

MEIN FITNESS

=gh'Y]b Y 'U`_U`]gWX Y '9fbÀ\ fi b['k]f_`]WX
 [YgØbXYf3

Jcb 'U``Yb 'A Ò[`]WX _Y]hYbž'k]Y 'G]Y ``Y]WX h'j Yfk]ffh'k YfXYb
 _ÒbbYbž'k Y`WX Y '@VVYbga]hhY `` [Ygi bX 'g]bXž']gh'X]Y
 \Ài Z[ghY 'X]Y '[fUi gUa ghY " 8]Y '8]Àh]bXi ghf]Y ``]YVh'Ygž'Y]b
 ?cbnYdh'ni 'Ybhk]WX`bž'XUg'G]Y 'Ui Z'Y]bYf'[fi bX`Y[YbXYb
 9VYbY 'j YfghY \Ybž'i bX 'XUbb 'X]Y 'K]ggYbgWX UZh'ni 'j YfXfY \Ybž
 i a 'XYb '9]bXfi W'_ni 'Yfk YW_Ybž'XUgg 'VYghja a hY
 @VVYbga]hhY ``ZØf' \ fY'; Ygi bX\Y]h[YZÀ\ f']WX 'g]bX" 8]Y
 A Ub]di 'Uh]cb 'j cb '5b[gh'hfY]Vh'G]Y 'ni 'fYghf]_h]j YfYb '8]ÀhYbž
 YfZcfXYfh ž'XUgg'G]Y'; Y`X 'ZØf'HYghg'j YfgWX k YbXYbž'X]Y '\ fY
 5b[gh'bi f'j YfghÀf_Yb 'fI bbØh][\ž'i bX 'X]Yg 'Yfnk]b[h
 J Yf\ U`hYbgÀbXYfi b[Ybž'X]Y 'ZØf' \ fY'J cf']YVYb 'i bbUhØf']WX
 g]bX 'i bX '\Ài Z['bi f'ni 'a Y\ f'; fi ghfUh]cb 'ZØ\ fYb 'i bX': Y\ 'Yf"
 8]Yg']gh[YbUi 'XUgž'k Ug'a]h'XYf / Ua d\Y ``]d /



Jcb 'U``Yb 'A Ò[`]WX _Y]hYbž'k]Y 'G]Y ``Y]WX h'j Yfk]ffh'k YfXYb '_ÒbbYbž
 k Y`WX Y '@VVYbga]hhY `` [Ygi bX 'g]bXž']gh'X]Y '\Ài Z[ghY 'X]Y
 [fUi gUa ghY " 8]Y '8]Àh]bXi ghf]Y ``]YVh'Ygž'Y]b '?cbnYdh'ni

Ybhk]W_Y`bž_XUg`G]Y`Ui Z`Y]bYf`[fi bX`Y[YbXYb`9VYbY`j YfghY\Ybz
i bX`XUbb`X]Y`K]ggYbgWUZhni`j YfXfY\Ybz`i a`XYb`9]bXfi W_ni
Yfk YW_Ybz`XUgg`VYghja a hY`@VYbga]hhY`ZØf`ΔfY`; Ygi bX\Y]h
[YZÀ\f`]W`g]bX"

8]Y`A Ub]di `Uh]cb`j cb`5b[gh`hfY]Vh`G]Y`ni`fYghf]_h]j YfYb`8]ÀhYbž
YfZcfXYfh ž`XUgg`G]Y`; Y`X`ZØf`HYghg`j YfgWk YbXYbž`X]Y`ΔfY
5b[gh`bi f`j YfghÀf`Yb`fl bbØh][ž`i bX`X]Yg`Yfnk]b[h
J Yf\U`hYbgÀbXYfi b[Ybž`X]Y`ZØf`ΔfY`J cf`]VYb`i bbUhØf`]W`g]bX
i bX`\Ài Z][`bi f`ni`a Y\`f`; fi ghfUh]cb`ZØ\`fYb`i bX`Y\`Yf`

