe you put something, I actually substitute a lot for potatoes and Oh yeah, okay. In a vegetable soup for example, lot of times it'll have potato in the recipe, but I'll just put in dicon and it's delicious.

Dr. Susan Brown (00:46:50):

Yes, that's a very good idea. That's a really highly alkalizing form of ratish. Yeah.

Donna (00:46:56):

And so you definitely can do this and it's quite possible. But I think what you have [00:47:00] to start off is just understanding about the principle of acid alkaline. I

Dr. Susan Brown (00:47:05):

See

Donna (00:47:06):

Which foods on your are really good for you to eat, and we need to lean more toward the alkaline, which is why I say eat 20, but still add in something acid. So what would you list some of the acid roots

Dr. Susan Brown (00:47:23):

Acid? I think I got what you're talking about. Let me just comment. You're thinking of someone who has [00:47:30] particular digestive issues and particular needs of food like you, so you have to avoid certain types of food. Then the book is great because we categorize food as either highly acid forming, moderate acid forming, low acid forming. So you can pick out those alkalizing foods, for example, that you are safe with because you're safe with them. So that is a very great idea. And so take advantage of the knowledge that there is. They've been all classified. And don't ever [00:48:00] worry if I say

tomatoes are slightly acid forming and someone else says they're slightly alkalizing, don't worry. Because there's different ways of calculating this. And I explain the different ways here in the book, but don't worry about it. Go by results. Measure your first morning urine.

(00:48:17):

If you say, look, I ate a bunch of tomatoes and it didn't have an acid effect. So we just go by results. We don't waste our time worrying about little details. Like this person said this was highly acid forming. This person said it wasn't, [00:48:30] because most of all the foods are the same. All the charts have similar points, like the acid forming food, anything that is protein is going to be acid forming because when we metabolize it, it leaves some acid residue. So whether it's beans that are acid forming or whether it's meat that's acid forming or fish or Turkey, it's going to be acid forming

Donna (00:48:57):

Certain red, like when you're talking about a sandwich earlier, [00:49:00] lots of people eat sandwiches every day. Everybody seems to eat bread. And so very acid forming. Maybe on your acid forming sandwich, you need a lot of alking.

Dr. Susan Brown (00:49:13):

Yeah, yeah. And there's breads that they're trying to make that aren't so acid forming. But that's right. So

Donna (00:49:22):

What about salt, adding salt to, I'm saying,

Dr. Susan Brown (00:49:24):

Well, this is a very important thing. The new research is suggesting that sodium chloride as a form of salt [00:49:30] is very acid forming. And so of course we need a certain amount of salt, but we don't, you don't want to eat excess of salt sodium. What's recommendation? Probably a teaspoon or something a day. And you don't want, if you eat too much salt, it causes a loss of calcium in the urine and it has an acidifying effect. Now, if you use Himalayan salt or Celtic salt, that's high mineral salt. I don't think it's going to have that same effect. But the sodium chloride will, [00:50:00] and certainly all kinds of processed foods, because they're denatured, they've lost their minerals, they've lost their enzymes, they've lost their antioxidants. So all of this synthetic, practically anything in a box or nearly any processed, highly processed food is going to be acid forming because it just doesn't have the minerals in it. You need to produce the alkalizing compounds.

Donna (00:50:26):

You need me to think of something too though. If you make a salad dressing, you've got [00:50:30] oil, which is more,

Dr. Susan Brown (00:50:33):

Well, different oils. Some oils are acid forming and some are not. Yeah.

Donna (00:50:37):

But when you add the salt, it doesn't taste good to have oil in say lemon juice or something without putting in that piece of salt, that little bit of salt. And you just innately do that. We sometimes create balance.

Dr. Susan Brown (00:50:52):

We need a certain amount of sodium. It's just that when people eat processed foods, they eat too much sodium. Not that they're,

Donna (00:50:58):

They're

Dr. Susan Brown (00:50:58):

Their diet, but that [00:51:00] they eat commercial foods that are very highly salted for the flavor. People eat more if there's salt in them, and

Donna (00:51:09):

It's really bad salt. I have salt sensitive genes, which I found interesting when I learned that I have to have salt. And then I found out as I did more research that even with those salt sensitive genes, which some doctors say don't eat any salt, which I think is a big mistake, unless they're telling 'em to avoid the salt in processed foods. But [00:51:30] so I looked up and did more research and found out that you can still have up to a teaspoon a day. Even if you've got this salt sensitive genes, you can still have up to a taste one a day of that high quality salt that you're talking about. And I get my salt from Selena naturally. She's got great Himalayan. She tests salts from all over the world, and they are very high and rich. And so she has a cultive salt, Himalayan salts and salts from everywhere.

Dr. Susan Brown (00:51:58):

And the more stress, [00:52:00] I think you're absolutely right, salt plays an important role. In fact, some of the native peoples that I studied, salt was an exchange of currency because it's so variable. You need salt in order for the body to survive. And so it's like all things, we want to have the right balance. And some people can tolerate more and others can tolerate less. But excessive salt is not a great idea amongst other things, it acidifies.

Donna (00:52:27):

And so again, I was looking at coffee, caffeine, mostly [00:52:30] caffeine, and it is dehydrating. And do you think dehydration is playing a role in the whole acid upline issue?

Dr. Susan Brown (00:52:42):

Well, I mean, dehydration is never a good thing. And so many times we drink coffee because we're running low on energy, the body is not able to produce the energy. So my argument is if you go [00:53:00] back to work on pH balance with all those fruits, vegetables, nuts and seeds, certain supplements like magnesium, and we supplement with a whole series of bone building nutrients which are also very good for pH minerals, then you have a much better balance. And yeah,

Donna (00:53:26):

Well, I'm encouraging people to go back to listen to our podcast. So I'm [00:53:30] bone building, it's essential. But I wanted to put in a little little plug for a book I've been working on for a long time. So I wrote The Body called Your Diet for People with Yeast Infections, but years down the road, I realized that the what about viral infections? So I developed a diet for that. But basically whether you get that virus that we're not supposed to name that went on,

Dr. Susan Brown (00:53:55):

Oh,

Donna (00:53:55):

I see. See, seasonal flu or anything, you have to go [00:54:00] on an antiviral diet, which is vegetarian and highly alkaline because the virus or yeast or whatever, they're making the body very, very acidic. So the balance to that is to alkaline. So I just dropped my acid alkaline food guide on the floor. And so you showed it, you held it up. But just for people that aren't watching anything, could you first of all show [00:54:30] the book again and tell us about it, but also how do they get more information? Where do they buy the book? Can they get it on Amazon or do they come to your site?

Dr. Susan Brown (00:54:38):

Okay, certainly. I have written like you down thousands of articles on the website, but we have two websites and the website that has the most information on pH. And if a person says, I want to understand this a little deeper, we have some very considerate [00:55:00] yet not complicated blogs on pH balance. And that is on the website, alkaline for Life, alkaline for FOR life.com. That Alkaline for Life is the website that we have where we have all our information about pH balance our articles, and that's also the place where we sell products like the acid Oakland food guide and the pH test kit, which I don't have one here, but it's a wonderful book. It's a kit that has the book, has the pH paper, has sample menu. So the best thing is to get [00:55:30] the alkaline diet starter kit and that has everything in it. And like you said, you sort out what's best for you, what you can have, what you can't have, knowing that if we give the body a full deck to play with, we're going to have much better chance of resisting infection and keeping that life energy vital, which is really

Donna (00:55:54):

Well, one of your supplements is the ionized magnesium. What does that mean, ionized for people?

Dr. Susan Brown (00:56:00):

[00:56:00] Ionized means that it's active, it's ready to be used by the body. The magnesium has to be in an ionized form, which means it has electrical charge to it so that it could be assimilated. And what we do in our ionized magnesium are three different magnesium salts, all of them alkalizing, like magnesium citrate, magnesium glycinate. And I think the third one is magnesium ascorbate. So magnesium is a little hard to absorb. Some people have difficulty absorbing it. So we found best [00:56:30] to use three alkalizing forms of magnesium. If you don't absorb one, you're going to have better chance absorbing the others. And the real trick about see magnesium, remember, if you measure your first warning urine and it's not 6.5, you know, don't have enough magnesium. And if you say, okay, but I can't take magnesium, I take magnesium and I get diarrhea, you know what that means? That means, what's

Donna (00:56:55):

That magnesium citrate?

Dr. Susan Brown (00:56:56):

Well,

Donna (00:56:56):

No. Is it because of the magnesium citrate form?

