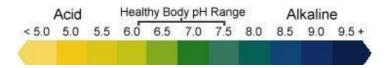
## ACID / ALKALINE BALANCE

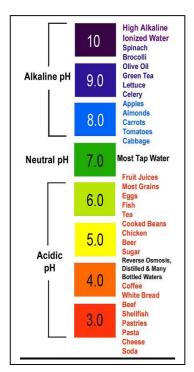


The acid /alkaline balance of the body is very important to good health. Our bodies need to be more alkaline to be healthy, but many things in the average diet contribute to the body being very acidic instead. The standard American diet can get over 90% of its calories from acidifying foods.

On a scale of 0-14, 7 is neutral, 0 is acid, 14 is alkaline. The pH of urine should be neutral to slightly acidic, from 7.5 - 4.5. saliva should be neutral or slightly alkaline, with a pH of 7.0 - 7.5. This can be tested with litmus paper. Blood should be slightly alkaline. Those whose bodies are too acidic should neutralize the acids with alkaline foods.

Over acidity can be seen through iridology as a white halo around pupil, in the stomach area.

Acidity comes about from eating too many acidic foods, such as animal products (meat, dairy,eggs), salt, cereal, coffee, sodas, and alcohol. Smoking is very acid producing.



Physical exercise acidifies the blood with lactic acid. Deep breathing exercises alkalize the blood.

Too much acidity in the body causes or contributes to conditions such as:

- Nervous disorders
- Arthritis
- Gout
- Acceleration of free radical damage
- Bladder and kidney problems
- Cardiovascular weakness
- Immune system weakness
- Lactic acid buildup in the joints, resulting in join pain
- Low energy, chronic fatigue
- Bone demineralization, such as with osteoporosis
- Weight gain

When the foods we eat are metabolized, they leave behind a residue that is either acid or alkaline. This is what determines whether a food is acidic or alkaline. So a food that tastes acidic such as lemons or grapefruit, leave behind an alkaline residue and are therefore alkalizing to the body.

To alkalize the body, foods listed as being more alkaline should be emphasized, and acidic foods not used as often.

One of the best ways to alkaline the body is to use several alfalfa tablets with each measure and use ttrace minerals, such as Concentrace, in addition to changing the diet to more alkaline foods:

## Most fruits and vegetables are alkalizing, but ther are some exceptions:

**ACIDIC FRUITS**: any preserved, canned or jellied fruits, dried sulphured fruits, glazed fruits green bananas, cranberries, green olives.

**ACIDIC VEGETABLES**: white asparagus, all dried beans, Brussels sprouts, lentils, garbanzo beans.

**ACIDIC FLESH FOODS**: all meat and fish is acidic to the body.

ACIDIC CEREALS: all flour products (breads, pasta, cereals, etc), grains (barley, cornmeal, oats, rice)

**OTHER ACIDIC FOODS**: alcoholic beverages, sodas, chocolates, cocoa, coffee, vinegar, tobacco (as in smoking), lack of sleep, overwork, worry... these all contribute to acidity in the body.

## What is ALKALINE?

**Fruits and vegetables**, except those listed above.

Buttermilk, cow, goat and human milk, whey and yogurt.

Alfalfa products, kelp, herbs. Almonds.

Bitter herbs, such as Gentian, aid digestion and balance the pH of the bodily fluids.

**Alfalfa tablets** are very alkalizing to the body, 3 or 4 can be taken after every meal.

**Apple Cider vinegar** that has had eggshells soaked in it for two weeks becomes very alkalizing. One tablespoon can be taken in water everyday, or add to your drink bottle for the day and sip at it. It is also full of highly absorbable calcium from eggshells. This can be used daily to help the body maintain a more alkaline balance.

How to make your own apple Cider Vinegar with eggshells.

- 1. Buy a bottle of Apple Cider Vinegar from your health food store, do not use the kinds found in other stores, they do not have the same properties.
- 2. Save and wash eggshell, dry them, then crush slightly. You will need about a dozen eggshells for every liter of Apple Cider Vinegar.
- 3. Pour a little of the Apple Cider vinegar out of the bottle to make room for the eggshells. Don't try to use a different jar or container, as I did, I used a mason jar once, and it exploded under the pressure.

- 4. Now, add the eggshells (you can add spig of horsetail if you are using this as a calcium supplement as well), and put the lid back on very tightly. It will be under a lot of pressure as the eggshells make it bubble. In 2 weeks the lid can be opened carefully (open a bit at a time, as in you were opening a can of ginger ale that was just shaken up), and strain out the eggshells.
- 5. Taste the Apple Cider Vinegar at this time, if it still tastes like vinegar, add more eggshells and let it sit another week or two, until it tastes almost neutral.

Any information presented here is for informational purposes only and not intended to take the place of diagnosis or treatment by a medical practitioner.

