

A collection of information about how what you take in affects the pH balance of the body. Documents attributed where the source is known.

pH is Vital for Whole Body Health

pH-inding the Right Balance

At the first mention of acidity and alkalinity, eyes glaze over. After all, these terms sound somewhat scientific, and vague memories of junior high science class and litmus paper changing color may come to mind. However, the balance between acidity and alkalinity, and its importance, can be explained quite simply and should be explained. This balance is essential to good health.

The Basics

Every solution is either acidic or alkaline. (Alkaline is often called "base.") These solutions can be anything from body fluids, such as stomach acid and blood, to beverages, such as wine or coffee, to sea water. Acidity and alkalinity are measured in pH (potential of hydrogen). The pH scale goes from 0 to 14, with 0 the most acidic, and 14 the most alkaline. The pH of stomach acid is 1, wine is 3.5, water is 7 (neutral), venous blood is 7.35, arterial blood is 7.4, sea water is 8.5, and baking soda is 12. Ideally, our pH should stay on the alkaline side: between 7.35 and 7.45.

Keeping our acidity and alkalinity balanced means regulating the hydrogen ion concentration in our body fluids. An acid is a molecule or ion (an ion is an atom that carries a positive or negative electric charge) that can contribute a hydrogen ion to a solution. An alkalizing substance is one that contains a molecule or ion that combines with hydrogen ions to remove them from a solution_it neutralizes acids and acts as a buffer.

The Misconceptions

Foods are classified as acid-forming or alkalizing depending on the effect they have on the body. An acid-forming food contributes hydrogen ions to the body, making it more acidic. An alkalizing food removes hydrogen ions from the body, making it more alkaline. It is important to note that this classification is based on the effect foods have on the body after digestion, not on their own intrinsic acidity or alkalinity (or how they taste to us). A common misconception is that if a food tastes acidic, it has an acid-forming effect on the body. This is not necessarily true. Very often, an acidic-tasting food is alkalizing. Citric fruits are a good example. People say that lemons, for example, are "too acidic"; however, they are actually alkalizing because the minerals they leave behind after digestion help remove hydrogen ions, decreasing the acidity of the body. (Many people use the term "residue" or "ash" to explain the effect of a food on the body. A food with an acid ash after digestion contributes hydrogen ions, making the body more acidic; a food with an alkaline ash after digestion removes hydrogen ions, making the body more alkaline.)

Another misconception is that acid-forming foods are "bad." This is not correct; acidity and alkalinity are opposites and one is not intrinsically better than the other. This misconception has developed because the North American diet is excessively acidic, which does result in health problems.

Common acid-forming foods include processed junk foods and those that are high in animal protein. Some common alkalizing foods are spinach, soybeans, raisins, carrots, and most citrus fruits.

The Problem

Looking at this short list of acid-forming and alkalizing foods, you can see where the problem lies. North Americans eat considerably more acid-forming foods than alkalizing foods. Unfortunately, too much acid can cause health problems. According to well-known naturopath Paavo Airola in his book "How to Get Well", Acidosis, or over-acidity in the body tissues, is one of the basic causes of diseases, especially the arthritic and rheumatic diseases."

Others concur with Airola. Speaking of the acidity of a high-fat, high-sugar diet, Michael Colgan, in *The New Nutrition*, says, "Acidosis destroys bones, because the body has to steal alkalizing minerals from them, to keep the blood pH from dropping into the acid range _ " Dr. Mary Ruth Swope, in *Green Leaves of Barley*, comments, "We have become too full of acid and, as a result, are experiencing a wide range of diseases that flourish in the acid medium." Dr. Yoshihide Hagiwara, in *Green Barley Essence*, mentions that, "Should this balance [acid and alkaline] be upset, the cell metabolism suffers, leading to conditions such as fatigue."

Common symptoms of an unbalanced pH include heartburn (a burning sensation in the stomach and acid-tasting burps), bloating, belching, and feeling full after eating small amounts of food. Other symptoms could include insomnia, water retention, migraines, constipation with diarrhea, fatigue, a burning sensation on the tongue and in the mouth, and halitosis.