Dr. Susan Brown (00:56:59):

No, [00:57:00] it's because magnesium gets into the cell through one channel, which is the calcium magnesium. I like the entryway. That entryway can become blocked with pesticides, toxins, a whole bunch of stuff, and the magnesium doesn't get into the cell. So it stays in the gut and it causes some annoyance to the gut. One of my mentors has discovered he is very creative. He now has a patent on this that of certain type of choline. Now choline is like a B vitamin [00:57:30] that 90% of the people are deficient in. It's very important for brain health to produce acetylcholine. It's important for children to develop their brains. I could tell you really interesting stories about that. But anyway, if you get diarrhea from magnesium, you just try this, get the choline citrate. It's a particular product we have at alkaline for life. It's a bottle. You take a teaspoon of that when you take the magnesium maybe twice a day, and you will not get a loose stool from, you won't get diarrhea from magnesium. You'll get [00:58:00] the magnesium into the cell. And choline, citrate of course is alkalizing itself because it's a citrate, citrates, alkalize. Just like in ascorbate, like when we sell vitamin C, we sell ascorbate form because that's the form the

Donna (00:58:15):

Body use uses. I'll give you about that next. Yeah, your vitamin C, it's different.

Dr. Susan Brown (00:58:20):

It's different. It's packed under nitrogen. You want nutrients that in the form the body uses, and then [00:58:30] you want them to be active. Like vitamin C is an electron donor. It's got all these little electrons spinning around ready to give it away to quench free radicals. But if that has been exposed to light or heat in processing, those electrons have already been given away. So they're not potent. That's why we pack it under nitrogen, keep it sealed very carefully. There is the science to all of this, and the amazing thing is the body survives no matter what, but we want peak performance. [00:59:00] That's what we're trying to get

Donna (00:59:02):

And peak. Dr. Russell, Jeff, you told me about the a long time ago, the choline citrate. I didn't know where to get it, but the fact that it can enhance the uptake of magnesium is huge. I'm glad you thought to bring that up too, and they can get it from you. Well, I guess I need to let you go and I got through everything here, but I'm glad you have all those blogs. It's a big topic and it's an important topic. And like I said, people don't, [00:59:30] practitioners don't understand asset alkaline and a lot of their decisions would be different and better. And I mean the advice they give you,

Dr. Susan Brown (00:59:40):

But I don't think we have to understand so much. Just think that we all are getting the idea that fruits and vegetables, nuts and seeds, this is what our ancestors ate. This is what our machinery likes to eat more of those. Look, can I get this? Eight cups of fruits now? That's a lot, but that's what we need. So can I just have some vegetables [01:00:00] for breakfast, for example? Can I have some more nuts and seeds with my lunch? Just take it step by step. Measure your first morning urine. You'll see it change. Add few alkalizing supplements like visit alkaline for like and look at some of the supplements. We love Ascorbate because a buffer ascorbate will also be the major electron donor. It energizes what we're looking at Donna, and we'll talk about it next time. We're looking at energy, how the body produces energy, how can we set the stage for optimum energy production, [01:00:30] al diet, that'd

Donna (01:00:30):

Be a great podcast, everybody. That'd be a exhausted today, especially if they're long dollars. And maybe we can help people with a podcast like that. Well, yes,

Dr. Susan Brown (01:00:40):

We have to be easy on ourself. That's right. We have to be easy and think about everything from adequate rest to the energy that we get just being out in nature. But I thank you very much for your work. I hope that, I hope the whole world returns to an alkaline state and it will, we won't be in such acidic,

Donna (01:00:59):

Only if [01:01:00] they somehow stumble across this information and the other podcast in your website and all, because I've always said that I strive to produce really excellent products, especially for the gut, but knowledge is more important than products even. So that's what we're doing here, is sharing knowledge, and I thank you for knowing all this. I know what you're saying in a simple form represents decades of knowledge learning yourself. So thank you for [01:01:30] sharing with us.

Dr. Susan Brown (01:01:31):

Yeah, we all learn and we all share. It's been my pleasure and I congratulate you on your work. You've helped a lot of people and you've really come to understand this whole very important issue of digestion, which we haven't paid enough attention to till recently.

Donna (01:01:45):

That's true, surprisingly. Thank you. Thank you, Susan. Bye-Bye. To be continued. Thank you.

Donna (01:01:52):

Body ecology is not a diet. It's a way of life based on seven universal laws that always guide us toward [01:02:00] the truth. If you want to know more about us, about these seven universal laws and about our amazing effective products, go to our website, body ecology.com. Also, for a free transcript of this show, go to our website. Again, that's body.com. And of course, if you like what you're learning, we'd be very grateful for a review on Apple or wherever you listen to your podcast. If you've got a topic [01:02:30] you want to learn about, just let us know. This information does not replace the advice of your doctor or healthcare professional. Thank you very much for listening, and here's to a happier, healthier world.