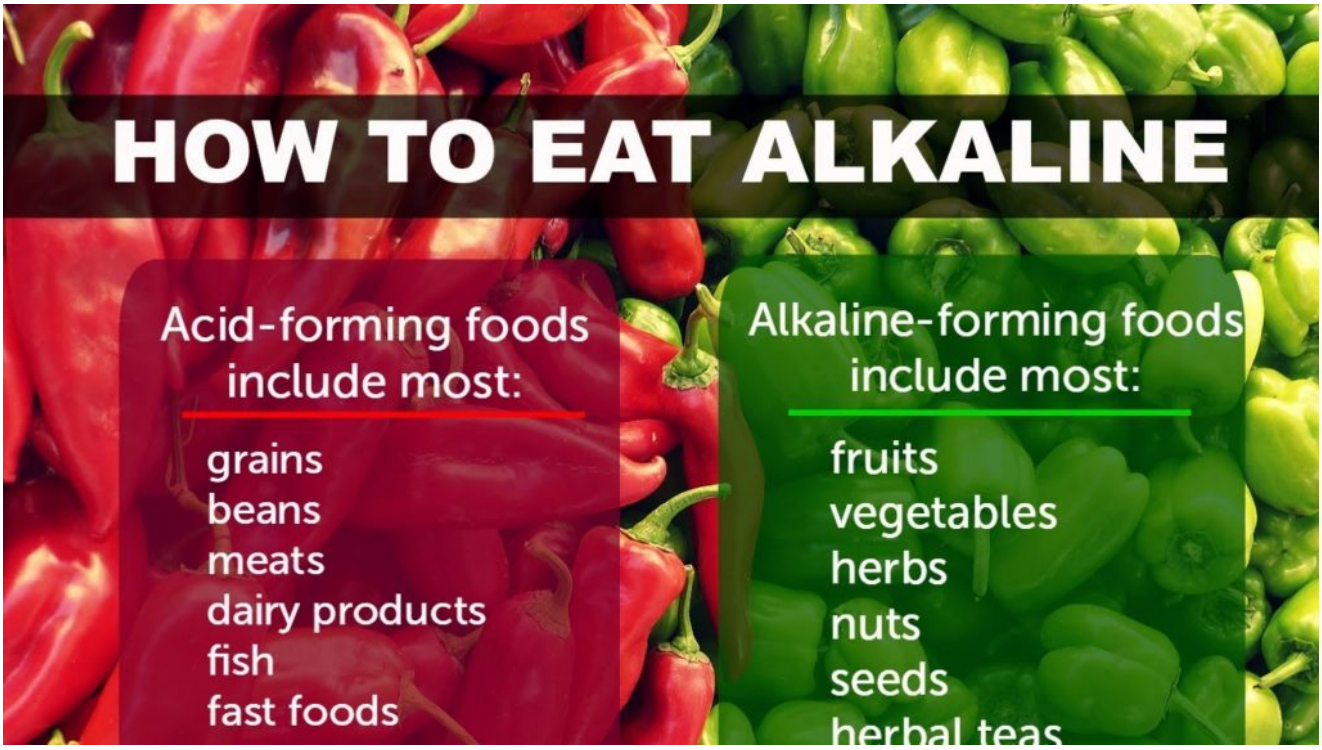
FRUITS & VEGGIES

Top 9 Alkaline Foods That Will Help You Remove All Acids From Your Body

By bestfolkmedicine · 17/06/2018 · 2 min read



Nowadays, there is a lot of talk about alkalinity and alkaline diets, but not everyone understands their importance for our overall health. Namely, in order to perform at an optimal level, our body needs to have balanced and alkaline pH. On the other hand, if the environment in the body is overly acidic, the risk of poor health, ilnesses, and inflammation is much higher. Often times, the major cause of acidic body, also known as acidosis, is a consequence of a poor diet, that is, a diet that is rich in processed, sugary, and fried foods. Additional risk factors are excessive stress, poor physical activity, and exposure to environmental toxins.

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How to Recognize Acidosis?

- Brain fog
- Muscle weakness
- Common headaches
- Tiredness
- Low energy even after resting
- Digestive problems
- Acne
- Joint ache
- Depression
- Anxiety
- Frequent colds

The 9 Best Alkaline Foods

In order to alkalize your body, make sure you up the intake of the following foods:

- **Avocados**

Avocados are abundant in healthy oils and other pivotal nutrients. Eating more avocados is an excellent way to better your mental focus, elevate the energy levels, and strengthen the immunity.

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- **Sweet potatoes**

This type of potato is rich in vitamins, minerals, and fiber and it will help you regulate the blood sugar levels and neutralize the acidity in your body.

- **Kale**

Kale is a green veggie that is abundant in calcium, iron, and vitamin K. By eating it on a more frequent basis, you will avert cancer and fight off acidity.

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- **Watermelon**

Watermelon is an alkaline fruit that contains important nutrients like fiber, antioxidants, minerals, and vitamins, and of course, a lot of water. It will therefore hydrate the whole body, reduce acidity, and provide a lot of electrolytes.

- **Papaya**

This is the ideal food to fight off acidic body, as well as bloating, digestive problems, and diarrhea.

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- **Key limes**

If you are in need of an alkaline fruit that will alkalize the whole body, remove bacteria, and expel all waste, make sure you opt for key limes.

- **Plum tomatoes**

Did you know that plum tomatoes can assist you in the fight against UTIs, cancer, obesity, and bladder-related issues?

- **Cabbage**

For a strong immunity, low risk of cancer, alkaline body, and proper digestion, make sure you add this nutritious veggie to your daily idet.

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- **Kiwi**

Kiwis are the fruit that will maintain an optimal hydration and supply you with a lot of minerals and vitamins, as well as fiber, and thus, enhance your digestion and better the muscular functions.

Sources:

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