## **ACID - ALKALINE FOOD CHART**

70% - 75% of what we put into our mouths needs to be alkaline or alkalising (CAPITALS indicate slightly acid)

| ALKALIZING FOODS              |                               | ACIDIFYING FOODS                      |                              |                           |                                    |
|-------------------------------|-------------------------------|---------------------------------------|------------------------------|---------------------------|------------------------------------|
| <u>VEGETABLES</u>             | <u>FRUITS</u>                 | <u>OTHERS</u>                         | FATS & OILS Avocado          | NUTS &                    | DRUGS &                            |
| Garlic<br>Asaragus            | Apple<br>Apricot              | Apple Cider Vinegar<br>Bee pollen     | Oil<br>Canola Oil            | <u>BUTTERS</u><br>Cashews | CHEMICALS<br>Chemicals             |
| Fermented<br>Vegies           | Avocado                       | Lecithin Granules                     | Corn Oil                     | Brazil<br>Nuts            | Drugs,<br>Medicinal                |
| Watercress                    | Banana<br>(high<br>glycemic)  | Probiotics Cultures                   | Hemp See                     | d<br>Peanuts              | Drugs,                             |
| Beets                         |                               | Green Juices                          | Flax Oil                     | Peanut<br>Butter          |                                    |
| Broccoli<br>Brussel           | Cantaloupe<br>Cherries        | Veggies Juices                        | Lard                         | Pecans                    | Psychedelic<br>Pesticides          |
| sprouts                       | Currants                      | Fresh Fruit Juice                     | Olive Oil<br>Safflower       | Tahini                    | Herbicides                         |
| Cabbage<br>Carrot             | Dates / Figs<br>Grapes        | Organic Milk<br>unpasturized          | Oil<br>Sesame O<br>Sunflower | Walnuts<br>I              | <u>ALCOHOL</u>                     |
| Cauliflower<br>Celery         | Grapefrui<br>Lime<br>Honeydew | Mineral Water<br>Alkaline Antioxidant | Oil                          | ANIMAL<br>PROTEIN         | Beer<br>Spirits                    |
| Chard<br>Chlorella<br>Collard | melon<br>Nectarine            | Water<br>Green Tea                    | FRUITS<br>Cranberrie         | Beef<br>S Carp            | Hard Liquor<br>Wine                |
| Greens<br>Cucumber            | Orange<br>Lemon               | Herbal Tea  Dandelion Tea             | <u>GRAINS</u>                | Clams<br>Fish             | BEANS &                            |
| Eggplant                      | Peach                         | Ginseng Tea                           | Rice Cakes<br>Wheat          |                           | <u>LEGUMES</u>                     |
| Kale                          | Pear                          | Banchi Tea<br>Kombucha                | Cakes<br>Amaranth            | Lobster                   | Black Beans                        |
| Kohlrabi<br>Lettuce           | Pineapple<br>All Berries      | KUITIDUCHA                            | Barley                       | Mussels<br>Oyster         | Chick Peas<br>Green Peas<br>Kidney |
| Mushrooms<br>Mustard          | Tangerine                     | <u>SWEETENERS</u>                     | Buckwhea                     | Pork                      | Beans                              |
| Greensa                       | Tomato                        | Stevia                                | Corn                         | Rabbit                    | Lentils                            |

|  | Tropical   | 1   | Oats                                      |   |             |
|--|--|---|---|---|-------------|
| Dulce  | Fruits   |   | (rolled)                                  | Salmon  | Lima Beans  |
| Dandelions   | Water melon  | SPICES/SEASONINGS   | Quinoi                                    | Shrimp  | Pinto Beans |
| Edible   |  |   |   |   |             |
| Flowers  |  | Cinnamon  | Rice (all)                                | Scallops  | Red Beans   |
| Onions   | <u>PROTEIN</u>   | Curry   | Rye                                       | Tuna  | Soy Beans   |
| Pasnips (high glycemic)                                    | Eggs   | Ginger  | Spelt                                     | Turkey  | Soy Milk    |
| grycerriic)  | Eggs<br>Whey   | Girigei   | Spen                                      | Turkey  | 30y Wilk    |
| Peas   | Protein  | Mustard   | Kamut                                     | Venison   | White Beans |
| Peppers  | Powder   | Chili Pepper  | Wheat                                     |   | Rice Milk   |
| Pumpkin  | Cottage  | Sea Salt  | Hemp Seed                                 |   | Almond Milk |
| Rutabaga   | Cheese   | Miso  | Flour                                     |   |             |
|  | Chicken  |   |   |   |             |
| Sea Veggies  | Breast   | Tamari  |   |   |             |
|  | ALKALIZING   |   | ACI                                       | DIFYING F                                       | OODS        |
| <u>VEGETABLES</u>  | <u>PROTEIN</u>   | <u>SPICES/SEASONINGS</u>  |   | <u>PASTA</u>                                    |             |
| Spirulina  | Yogart   | All Herbs   | <u>DAIRY</u>                              | <u>(WHITE</u>                                   |             |
| Chroute  | Almonds  |   | Cheese,<br>Cow                            | Noodles   |             |
| Sprouts  | Aimonus  |   | COW                                       | Noodies   |             |
|  |  | ODIENTAL  | Chaosa                                    |   |             |
| Squashes   | Chestnuts  | ORIENTAL<br>VEGETABLES  | Cheese,<br>Goat                           | Macaroni  |             |
| Squashes   | Chestnuts<br>Tofu  | ORIENTAL<br>VEGETABLES  | Cheese,<br>Goat                           | Macaroni  |             |
| Squashes<br>Alfalfa  |  | '   | •   | Macaroni<br>Spaghetti                           |             |
| Alfalfa  | Tofu<br>(fermented)  | <b>VEGETABLES</b> Maitake   | Goat<br>Cheese,                           |   |             |
|  | Tofu<br>(fermented)<br>Flax Seeds  | VEGETABLES  | Goat Cheese, Processed                    |   |             |
| Alfalfa Barley Grass                                       | Tofu<br>(fermented)<br>Flax Seeds<br>Pumpkin   | VEGETABLES  Maitake  Daikon   | Goat Cheese, Processed Cheese,            | Spaghetti                                       |             |
| Alfalfa  | