



BALANCE FOR YOUR LIFE

**A GUIDE TO YOUR
ACID-BASE BALANCE**

Basica[®]

WELCOME TO A NEW LEVEL OF WELL-BEING.

Welcome to Basica®.

We are all seeking balance, equilibrium and overall well-being in our lives. To achieve these, we should not only follow our mind, but also listen to our gut. Maintaining an alkaline diet plays a key role here. So we are delighted that you have decided to find out more about following an alkaline diet and your body's own acid-base balance. This guide provides you with a wealth of information and ideas about all aspects of your inner balance – a topic that is naturally very close to our heart.

For almost a century, we have been helping people achieve and maintain their acid-base balance. In addition to decades of experience, our recipe for success is based on ongoing scientific research into nutrition.

We hope this guide inspires you to live your life in balance and that you will soon become yet another of our satisfied customers. Over time, we are confident that you will experience a clear mind, a healthy gut feeling, inner balance and the new level of general well-being that we call the Basica® feeling.





BALANCE

This balance deep within you. You have been striving for it your entire life, because it is simply in our nature to desire well-being. But even though your balance is so important to you, you lose it all too often.

We understand. With everything that life demands of us every day, it can be really hard to keep our balance. That is why we have made it our job to help you to live life in balance.

Basica®

A LONG TRADITION OF BALANCE.

Today, it is well established that maintaining an acid-base balance plays a key role in our health and well-being.

This discovery dates back to the 1920s, when Swedish nutrition researcher Ragnar Berg recognised the importance of the acid-base balance for people's health. He was one of the first to systematically analyse the alkaline mineral content in food.



Determining the mineral content of different foods allowed Ragnar Berg to draw conclusions about the causes of metabolic disorders and malnutrition. He then developed treatment options for maintaining a better acid-base balance.

DID YOU KNOW?

Ragnar Berg's knowledge of physiology was central to developing the mineral and trace element compound Basica[®], which Dr Volkmar Klopfer was able to produce at his Dresden-based food company by applying his own experience of mineral processing. An advertisement from 1926 described Basica[®] as "a mineral compound based on the Ragnar Berg method".



FUNDAMENTALS OF OUR INNER BALANCE.

To effectively regulate all our body's biochemical processes, we need to ensure that our cells receive the right ratio of acids to bases.

Each metabolic process is controlled by enzymes, but these work most effectively only under certain conditions. One such condition is the pH value, which indicates the concentration of acids and bases. This is why the body keeps the pH value within each cell, the surrounding tissue, our organs and especially in our blood within a defined narrow range.

So our acid-base balance is an important precondition for many metabolic processes, such as converting the nutritional components protein, fat and carbohydrate into the building blocks of new cells as well as into energy.

To ensure our metabolism works smoothly, our bodies require a constant supply of alkaline minerals, which we get from food. This highlights the importance of nutrition for our acid-base balance.

If you would like to find out more about keeping your inner balance, please visit www.basica.com.



AN ALKALINE DIET:

Enjoy achieving
equilibrium.

What we eat influences our acid-base balance. Today, many people consume a lot of high-protein, acid-producing foods such as meat and meat products, fish, cheese, eggs, dairy and cereal products. However you do not have to avoid these foods entirely. What counts is that you consume enough alkaline foods.

A good rule of thumb is for half of what is on your plate to be salad, vegetables and fruit. This includes fruit juice and dried fruits.

It is important that we enjoy what we eat. Keeping your balance can even lead you to discover new pleasures, like fresh herbs, new spices and seasonal vegetables.

TIP

Drinking enough every day helps you maintain your acid-base balance. And there are plenty of options to choose from, including unsweetened fruit drinks, fruit teas and herbal teas.

ENJOY WHAT YOU EAT.

To its fullest!

Ensuring you have plenty of alkaline-rich foods on the menu every day not only helps you achieve your acid-base balance, it also makes for a more varied diet. Moreover, it provides you with many essential nutrients, vitamins and minerals. Healthy can be tasty, too.



ALKALINE

| | LOW | MEDIUM | HIGH |
|------------------------------|---|---|---------------------|
| Vegetables and salad | Lettuce, cucumbers, aubergines, courgettes, broccoli, Brussels sprouts, mushrooms, cauliflower, peppers, tomatoes, asparagus, potatoes, leeks, sauerkraut, radishes | Lamb's lettuce, rocket, fennel, kale, carrots, kohlrabi, celery | Spinach |
| Fruits | Apples, pears, peaches, cherries, strawberries, mangoes, grapes, kiwi fruit, oranges, lemons, grapefruit, pineapple, watermelon | Bananas, apricots, blackcurrants | Dried figs, raisins |
| Seasonings/condiments | Cider/wine vinegar, lemon juice, garlic, onions | | |
| Drinks | Mineral water, fruit/vegetable juice, coffee, herbal tea, soy milk, red/white wine | | |

ACID-PRODUCING

| | LOW | MEDIUM | HIGH |
|----------------------------------|---|---|--|
| Bread and cereal products | Rye bread, crispbread, corn | Wholegrain bread, spelt, cornflakes, rusks, spaetzle, egg noodles | Porridge oats, rice |
| Dairy products and eggs | Buttermilk, cream cheese, yogurt, milk, cream | Chicken eggs | Quark, hard cheeses, Parmesan, Camembert, processed cheese |
| Meat and meat products | | Processed meats, frankfurters, beef, pork, poultry, veal, lamb | Goose, rabbit, corned beef, liver, pâté, salami |
| Fish and seafood | | Herring, cod, carp, salmon, haddock, sole, zander | Sardines, trout, smoked eel, prawns, mussels |

Classification is based on a 100 g serving of each food. Currently, nutrition science classifies sugar, fats and oils as neutral foods.