The Solution

Eat a diet that helps your body maintain the correct acidity-alkalinity balance. According to Airola, the ideal diet should have a natural ratio of four parts alkaline to one part acid. Others contend that while this a good ratio for active people (exercise creates a lot of acid), less active people can handle a diet with a ratio of two parts alkaline to one part acid.

Further Reading

Colbin, Annemarie. 1986. *Food and Healing*. New York: Ballantine (Pp. 73-80).
Hagiwara, Yoshihide, M.D. 1985. *Green Barley Essence*. New Canaan, CT: Keats Publishing, Inc. (Pp. 50-58).

Murray, Frank. "Unless you Balance Acidity, your muscles may become tense." *Better Nutrition*, March 1996.

Swope, Mary Ruth. 1990. Green Leaves of Barley Phoenix, AZ: Swope Enterprises, Inc. (Pp. 99-109).

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<http://www.aim4health.com/phind.htm>

(Do NOT take Cocaine, Amphetamines, Coffee, Nicotine, Alcohol, or lots of Sugar. These make your Blood pH....Acidic.)

What ARE "ACID-FORMING" Foods ?

Acid forming foods include: * asparagus, barley, beans (dried), beechnuts, BEEF, BREAD, buckwheat, BUTTER, cashew nuts, Cereals, CHEESE, chestnuts, Chicken, CHOCOLATE, clams, cod liver oil, Cottage Cheese, Cornmeal, cottonseed meal, cow peas, crab, cream, EGGS, farina, FISH, FLOUR, frog legs, Halibut, HAM, hazelnuts, hickory nuts, hominy, HONEY, horseradish, Jello, kohlrabi, lamb, lentils, lobster, mackerel, Macaroni, maple syrup, Margarine, MEATS, mussels, Mushrooms, OATS, pasta, peanuts, Peas, pecans, pistachios, pomegranate, PORK, prunes, quinces, Rice, rutabagas, Rye, sauerkraut, SALMON, scallops, smelt, smoked herring, sole, spaghetti, SUGAR, syrups, tapioca, turkey, walnuts, WHEAT, wheat germ & WINE.

What is a list of foods that increase alkalinity in the blood?

Alkaline forming foods include: * agar, ALFALFA(sprouts), almonds, APPLES(apple cider), apricots, artichokes, BANANAS, beets, beet tops, blackberries, blueberries, BROCCOLI (did you eat yours?), Brussel sprouts, burdock, cabbage, cantaloupe, carob, CARROTS, cauliflower, CELERY, celeriac, chard, cherries, chives, COCONUT, CRANBERRIES, cucumbers, currants (fresh), dandelion greens, DATES, dill, dock, endive, figs (dried), flaxseed, GARLIC, GRAPES, Grapefruit, greenbeans (fresh), guava, huckleberries, Irish moss, KELP, kohlrabi, leeks, LEMONS, lettuce, LIMA BEANS (fresh), limes, loganberries, loquats, mango, MELONS, millet, mint, molasses, mulberries, muskmelons, mustard greens, nectarines, okra, Olives, olive oil, ONIONS, ORANGES, papaya, parsley, parsnips, passion fruit, Peaches, Pears, persimmons, PINEAPPLE, plums, Pumpkin, radishes, RAISINS, Raspberries, rhubarb, Romaine lettuce, rutabagas, sea grass, sorrel, Soybeans, Spinach, squash, Strawberries, Swiss chard, tangerine, turnips, Vegetable oils, water chestnuts, watercress, watermelon.

ACID-FORMING & ALKALINE-FORMING FOODS

It must be noted that because a food is acid it is no indication that it REMAINS acid in the body. It can turn alkaline. Honey and raw sugars produce alkaline ash, but because of a high concentrate of sugar become acid-formers. Those fruits marked with an * should not be eaten with other foods. They are acid externally but alkaline internally.

A list of Acid / Alkaline Forming Foods

Your body pH affects everything...

Balancing the pH is a major step toward well-being and greater health.

The pH scale is from 0 - 14
0 1 2 3 4 5 6 7 healthy 8 9 10 11 12 13 14

Human blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur.

An acidic balance will: decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease it's ability to repair damaged cells, decrease it's ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness. A blood pH of 6.9, which is only slightly acidic, can induce coma and death.

