

## ALKALINE FEEDING. SAFETY AND HEALTH BENEFITS

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### Abstract

*In the study of the safety and health benefits of alkaline food was tried obtaining and providing useful information on the existence or absence of risk factors involved in nutritional diseases, such as acid-base disorders (Banu at all., 2009). Alkaline diet is very important for maintaining a healthy body, because most of the foods we eat are harmful and are defined as "bad" foods and are part of the acidic foods group, leading to an imbalance of the cells and metabolism affecting the health of the body, through the appearance of acidosis conditions occurred because of our environment at which pollution, stress and mostly acidic feeding is contributing (Banu at all., 2010).*

**Key words:** *food, feeding, alkaline feeding, metabolic process*

### INTRODUCTION

Food consumption by physiologically point of view is a necessity but with time this need was associated with the pleasure given by taste, aroma, color so there was a temptation that was transposed over necessity (Dumitrescu, 1987). Through food studies is pursuing to find proper formulas of food nutrition that can be adopted by the majority of the population, be easily to apply due to the accumulation and useful and simple information on how to eat properly (Segal at all., 1983).

All these issues can be clarified by food investigations effectuated on different subjects in different areas of the county to know better eating habits, aspects that will contribute to achieving significant results and health benefits (Nicolescu, 2006). Alkaline diet benefits obtained by a proper combination of compatible foods are: improving digestion; maintaining normal weight; synthesise of nutrients from ingested food; maintaining blood alkalinity; decreasing of acid level who form the toxins; elimination of states of bloating and gas accumulation

## **MATERIAL AND METHOD**

The material used in the analysis was represented by registering sheets of food of a person for a period of 7 days and the quality of the foods ingested in the 7 day of analysis.

In this study, evaluation and determination of the benefits and safety of the alkaline food intake on human body was determined by two types of analyzes of food consumed over a period of seven days as follows:

- in the statistical analysis of the diet was monitored frequency and nutritional quality of alkaline foods
- by determining pH we followed the appreciation of alkalinity degree of foods ingested over a period of 7 days

In order to obtain conclusive results, we used three methods specific for food studies, as follows:

1. Estimate food consumption at the individual level
2. Determination of food quality achieved by the intrinsic, biological or nutritional quality of food
3. pH determination of ingested foods in the 7 days of analysis

## **RESULTS AND DISSCUSIONS**

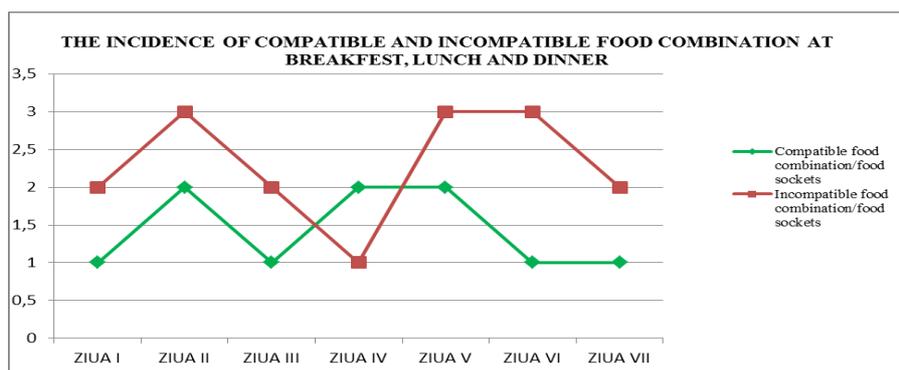
After the evaluation of food nutrition for a period of 7 days concerning of alkalinity and health benefits registered the following results:

In all seven days of analysis (Figure1) it noticed that the ingested food were in incompatible combinations, combinations that in some days were found to breakfast, the other day at lunch and sometimes at dinner, results that demonstrate that most people have minimal knowledge of the nature of food and their impact on health. In days when two or more foods were combined at random, limits of digestive process were exceeded; digestion was difficult, as evidenced by the response to some questions about symptoms of the states of bloating, abdominal discomfort, aware in those days.

In the combination acid - sugar, salivary amylase is destroyed by acid, amylase which is an enzyme that decomposes glucides. Such a combination leads to retention in the stomach for a longer period of time of some foods such as fruits that induce the release of acid by fermentation.

Food combinations with beneficial effects on the health of the body are the combinations between animal protein and/or vegetable with green leafy vegetables, oils and animal fats combinations and/or vegetable with green leafy vegetables and combinations between oils/fats with fruits that have a low level of acidity.

Meat, fish and the milk should not be combined with the potato, maize or melons because proteins are combined with amidin resulting an acidification which will destroy the salivary amylase because digestion of proteins requires an acidic environment when digestion of glucides takes place in a neutral environment.



**Fig.1. The incidence of compatible and incompatible food combination at breakfast, lunch and dinner**

Combination of several kinds of proteins requires different periods of time and the presence of several different enzymes to be digested, because when combined a protein with another protein, digestion becomes difficult.

## CONCLUSIONS

Based on the conclusions reached by some physiologists and dietitians concerning on combination of foods and their effects on well-being and efficient digestion of some food combinations, after the food investigations over a period of seven days for the evaluating the health benefits of alkaline food were registered some important conclusions regarding the nutritional status of the population.

Alkaline diet is very important for maintaining a healthy body, because most of the foods we eat are harmful and are defined as "bad" foods and are part of the acidic foods group, leading to an imbalance of the cells and metabolism affecting the health of the body, through the appearance of acidosis conditions occurred because of our environment at which pollution, stress and mostly acidic feeding is contributing.

Increasing of acidity in the body is manifested by severe lack of energy, digestive syndrome manifested by indigestion and bloating, constipation, plus states of migraine, allergies, joint pain, nervousness, irritability, sleeplessness or on the contrary an excessive sleepiness and immunity decreased.

A diet should be viewed as a variant of normal consumption, which will adapt some quantitative or qualitative changes, for annihilation of a pathological process. If we ingest a variety of incompatible foods, the human body will not be able to digest properly each type of food and so digestion will be short.

Food safety has a significant role in the elaboration of rules or guidance concerning on proper food combination so that the digestive process being favorized inducing an efficient digestion, with benefits effect on energy levels in our body.

The food industry through food investigations proposes:

- highlighting the negative impact of acidic nutrition on the human body compared with alkaline diet benefits to promote safe food for consumption.

- elaboration of some rules and recipes of processed foods that in combinations do not manifest acidifying effect on the body, such as vegetables canned with meat or sausage, etc.

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