8]Yg`]gh`[YbUi`XUgž`k Ug`a]h`XYf` U`_U`]gWk Yb`8]Àh`cXYf`a`]h
9fbÀ\`fi b[gj cfgWk`À[Yb`[YgWk Y\`Yb`]ghž`X]Y`G]Y`ØVYf`X]Y`5`_U`]hÀh
cXYf`XYb`GÀi fY`[Y\`U`h`Y]bYg`@VYbga]hhY`g`VYi bfi \`[Yb`

6Yj cf`G]Y`ΔfY`9fbÀ\`fi b[`Ui Z`XYf`; fi bX`U`[Y`XYg`d<!K Yfgh`j cb
@VYbga]hhY`b`ÀbXYfb`cXYf`ni gÀhn`]W`Yg`; Y`X`ZØf`Y]bY
U`_U`]gWk YfY`9fbÀ\`fi b[`Ui g[YVYb`f\Už`k]f`VYhfUWk hYb`G]Y`U`g
U`_U`]gWk Yg`K UggYfž`UggYb`G]Y`i bg`X]Y`@`Zh`XUfØVYf`_`ÀfYbž`k Ug
]b`ΔfYa`?ØfdYf`dUgg]Yfh`i bX`k Ug`k]f`_]W`gh`k`]W`h`[`ZØf`ΔfY
; Ygi bX\Y]h`

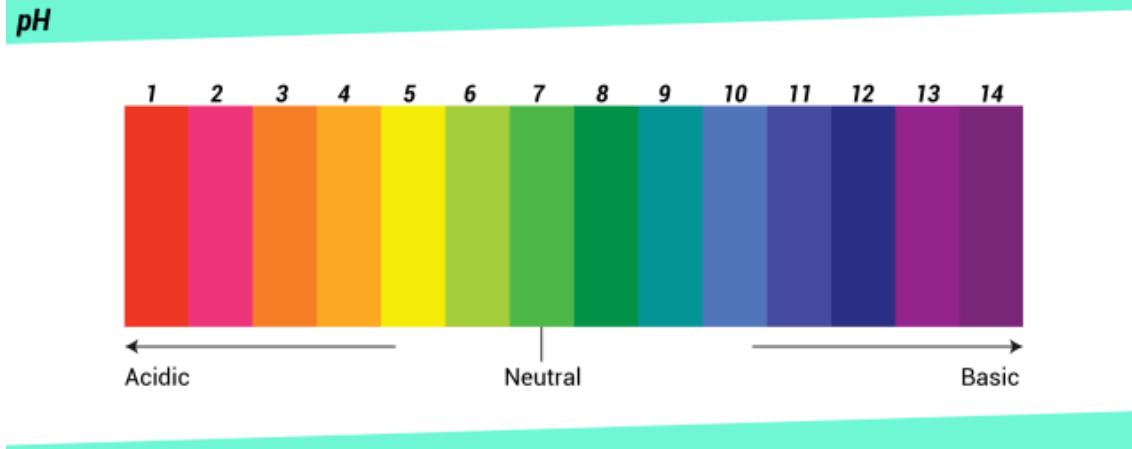
GUI fY`8]Àh`j g```U`_U`]gWk Y`8]Àh

8Ua`]h`U```X]Yg`G]bb`a`UWk hž`Z]bXYb`G]Y`\\]Yf`Y]bY`_i fnY
5i ZZf]gWk i b[ž`X]Y`Yf`_Àfhž`k Ufi a`X]Y`A YbgWk Yb`g]Wk`ØVYf\Ui d h
i a`X]Y`GÀi fY`cXYf`5`_U`]hÀh`XYf`@VYbga]hhY`_Øa`a`Yfbž`X]Y`G]Y
YggYb`

