

A little vinegar goes a long way

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ALITTLE vinegar in your food goes a long way. US nutritionist Dr Jerry O'Neal believes that all you have to do is to put a teaspoon of vinegar made from fruit or grain into each serving of food and it will help to bring your pH level down to normal — 5.5 to six. You could also achieve this by eating an apple or cranberries with your meal.

The pH level has much to do with your state of health, keeping your hormones in balance and maintaining your immune system. Twenty years ago in China and Japan, they always had rice vinegar and pepper on the table. I wonder what has happened to that now?" asks O'Neal, who was in Kuala Lumpur recently.

"Vinegar is good for those suffering from psoriasis, acne, eczema and stretch marks, among other complaints," says O'Neal, 71, who has a PhD in nutrition and is the president of Jenical International which is based in Houston. In the past 15 years, she has assisted in the opening of 150 Jenical Skin Correction and Health Centres in the United States. (There is one in Malaysia).

She identifies citric acid (from oranges, lemons, grapefruit, etc) as not good for those whose pH level is seven points while vinegar, apples, strawberries and cranberries should help to bring it to normal.

Why the latter foods are recommended is because, according to O'Neal, most of today's foods are alkaline and must be eaten with acid

A dash of vinegar can do more than add flavour to your food; it helps to normalise the body's pH level, which has much to do with health, says US nutritionist Dr Jerry O'Neal. She also shares some tips on how to stay healthy. EU HOOI KHAW reports.

foods to be assimilated. Citric acids change to alkaline in the stomach; hence orange juice does not go with bacon and eggs. Apple juice would be more appropriate.

When we consider this, we could perhaps understand why in a western diet, with vinegar, pork with apples and turkey with cranberries.

How do you check your pH level? "Just put a piece of litmus paper on your tongue. If it's seven, it'll turn blue; four, a light green. It's normal if it's between green and blue." She says that even junk food may be more acceptable when consumed with apples or cranberries. Even a fried chicken quick lunch may not be so bad with vinegar on the coleslaw instead of mayonnaise.

O'Neal is also the author of a book, *Healthy is Beautiful*. In it, she says "the escalating cost of health care is enough to make you sick, so let's get healthy and stay that way."

In her book, for instance, she tackles the problem of cellulite in this way: "I feel the major cause of this condition is toxins that the excretory system is not able to excrete. When toxins accu-

cases. The obvious symptoms of imbalance are:

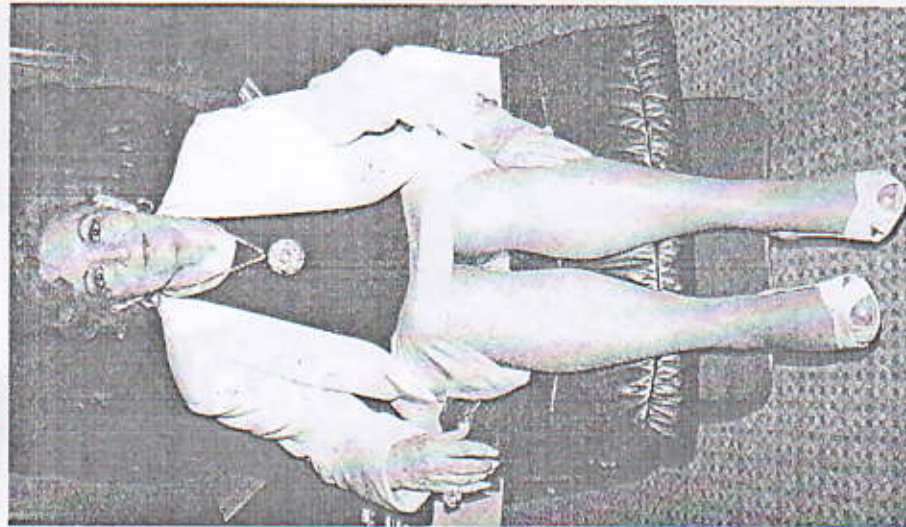
- excess hair growth on the face, upper legs, arms and bust;
- some acne-type conditions, especially premenstrual breakouts;
- sub-normal cell growth on the neck (sometimes known as 'turkey' neck);
- loss of elasticity in the skin;
- premenstrual depression; and,
- brown splotches on the face that are not hypertrophic (raised).

O'Neal also has a discerning way of examining your face for oestrogen-deficient signs: a hint of a moustache on your upper lip, and brown spots on your face.

O'Neal goes by a Maturity Index through the taking of a Pap smear to show how oestrogen-deficient a patient is. "You could be treated with natural things before you get into trouble, such as having cancer or a hysterectomy."

"Ninety per cent of the women in the United States have been on hormone treatment or birth control pills long enough to create an upside down evaluation. O'Neal has a nutritional product called ovotrophin which causes your ovaries to work and produce more oestrogen.

The ovaries also produce progesterone and the balance of this with oestrogen is very important. Without progesterone in balance, the menstrual period would not be regular and reproduction would be impossible. The hormonal balance can be determined by blood serum



O'NEAL: Let's get healthy and stay that way

evaluation, she says. While her main interest is in women's problems, O'Neal has perfected a regime of correction, care and maintenance for those with balding problems. She claims in her book that the total regime has produced a full head of hair on more than 100 patients.

She says all the four immune systems must be considered in the treatment for baldness.

- Hormones and the endocrine system.
- Oxygen and the respi-

ratory system.

- Diet and the excretory system.
- Exercise and the circulatory system.

"Baldness is probably an early symptom of a breakdown of two or more of these systems. For males with bad acne and hair loss, we have them tested for their testosterone levels. In cases where testosterone levels show mid to low normals, O'Neal uses glandulars (extraction of proteins from animal glands) for treatment.