



*Dr. Jason E. Barker*

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## ***The Natural Athlete Newsletter September 09***

### **Vitamin D & The Flu**

### **Acid-Base Balance**

The internal environment of your body maintains its pH, or acid-base balance, within a very specific range. There is good evidence accumulating that shows an overly acidic internal environment can predispose one to inflammatory conditions (tendonitis, bursitis, joint pain, etc), cramping and even cancer.

There are several factors that affect your internal pH, and fluctuation is normal to an extent. However one should strive to keep acidity to a minimum; athletes can be prone to more acidic internal environments chiefly from the metabolic by-products of exercise – lactic acid and hydrogen ions.

One of the best ways to keep acidity to a minimum is by consuming a plant-based diet. No, I am not advocating you become a vegetarian because of this, but do keep in mind that animal products (dairy, meat) are acid producers in the body. And for you vegetarians, brown rice is one of the most acid-producing foods out there. Should you stop eating all of these? No. Just add more plants (green leafy, fruits) to your diet and keep the inflammatory foods to a minimum. When you do eat inflammatory foods, bump up your plant consumption to counteract the net overall increase in acidity.

I encourage everyone to balance out their acidity by making some changes to their diet, especially those plagued by chronic inflammatory conditions (any kind of -itis, asthma, allergies, cancer, fatigue, cramping, etc.) Here's what I do personally: After a long ride or run, my recovery drink consists of the following:

- 1 apple
  - 2 carrots
  - 2 celery sticks
  - 1 small bunch parsley
  - Handfuls of mixed greens (spinach, etc)
  - ¼ medium cucumber
  - 1 scoop of 'Greens First' or other 'green drink powder'
- Add ice and water; blend...in a vitamix or other blender.

This concoction actually tastes good, gives me a ton of energy, both complex and some simple carbs for recovery, lots of antioxidants, fiber, and of course reduces the exercise-induced acid in my body. Good stuff!

Is it as good as a cold beer? No of course not, but it is so good for you, and the immediate benefits it offers makes this one of my daily beverages.

### **New Office Location**

I'm excited to announce the opening of a second office location in Colorado. I will be practicing in Fort Collins on Mondays and Wednesdays starting in October.

#### **Contact Information:**

##### **Clinic Address**

Rocky Mountain Natural Medicine  
Located inside The Center for Spine Pain  
Highlands Ranch, Colorado 80129

[Map](#)

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