Δf`?ØfdYf`\Uh`Y]bYb`d<!K Yfgh`XYf`ZYghghY`hž`cV`Yhk`Ug`gUi`Yfž
bYi`hfU`cXYf`VUg]gWk`]gh`f5`5`U`_U`]gWk`Yfž`gWk`YfYfž`Δf`d<!K`Yfh
`]Y`[h`Ui`Z`Y]bYf`%(`!Di`b_hY!G_U`Už`k`cVY]`\$!*ž`gUi`Yf`]ghž`+`bYi`hfU`
]gh`i`bX`U``Yg`ØVYf`Y]bYf`+`VUg]gWk`]gh`

K`Ybb`Δf`?ØfdYf`Ui`g[Y[`]Wk`Yb`]ghž`_Ub`b`Yf`J`]hUa`]bY`i`bX`
A`]bYfU`]Yb`YZZY_h]j`Yf`bi`hñYb```i`bX`Yg`k`ÀWk`gh`X]Y`_, VYfnYi`[`i`b[ž`
XUgg`?fYVgYf`fUb`_i`b[Yb`]b`Y]bYf`gUi`fYb`l`a`[YVi`b[`YXY]`Yb`

8 U\Yf\k]fX\XUj cb\Ui g[Y[Ub[Yb\z\XUgg\Y]bY\U_U\]g\W\Y\9fb\A\fi b[X]Y\gUi fY\I a [YVi b[\A\ fYg\? \O\fdYfg\fYXi n]Yfh\i bX\G]Y\g\W\Ø\hnh\



=gh\Y]bY\gUi fY\9fb\A\fi b[\[YZ\A\ f\]W\3

; \Ø\W_]\W\Yfk Y]gY\ZØf\G]Y\i bX\X]Y\; Ygi bX\Y]h\A\ fYg\? \O\fdYfg\z\8\Ug
9ggYb\j cb\`a Y\`f\gUi fYb\@YVYbga]hhY\`b\ghY``h\`b\]W\h\X]Y
6YXfc\i b[\XUf\z\X]Y\G]Y\]a \=bhYfbYh\gY\Yb\k YfXYb\

A Ybg\W\Yb\z\X]Y\Y]bY\U_U\]g\W\YfY\9fb\A\fi b[\`Ya dZY\`Yb\z
g\W\U\Yb\j cf\z\XUgg\gUi fY\@YVYbga]hhY\`XYb\`d<!K Yfh\A\ fYg\6\i h\Yg
j Yf\A\bXYfb\i bX\XUg\? fUb_\Y]hgf]g\c\Yf\Ø\Yb\

8]Yg\]gh\Y]bZUW\`b\]W\h\k U\f\i bX\`Yf\]gh\XYf\; fi bX\`A\ f\6\i h\`d<
k]fX\ghfYb\`fY\`i\`Yfh\z\gc\XUgg\Yf\`nk]g\W\Yb\`+z\` i bX\`+z\(`V\Y]Vh\z
k Ug\`Y\]W\h\U_U\]g\W\`gh\`f\%]gh\`gUi Yf\z\`+`gh\`bYi hfU\`i bX\`\%(`]gh
U_U\]g\W\`

? Y]b\@YVYbga]hhY\`_Ub b\`XYb\`d<!K Yfh\`XYg\6\i h\Yg\`gYb\`Yb
c\`XYf\`Yf\Ø\Yb\`f\@UggYb\`G]Y\X]Yg\`U\`g\`YfghYg\`5bnY]W\Yb\`XUZØf
Y]b k\`f\`Yb\z\XUgg\`Jcfg\W\`A\`Y\`ZØf\`Y]bY\`g\`Ai fY\`U\`h\`[Y\`#U_U\`]g\W\Y
9fb\A\fi b[\`G\W\`fY\`W\`Yb\`g\`ghfU\`Y\`[Yb\`g\`b\`X\`X]Y\`Ui Z\`g\W\`Y\`W\`h\`Yb
k\`ggYbg\W\`U\`h\`]W\`Yb\`9f\`Ybb\`hb\`ggYb\`VYfi \`Yb\`

8 Yi h\`]W\`gY]b\`9ggYb\`_Ub b\`XYb\`d<!K Yfh\`A\ fYg\6\i h\Yg\`b\]W\h
j Yf\A\bXYfb\`

9g\`[\`Vh\`j\`Y\`Y\`Gmgh\`Y\`a\`Y\`X]Y\`X]Yg\`j\`Yf\`]b\`XYfb\`K\`Ybb\`g\]W\`XYf\`d<!