TIP

You will find an interactive acid-base test at www.basica.com. You can also download our large food table free of charge from the website.

BALANCE SOMETIMES NEEDS A LITTLE HELP.

In an ideal world, we would always be able to maintain a varied and balanced diet, packed with fresh fruit and vegetables. But in the modern world, sticking to such a diet is a challenge – whether because we lack the time to carefully select and prepare the right foods, because we have intolerances to certain foods or simply because of the many temptations of “unhealthy” options. Incorporating Basica[®] into your diet can help offset these nutritional shortfalls.

Basica[®] contains carefully selected minerals and trace elements:

- Zinc contributes to a normal acid-base metabolism and a regular carbohydrates and fatty acids metabolism.
- Magnesium reduces tiredness and fatigue and maintains a healthy psychological function. Together with calcium, it contributes to a normal energy-yielding metabolism.
- Chromium supports a normal macronutrient metabolism while molybdenum supports the sulphur amino acid metabolism.

TIP

If your diet is designed to help you lose weight, it also makes sense to add in alkaline minerals. Especially when on a weight-loss diet, your body needs these because using up fat stores increases the production of keto acids. Too much acid can make it harder to break down fats, resulting in weight loss happening only very slowly, if at all.





FINDING A NEW BALANCE THROUGH BASE FASTING.

To achieve an acid-base balance, nutritional experts recommend occasional base fasting, which involves purposely avoiding acid-producing foods for a certain period.

But no need to worry, base fasting has nothing to do with starving yourself. Instead, it is about deliberately choosing to eat predominantly alkaline foods. Lamb's lettuce, rocket, fennel, carrots, potatoes, mushrooms, fruits, nuts and herbs are particularly suitable for base fasting.

PUT YOUR LIFESTYLE TO THE TEST.

We want to help you keep your balance. So put your lifestyle to the test: with the help of this questionnaire, you can quickly find out whether your acid-base balance is still intact.

| | Yes | No |
|---|--------------------------|--------------------------|
| 1. Do your meals often contain ... | | |
| Bread | <input type="checkbox"/> | <input type="checkbox"/> |
| Pasta and rice | <input type="checkbox"/> | <input type="checkbox"/> |
| Cheese | <input type="checkbox"/> | <input type="checkbox"/> |
| Yogurt or quark | <input type="checkbox"/> | <input type="checkbox"/> |
| Sausage or ham | <input type="checkbox"/> | <input type="checkbox"/> |
| Meat | <input type="checkbox"/> | <input type="checkbox"/> |
| Fish | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you eat low amounts of... | | |
| Fruit | <input type="checkbox"/> | <input type="checkbox"/> |
| Vegetables | <input type="checkbox"/> | <input type="checkbox"/> |
| Salad | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you consume fizzy drinks or alcoholic beverages? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are you often on a diet? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you often feel stressed? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Are you often tired and lacking energy? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you feel tense and have trouble concentrating? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you get too little exercise? | <input type="checkbox"/> | <input type="checkbox"/> |

SCORE:

If you answered more than 5 questions with "yes", this may indicate that your acid-base balance is not as it should be.



OTHER THINGS YOU CAN DO to fully achieve your balance.

You know better than anyone else what helps you achieve balance. In addition to a balanced diet, there are other ways for you to bring more balance to your life.

Take charge of your time. You decide how you want to spend it. Your attitude is the key to feeling relaxed and balanced. Of course there will be stressful times, but avoid compounding that stress by worrying too much about it. Take a deep breath and relax. Staying optimistic will also make things much easier.

You have surely already discovered the importance of exercise. But even more important is your attitude towards it. There is no need to torture yourself. Find the type of exercise that feels right. If jogging is not for you, perhaps going for a hike with friends or taking a dance course will inspire you. Playfulness goes hand in hand with balance. And if exercise is fun, you will automatically want to keep doing it.

Set aside time to rest in which you can simply be at peace. When were you last in the great outdoors, listening to the twittering of birds? Mindfulness has a lasting impact on your well-being: meditation, breathing exercises, yoga or simply a relaxing hot bath. And never lose sight of fun: enjoying a good laugh always helps.

In addition to all these little tips for everyday life, you can also look to the occasional spa retreat, meditation seminar or autogenous training course for a welcome change that can help you keep your balance.

We hope that we have been able to convince you not only to listen to your mind, but also to actively pay attention to your gut feeling. Then nothing will easily throw you off-balance again. And if something should, then Basica® will help you regain your inner balance.



FIND YOUR INNER BALANCE.

Each person and each life is different. That is why we have developed more than one Basica® for you: thanks to our large product family, you can find the Basica® that matches your particular needs. That way, you are sure to soon discover your own inner balance.

Discover your Basica® at www.basica.com.

BASICA® VITAL

Alkaline granules
Stirs into meals and is suitable for cooking and baking.



BASICA® INSTANT

Alkaline drinking powder
Quick-dissolving and with a fruity orange flavour.



BASICA® PURE

Pure alkaline powder
Dissolves in water or juice.



BASICA® DIRECT

Alkaline direct granules
Conveniently taken without water.
Ideal for work and travel.



BASICA® COMPACT

Alkaline tablets
Practical daily serving taken at home or on the go.



Basica®.

The German original – The trusted choice of generations.

QUESTIONS OR FEEDBACK?

Visit www.basica.com for:

- Interesting facts about the acid-base balance
- Product information about the Basica® range
- Our interactive acid-base test



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Basica

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