



The Edge

Community Newsletter

Vol. 11, Issue 4, November 2013

The Edge Hours

Tues - Fri: 10 - 4

* & Sun 10 - 2 *

322a Monashee Ave

*Prevention is better than cure
and you are what you eat.*

The futurist and inventor Thomas Edison said over 100 years ago, "Doctors of the future will prescribe no medicines, but will prescribe food and will interest their patients in the care of the human frame, in diet and in the cause and prevention of disease."

Let us begin by looking into the definition of alkalinity. Alkalinity is the measure of the ability of a solution to neutralize acids to equivalent carbonates or bicarbonates. This is not the same thing as neutralizing acids and also different from the pH of a solution. The pH of a solution can be lowered by exposing it to carbon dioxide but its alkalinity shall remain the same. Alkalinity is measured in mEq/L this is called milliequivalent per liter. Through what has become the typical Western diet largely based around meat, dairy, sugars, alcohol, saturated fats and caffeine, millions of us have created a hostile, acidic environment within our body. The pH level of our internal fluids affects every living cell in our bodies and the effect that over-acidification can have upon the health of our bodies is immense, with a chronically over acidic pH creating an extremely negative environment which affects all cellular functions from the beatings of the heart to the neural workings of the brain. When our pH level is unbalanced, almost any area of our bodies can be negatively affected creating results such as cancer, heart disease, obesity, weight problems, allergies, fatigue and premature aging as well as problems with our nervous system, cardiovascular system and muscles. The nature of body varies but most of us should aim to eat 75-80% alkaline foods and a maximum of 20-25% acid forming foods. (Once the liver has broken down the food that has been ingested, "ash" or a mineral deposit is usually left behind. This can be either acidic or alkaline as per the effects it has on the pH level of the urine.) It's a wise decision to try to eliminate packaged food items because they can noticeably lead to acid accumulation in the body. Alkaline meals will benefit your health and well-being greatly by working to purge harmful toxins that gather over the years. Cancer cells have the ability to survive and thrive in conditions where the pH level is particularly acidic.

Research indicates that our body has reduced strength to recuperate itself when the pH is in the acidic spectrum. Bad bacteria inside the mouth due to high acidity levels may maximize the risk of tooth decay. The amount of people in the world battling with cancer is always growing, but the majority of people have no idea what's increasing the risk of these cancer cells to prosper in the body. (Information from various sources: enzinearticles.com etc)

Most Alkaline	Alkaline	Lowest Alkaline	Lowest Acid	Acid	Most Acid
Stevia Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic Olive Oil Herb Teas, Lemon Water	MapleSyrup, Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears, Raisins Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob Almonds Flax Seed Oil Green Tea	Raw Sugar Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados Carrots, Tomatoes, Corn, Mushrooms, Cabbage, Peas, Olives, Soybeans, Chestnuts Amaranth, Millet, Quinoa Soy Milk, Ginger Tea	Molasses Plums, Processed Fruit Juices Kidney Beans, String Beans Sunflower Seeds Corn Oil Spelt, Brown Rice Venison, Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese Tea	White Sugar, Brown Sugar Sour Cherries, Rhubarb Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans Pecans, Cashews White Rice, Corn, Buckwheat, Oats, Rye Turkey, Chicken, Lamb Raw Milk Coffee	NutraSweet, Equal, Aspartame, Sweet 'N Low Blackberries, Cranberries, Prunes Chocolate Peanuts, Walnuts Wheat, White Flour, Pastries, Pasta Beef, Pork, Shellfish Cheese, Homogenized Milk, Ice Cream Beer, Soft Drinks

Items for Sale

The Edge has various items for sale as a result of past and recent upgrades, please stop by during regular hours. DVD player, TV, CD's, Ghetto blaster.

Registered charities in Canada perform valuable work in our communities, and Canadians support this work in many ways.

The Edge's Registered Charity #86745 45 RR0001. We welcome regular givers.

The Edgewood Community Internet Society RR#1 Site 5, Comp 18 Edgewood B.C. V0G 1J0

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