K Yfh'Δ fYg'6`i hYg'ÀbXYfh'VYXYi hYh'X]Yg'XUgg'G]Y'g]W₁]b'Y]bYf
_f]h]gW₁Yb'; Ygi bX\Y]hg[YZU\f'VYZ]bXYb"8Yf'; `Ui VYž'XUgg'Y]bY
gUi fY'9fbÀ\fi b['XUg'6`i h'Ui ZY]bY'K Y]gY'j YfÀbXYfh'X]Y'Y]bY
'YYbgVYXfc\`]W₁Y'?fUb_\Y]h'fk]Y'?fYVgE'j Yfi fgUW₁h'z]gh'U'gc
b]W₁h'fYU"

Yhnhk YfXYb'Y]b][Y'@Yi hY'G]Y'j Yfk]ffYbž]bXYa'G]Y'Δ fYb'I f]b
hYghYb'UggYbž'k Ybb'G]Y'VYgh]a a hY'@VYbga]hhY'YggYb"K Ybb
G]Y'X]Yg'hi bž'k YfXYb'G]Y'k U\fgW₁Y]b']W₁d<!YbXYfi b[Yb'gY\Yb"
9g']gh'YXcW₁gY\f']ffYZØ\fYbXž'Δ fYb'I f]b'U'g'øX]Uhcf'ZØf'XYb
GÀi fY[Y\U'h]b'Δ fYa'?ØfdYf'ni 'VYhfUW₁hYb"

8Ug'`]Y[h'XUfUbž'XUgg'Δ f'A U[Yb'Ui Z[fi bX'XYf'HUhgUW₁Yž'XUgg'Yf
VY]a'5VVUi'j cb'B U\fi b[ga]hhY'b'\`]Zhž'gY\f'gUi Yf']gh"K Ybb'G]Y
U'gc'gUi fYg'9ggYb'YggYbž'gW₁Y]XYb'G]Y'bUhØf']W₁GÀi fY'Ui gž
gcVU'X'Yg'Xi fW₁'Δ fYb'A U[Yb'[Y'Ub[h'8]Yg'VYXYi hYh'b]W₁h'z'XUgg
Δ f'?ØfdYf']b'][YbXY]bYf'; YZU\f'cXYf'Ui g'XYa'; `Y]W₁[Yk]W₁h
[YfUhYb']gh"

8UfØVYf'\]bUi g']gh'Y]b'6`i h'd<'i bhYf'+ž')'U'g'a YhUVc']gW₁Y
5n]XcgY'VY_Ubbh'z'k À\fYbX'g]W₁5'_U'cgY'Ui ZY]bYb'6`i h'd<ØVYf
+ž'(`VYn]Y\h'`YXYf': U'`[]Vh'5b'Ugg'ni 'Yfbgh\UZhYf'6Ygc[b]g'i bX
YfZcfXYfh'gcZcfh][Y'Àfnh]W₁Y'<]ZY''9g']gh'b]W₁h'gcz'U'g'k ØfXYb'G]Y
: `Y]gW₁YggYbž'Δ fYb'd<!K Yfh'ÀbXYfb'i bX'DfcV'Ya Y'\UVYbž'c\bY
Yg'ni 'k]ggYb"

K Ybb'g]W₁XYf'd<!K Yfh'Δ fYg'6`i hYg'ÀbXYfh'k]ggYb'G]Y'6YgW₁Y]X
i bX'ZØ\`Yb'g]W₁k U\fgW₁Y]b']W₁gY\f'_fUb_"