The reason acidosis is more common in our society is mostly due to the typical American diet, which is far too high in acid producing animal products like meat, eggs and dairy, and far too low in alkaline producing foods like fresh vegetables. Additionally, we eat acid producing processed foods like white flour and sugar and drink acid producing beverages like coffee and soft drinks. We use too many drugs, which are acid forming; and we use artificial chemical sweeteners like NutraSweet, Spoonful, Sweet 'N Low, Equal, or Aspartame, which are poison and extremely acid forming. One of the best things we can do to correct an overly acid body is to clean up the diet and lifestyle.

To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.

Generally, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts.

Generally, acid forming foods include: meat, fish, poultry, eggs, grains, and legumes.

Shifting Your pH Toward Alkaline...

This chart is for those trying to "adjust" their body pH. The pH scale is from 0 to 14, with numbers below 7 acidic (low on oxygen) and numbers above 7 alkaline. An acidic body is a sickness magnet. What you eat and drink will impact where your body's pH level falls. Balance is Key !!!

This chart is intended only as a general guide to alkalizing and acidifying foods.

...ALKALINE FOODS...

ALKALIZING VEGETABLES

Alfalfa
Barley Grass
Beet Greens
Beets
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Chard Greens
Chlorella
Collard Greens
Cucumber
Dandelions
Dulce
Edible Flowers
Eggplant
Fermented Veggies
Garlic
Green Beans
Green Peas
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Nightshade Veggies
Onions
Parsnips (high glycemic)
Peas

Peppers
Pumpkin
Radishes
Rutabaga
Sea Veggies
Spinach, green
Spirulina
Sprouts
Sweet Potatoes
Tomatoes
Watercress
Wheat Grass
Wild Greens

ALKALIZING ORIENTAL VEGETABLES

Daikon
Dandelion Root
Kombu
Maitake
Nori
Reishi
Shitake
Umeboshi
Wakame

ALKALIZING FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)

Berries
 Blackberries
 Cantaloupe
 Cherries, sour
 Coconut, fresh
 Currants
 Dates, dried
 Figs, dried
 Grapes
 Grapefruit
 Honeydew Melon
 Lemon
 Lime
 Muskmelons
 Nectarine
 Orange
 Peach
 Pear
 Pineapple
 Raisins
 Raspberries
 Rhubarb
 Strawberries
 Tangerine
 Tomato
 Tropical Fruits
 Umeboshi Plums
 Watermelon

ALKALIZING PROTEIN

Almonds
 Chestnuts
 Millet
 Tempeh (fermented)
 Tofu (fermented)
 Whey Protein Powder

ALKALIZING SWEETENERS

Stevia

ALKALIZING SPICES & SEASONINGS

Chili Pepper
 Cinnamon
 Curry
 Ginger
 Herbs (all)
 Miso
 Mustard
 Sea Salt
 Tamari

ALKALIZING OTHER

Alkaline Antioxidant Water
 Apple Cider Vinegar
 Bee Pollen
 Fresh Fruit Juice
 Green Juices
 Lecithin Granules
 Mineral Water
 Molasses, blackstrap
 Probiotic Cultures
 Soured Dairy Products
 Veggie Juices

ALKALIZING MINERALS

Calcium: pH 12
 Cesium: pH 14
 Magnesium: pH 9
 Potassium: pH 14
 Sodium: pH 14

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body. Likewise, meat will test alkaline before digestion, but it

leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.

ACIDIFYING VEGETABLES

Corn
Lentils
Olives
Winter Squash

ACIDIFYING FRUITS

Blueberries
Canned or Glazed Fruits
Cranberries
Currants
Plums**
Prunes**

ACIDIFYING GRAINS, GRAIN PRODUCTS

Amaranth
Barley
Bran, oat
Bran, wheat
Bread
Corn
Cornstarch
Crackers, soda
Flour, wheat
Flour, white
Hemp Seed Flour
Kamut
Macaroni
Noodles
Oatmeal
Oats (rolled)
Quinoa
Rice (all)
Rice Cakes
Rye
Spaghetti
Spelt
Wheat Germ
Wheat

ACIDIFYING BEANS & LEGUMES

Almond Milk
Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Pinto Beans
Red Beans
Rice Milk
Soy Beans
Soy Milk
White Beans

ACIDIFYING DAIRY

Butter
Cheese
Cheese, Processed
Ice Cream
Ice Milk

ACIDIFYING NUTS & BUTTERS

Cashews
Legumes
Peanut Butter
Peanuts
Pecans
Tahini
Walnuts

ACIDIFYING ANIMAL PROTEIN

Bacon
Beef
Carp
Clams
Cod
Corned Beef
Fish
Haddock
Lamb
Lobster

Mussels
Organ Meats
Oyster
Pike
Pork
Rabbit
Salmon
Sardines
Sausage
Scallops
Shellfish
Shrimp
Tuna
Turkey
Veal
Venison

ACIDIFYING FATS & OILS

Avacado Oil
Butter
Canola Oil
Corn Oil
Flax Oil
Hemp Seed Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

ACIDIFYING SWEETENERS

Carob
Corn Syrup
Sugar

UNKNOWN:

There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.

Brazil Nuts
Brussel Sprouts
Buckwheat
Cashews
Chicken
Corn

ACIDIFYING ALCOHOL

Beer
Hard Liquor
Spirits
Wine

ACIDIFYING OTHER FOODS

Catsup
Cocoa
Coffee
Mustard
Pepper
Soft Drinks
Vinegar

ACIDIFYING DRUGS & CHEMICALS

Aspirin
Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Herbicides
Pesticides
Tobacco

ACIDIFYING JUNK FOOD

Beer: pH 2.5
Coca-Cola: pH 2
Coffee: pH 4

** These foods leave an alkaline ash but have an acidifying effect on the body.

Cottage Cheese
Eggs
Flax Seeds
Green Tea
Herbal Tea
Honey

Kombucha
Lima Beans

Maple Syrup

Milk

Nuts

Organic Milk (unpasteurized)

Potatoes, white

Pumpkin Seeds

Quinoa

Sauerkraut

Soy Products

Sprouted Seeds

Squashes

Sunflower Seeds

Tomatoes

Yogurt

* These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease; research is ongoing.

Here's a chart that ranks foods from most alkaline to most acidic.

Ranked Foods: Alkaline to Acidic

Extremely Alkaline

Lemons, watermelon.

Alkaline Forming

Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.

Asparagus, fruit juices, grapes (sweet), kiwifruit, passionfruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices.

Moderately Alkaline

Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable).

Apples (sour), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).

Slightly Alkaline

Almonds, artichokes (jerusalem), brussel sprouts, cherries, coconut (fresh), cucumbers, eggplant, honey (raw), leeks, mushrooms, okra, olives (ripe), onions, pickles (homemade), radishes, sea salt, spices, tomatoes (sweet), vinegar (sweet brown rice).

Chestnuts (dry, roasted), egg yolks (soft cooked), essence bread, goat's milk and whey (raw), mayonnaise (homemade), olive oil, sesame seeds (whole), soy beans (dry), soy cheese, soy milk, sprouted grains, tofu, tomatoes (less sweet), and yeast (nutritional flakes).

Neutral

Butter (fresh, unsalted), cream (fresh, raw), cow's milk and whey (raw), margarine, oils (except olive), and yogurt (plain).

Moderately Acidic

Bananas (green), barley (rye), blueberries, bran, butter, cereals (unrefined), cheeses, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), dry coconut, egg whites, eggs whole (cooked hard), fructose, goat's milk (homogenized), honey (pasteurized), ketchup, maple syrup (unprocessed), milk (homogenized).

Molasses (unsulfured and organic), most nuts, mustard, oats (rye, organic), olives (pickled), pasta (whole grain), pastry (whole grain and honey), plums, popcorn (with salt and/or butter), potatoes, prunes, rice (basmati and brown), seeds (pumpkin, sunflower), soy sauce, and wheat bread (sprouted organic).

Extremely Acidic

Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, cream of wheat (unrefined), custard (with white sugar), deer, drugs, fish, flour (white, wheat), fruit juices with sugar, jams, jellies, lamb.

Liquor, maple syrup (processed), molasses (sulfured), pasta (white), pastries and cakes from white flour, pickles (commercial), pork, poultry, seafood, sugar (white), table salt (refined and iodized), tea (black), white bread, white vinegar (processed), whole wheat foods, wine, and yogurt (sweetened).

More Ranked Foods: Alkaline to Acidic

Highly Alkaline Forming Foods

Baking soda, sea salt, mineral water, pumpkin seed, lentils, seaweed, onion, taro root, sea vegetables, lotus root, sweet potato, lime, lemons, nectarine, persimmon, raspberry, watermelon, tangerine, and pineapple.

Moderately Alkaline Forming Foods

Apricots, spices, kombucha, unsulfured molasses, soy sauce, cashews, chestnuts, pepper, kohlrabi, parsnip, garlic, asparagus, kale, parsley, endive, arugula, mustard green, ginger

root, broccoli, grapefruit, cantaloupe, honeydew, citrus, olive, dewberry, carrots, loganberry, and mango.

Low Alkaline Forming Foods

Most herbs, green tea, mu tea, rice syrup, apple cider vinegar, sake, quail eggs, primrose oil, sesame seed, cod liver oil, almonds, sprouts, potato, bell pepper, mushrooms, cauliflower, cabbage, rutabaga, ginseng, eggplant, pumpkin, collard green, pear, avocado, apples (sour), blackberry, cherry, peach, and papaya.

Very Low Alkaline Forming Foods

Ginger tea, umeboshi vinegar, ghee, duck eggs, oats, grain coffee, quinoa, japonica rice, wild rice, avocado oil, most seeds, coconut oil, olive oil, flax oil, brussel sprout, beet, chive, cilantro, celery, okra, cucumber, turnip greens, squashes, lettuces, orange, banana, blueberry, raisin, currant, grape, and strawberry.

Very Low Acid Forming Foods

Curry, koma coffee, honey, maple syrup, vinegar, cream, butter, goat/sheep cheese, chicken, gelatin, organs, venison, fish, wild duck, triticale, millet, kasha, amaranth, brown rice, pumpkin seed oil, grape seed oil, sunflower oil, pine nuts, canola oil, spinach, fava beans, black-eyed peas, string beans, wax beans, zucchini, chutney, rhubarb, coconut, guava, dry fruit, figs, and dates.

Low Acid Forming Foods

Vanilla, alcohol, black tea, balsamic vinegar, cow milk, aged cheese, soy cheese, goat milk, game meat, lamb, mutton, boar, elk, shell fish, mollusks, goose, turkey, buckwheat, wheat, spelt, teff, kamut, farina, semolina, white rice, almond oil, sesame oil, safflower oil, tapioca, seitan, tofu, pinto beans, white beans, navy beans, red beans, aduki beans, lima beans, chard, plum, prune and tomatoes.

Moderately Acid Forming Foods

Nutmeg, coffee, casein, milk protein, cottage cheese, soy milk, pork, veal, bear, mussels, squid, chicken, maize, barley groats, corn, rye, oat bran, pistachio seeds, chestnut oil, lard, pecans, palm kernel oil, green peas, peanuts, snow peas, other legumes, garbanzo beans, cranberry, and pomegranate.

Highly Acid Forming Foods

Tabletop sweeteners like (NutraSweet, Spoonful, Sweet 'N Low, Equal or Aspartame), pudding, jam, jelly, table salt (NaCl), beer, yeast, hops, malt, sugar, cocoa, white (acetic acid) vinegar, processed cheese, ice cream, beef, lobster, pheasant, barley, cottonseed oil, hazelnuts, walnuts, brazil nuts, fried foods, soybean, and soft drinks, especially the cola type. To neutralize a glass of cola with a pH of 2.5, it would take 32 glasses of alkaline water with a pH of 10.

A list of Acid / Alkaline Forming Foods

Alkaline Forming Foods

VEGETABLES

Garlic, Asparagus, Fermented Veggies, Watercress, Beets, Broccoli, Brussel sprouts, Cabbage, Carrot, Cauliflower, Celery, Chard, Chlorella, Collard Greens, Cucumber, Eggplant, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Dulce, Dandelions, Edible Flowers, Onions, Parsnips (high glycemic), Peas, Peppers, Pumpkin, Rutabaga, Sea Veggies, Spirulina, Sprouts, Squashes, Alfalfa, Barley Grass, Wheat Grass, Wild Greens, Nightshade Veggies.

FRUITS

Apple, Apricot, Avocado, Banana (high glycemic), Cantaloupe, Cherries, Currants, Dates/Figs, Grapes, Grapefruit, Lime, Honeydew Melon, Nectarine, Orange, Lemon, Peach, Pear, Pineapple, All Berries, Tangerine, Tomato, Tropical Fruits, Watermelon.

PROTEIN

Eggs (poached), Whey Protein Powder, Cottage Cheese, Chicken Breast, Yogurt, Almonds, Chestnuts, Tofu (fermented), Flax Seeds, Pumpkin Seeds, Tempeh (fermented), Squash Seeds, Sunflower Seeds, Millet, Sprouted Seeds, Nuts.

OTHER

Apple Cider Vinegar, Bee Pollen, Lecithin Granules, Probiotic Cultures, Green Juices, Veggies Juices, Fresh Fruit Juice, Organic Milk (unpasteurized), Mineral Water, Alkaline Antioxidant Water, Green Tea, Herbal Tea, Dandelion Tea, Ginseng Tea, Banchi Tea, Kombucha.

SWEETENERS

Stevia, Ki Sweet.

SPICES/SEASONINGS

Cinnamon, Curry, Ginger, Mustard, Chili Pepper, Sea Salt, Miso, Tamari, All Herbs.

ORIENTAL VEGETABLES

Maitake, Daikon, Dandelion Root, Shitake, Kombu, Reishi, Nori, Umeboshi, Wakame, Sea Veggies.

Acid Forming Foods

FATS & OILS

Avocado Oil, Canola Oil, Corn Oil, Hemp Seed Oil, Flax Oil, Lard, Olive Oil, Safflower Oil, Sesame Oil, Sunflower Oil.

FRUITS

Cranberries.

GRAINS

Rice Cakes, Wheat Cakes, Amaranth, Barley, Buckwheat, Corn, Oats (rolled), Quinoa, Rice (all), Rye, Spelt, Kamut, Wheat, Hemp Seed Flour.

DAIRY

Cheese- Cow, Cheese- Goat, Cheese- Processed, Cheese- Sheep, Milk.

Butter NUTS & BUTTERS

Cashews, Brazil Nuts, Peanuts, Peanut Butter, Pecans, Tahini, Walnuts.

ANIMAL PROTEIN

Beef, Carp, Clams, Fish, Lamb, Lobster, Mussels, Oyster, Pork, Rabbit, Salmon, Shrimp, Scallops, Tuna, Turkey, Venison.

PASTA (WHITE)

Noodles, Macaroni, Spaghetti.

OTHER

Distilled Vinegar, Wheat Germ, Potatoes.

DRUGS & CHEMICALS

Aspartame, Chemicals, Drugs- Medicinal, Drugs- Psychedelic, Pesticides, Herbicides.

ALCOHOL

Beer, Spirits, Hard Liquor, Wine.

BEANS & LEGUMES

Black Beans, Chick Peas, Green Peas, Kidney Beans, Lentils, Lima Beans, Pinto Beans, Red Beans, Soy Beans, Soy Milk, White Beans, Rice Milk, Almond Milk.

Alkaline: Meditation, Prayer, Peace, Kindness & Love

Acid: Overwork, Anger, Fear, Jealousy & Stress

More Ranked Foods: Alkaline (pH) to Acidic (pH)

Extremely Alkaline Forming Foods - pH 8.5 to 9.0 Extremely Acid Forming Foods - pH 5.0 to 5.5

9.0 Lemons 1, Watermelon 2

8.5 Agar Agar 3, Cantaloupe, Cayenne (Capsicum) 4, Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley 5, Seedless grapes (sweet), Watercress, Seaweeds, Asparagus 6, Endive, Kiwifruit, Fruit juices 7, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Vegetable juices 8

5.0 Artificial sweeteners

5.5 Beef, Carbonated soft drinks & fizzy drinks 38, Cigarettes (tailor made), Drugs, Flour (white, wheat) 39, Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) 40, Beer 34, Brown sugar 35, Chicken, Deer, Chocolate, Coffee 36, Custard with white sugar, Jams, Jellies, Liquor 37, Pasta (white), Rabbit, Semolina, Table salt refined and iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).

Moderate Alkaline - pH 7.5 to 8.0 Moderate Acid - pH 6.0 to 6.5

8.0 Apples (sweet), Apricots, Alfalfa sprouts 9, Arrowroot, Flour 10, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic 11, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable) 12, Spinach 7.5 Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage;Cauli, Carob 13, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash 14, Sweet corn (fresh), Tamari 15, Turnip, Vinegar (apple cider) 16

6.0 Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods 32, Wine 33, Yogurt (sweetened)

6.5 Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)

Slightly Alkaline to Neutral pH 7.0

7.0 Almonds 17, Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe 18, Onions, Pickles 19, (home made), Radish, Sea salt 20, Spices 21, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut, Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread 22, Goat's milk and whey (raw) 23, Horseradish, Mayonnaise (home made), Millet, Olive oil, Quinoa, Rhubarb, Sesame seeds (whole) 24, Soy beans (dry), Soy cheese, Soy milk, Sprouted grains 25, Tempeh, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes)

Slightly Acid to Neutral pH 7.0

7.0 Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries 30, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphered organic) 31, Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds (pumpkin & sunflower), Walnuts, Blueberries, Brazil nuts, Butter (salted), Cheeses (mild & crumbly) 28, Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo) 29, Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums 30, Prunes 30, Spelt

Neutral pH 7.0 < Healthy Body Saliva pH Range is between 6.4 to 6.8 (on your pH test strips)

Butter (fresh unsalted), Cream (fresh and raw), Margarine 26, Milk (raw cow's) 27, Oils (except olive), Whey (cow's), Yogurt (plain)

NOTE: Match with the numbers above.

1. Excellent for EMERGENCY SUPPORT for colds, coughs, sore throats, heartburn, and gastro upsets.
2. Good for a yearly fast. For several days eat whole melon, chew pips well and eat also. Super alkalizing food.
3. Substitute for gelatin, more nourishing.
4. Stimulating, non-irritating body healer. Good for endocrine system.
5. Purifies kidneys.
6. Powerful acid reducer detoxing to produce acid urine temporarily, causing alkalinity for the long term.
7. Natural sugars give alkalinity. Added sugar causes juice to become acid forming.
8. Depends on veggie's content and sweetness.
9. Enzyme rich, superior digestibility.
10. High calcium content. Cornflour substitute.
11. Elevates acid food 5.0 in alkaline direction.
12. Vegetable content raises alkalinity.
13. Substitute for coca; mineral rich.
14. Winter squash rates 7.5. Butternut and sweeter squash rates 8.0.
15. Genuine fermented for 11½ years otherwise 6.0.
16. Raw unpasteurized is a digestive aid to increase HCL in the stomach. 1 tablespoon, + honey & water before meals.
17. Soak 12 hours, peel skin to eat.
18. Sundried, tree ripened, otherwise 6.0.
19. Using sea salt and apple cider vinegar.
20. Contains sea minerals. Dried at low temperatures.
21. Range from 7.0 to 8.0.
22. Sprouted grains are more alkaline. Grains chewed well become more alkaline.
23. High sodium to aid digestion.
24. High levels of utilizable calcium. Grind before eating.
25. Alkalinity and digestibility higher.
26. Heating causes fats to harden and become indigestible.
27. High mucus production.
28. Mucus forming and hard to digest.
29. When sprouted dry beans rate 7.0.
30. Contain acid-forming benzoic and quinic acids.
31. Full of iron.
32. Unrefined wheat is more alkaline.
33. High quality red wine, no more than 4 oz. daily to build blood.
34. Good quality, well brewed - up to 5.5. Fast brewed beers drop to 5.0.

35. Most are white sugars with golden syrup added.
36. Organic, fresh ground-up to 5.5.
37. Cheaper brands drop to 5.0, as does over-indulgence.
38. Leaches minerals.
39. Bleached - has no goodness.
40. Poison! Avoid it.
41. Potential cancer agent. Over-indulgence may cause partial blindness.

Note: These statements have not been evaluated by the Food & Drug Administration.
This is not intended to diagnose, treat, cure or prevent any disease.

Source: Acid Alkaline Food