8Ug'\Y]»h'b]W₁h'z'XUgg'XUg'9ggYb'Y]b][Yf'gUi fYf'@VYbga]hhY'
_Y]bY'?cbgYei YbnYb'\Uhz'UVYf'Yg']gh'Y]bY'?ØXYf'i bX!GW₁U'hYf!
6Y[fØbXi b["Ni [YgYhnhY'Ni W\Yf'i bX'fUZZ]b]YfhY'GhÀf_Yb'g]bX
dfcV'Ya Uh]gW₁b]W₁h'k Y]'g]Y' gÀi fYV]XYbX'g]bXž'UVYf'k Y]'g]Y
bi f'a]b]a U'`bU\f\UZh'g]bXž'6]ca Uf_Yf'ZØf'<Yfn_fUb_\Y]hYb
Yf\Ø\Yb'i bX'i bgYfYb'6`i hni W\Yfgd]Y[Y`'nYfghØfYb' _ØbbYb"

¬gh`Y]b Y`U`_U`]gW Y`8]Àh`VYggYf3

K À\ fYb X`Yg`b]W h`bÒh][`]ghž`XYb`GÀi fY[Y\ U`h`cXYf`X]Y`5`_U`]hÀh
¬fYg`I f]bg`ni `hYghYb`cXYf`g]W XUfØVYf`; YXUb_Yb`ni `a UW Ybž
[]Vh`Yg`UbXYfY`; fØbXYžg]W U`_U`]gW Yf`ni `YfbÀ\ fYb` `i bX`U`
X]YgY`; fØbXY`UVYb`Yg`[YhUb`b]W hg`ni `hi b`a]h`XYa`HYghYb`j cb
d<!K YfhYb"

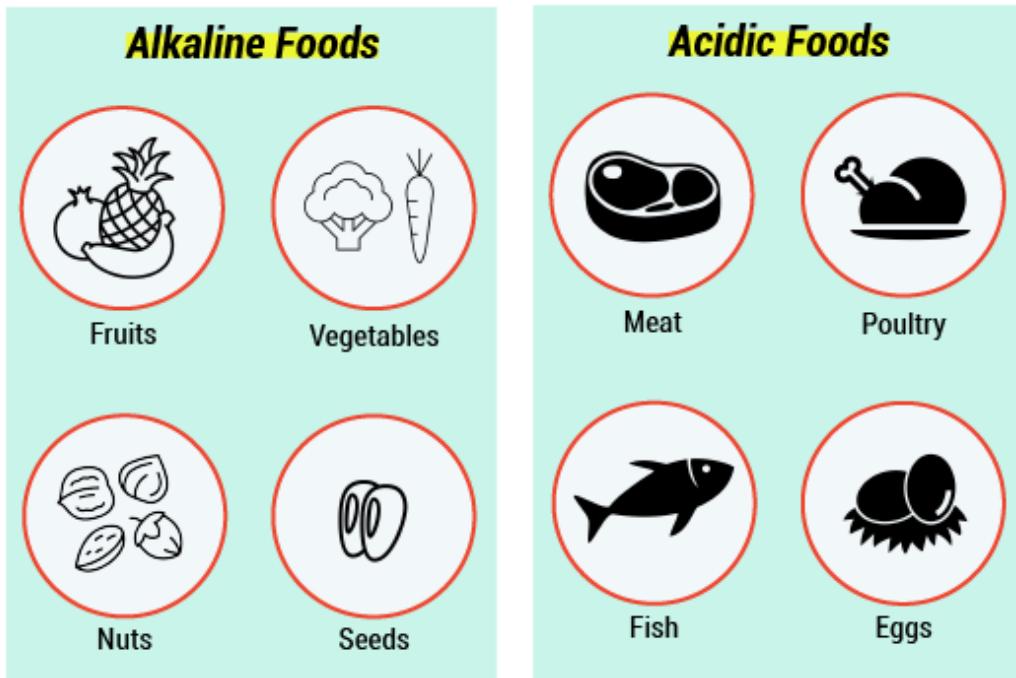
J]Y`Y`XYf`[YgØbXYghYb`@VVYbga]hhY`XYf`K Y`h`g]bX`Y]bZUW
U`_U`]gW "

Ni`XYb`U`_U`]gW Yb`@VVYbga]hhY`b`[Y\ ØfYb`C Vghž`; Ya ØgYž
B ØggYžGUa Yb`i bX`<Ø`gYbZfØW hY`8 Ug`9ggYb`X]YgYf`@VVYbga]hhY`
]gh]a`5`[Ya`Y]bYb`Y]bY`[i hY`XYYžUVYf`XUg`VYXYi`hYh`b]W hž`XUgg
G]Y`g]W`j cb`gUi fYb`@VVYbga]hhY`b`fk]Y`:`Y]gW`i bX`9]YfbŁ
ZYfb\U`hYb`a ØggYbž`i bX`Yg`[]Vh`_Y]bY`<]bk`Y]gY`XUfUi Zž`XUgg`XYf
GÀi fY[Y\ U`h`¬fYf`9fbÀ\ fi`b`[`?fUb_\Y]hYb`\Yfj c ffi zh"

Alkaline vs. Acidic Foods

Why would you eat a more basic or alkaline diet?

Simply because many foods that are less acidic just happen to be good for you.



I bX'bY\ a Yb'G]Y'b]W h'bi f'i bgYf'K cfh'XUZØf"; Ya Å»
F Yggci fWb'Ui g'XUg'Ua Yf]_Ub]gW Y'=bgh]hi h'ZØf'? fYVgZcfgW i b[.
9]bY'J YfAbXYfi b['XYf'NY`i a [YVi b['XYg'a YbgW 'JW Yb
? ØfdYfgž'i a 'Y]bY'k Yb][Yf'gUi fYž'k Yb][Yf
_fYVgZfYi bX'JW Y'I a [YVi b['ni 'gW UZZYbž]gh'dfU_h]gW
i ba Ø['JW " .

K Ybb'G]Y'ØVYf'XYb'?Ui Zj cb'U'_U`]gW Ya 'K UggYf'bUW XYb_Ybž
gdUfYb'G]Y'V]hhY'Δf'; Y'X''<]Yf'_ØbbYb'G]Y'U''Yg'XUfØVYf'YgYbž
k Ufi a '5fh]_Y''Ui g'XYf'BYk'Mcf_ 'H]a Yg"

K Ybb'G]Y'YXcW 'a Y\ f'U'_U`]gW Y '@YVYbga]hhY'YggYb'a ØW hYbž
hi b'G]Y'X]Ygž'c\ bY'g]W i a 'XYb'd<!K Yfh'gcf[Yb'ni 'a ØggYbž'i bX
Y]bZUWž'k Y]'X]Yg'[i hY'C dh]cbYb'g]bXž'X]Y'ni 'ΔfYb
9fbÅ\ fi b[gdfÅZYfYbnYb'dUggYb"

<UVY': fU[Yb3'HY]`Y`g]Y`]b`XYb`?ca a YbhUfYb`i bhYb"

I bX`k Ybb`G]Y`Yg`gUh`UVYbž`XUgg`X]Y`8]Àh]bXi ghf]Y`G]Y`]ffY ZØ\ fhž
X]Y`dfU_h]gWX Y`I bhYfghØhni b[`j cb`I bgYf`C b`]bY!7cUWX]b[!
Dfc[fUa a`]gh`a Ø[`]WX Yfk Y]gY`XUg`F]WX h][Y`ZØf`G]Y```XYa
?i bXYb`k YfXYb`nk Y]`HfU]bYf`ni [Yk]YgYb`Y]bYf`ZØf`9fbÀ\fi b[
i bX`Y]bYf`ZØf`:]hbYgg"
<]Yf`YfZU\ fYb`G]Y`a Y\f"

→gd]f]Yfh`j cb`6:

8 YhU]`g

6 Ygi WX Yb`G]Y`i bg`Ui Z`a Y]b!Z]hbYgg"bYh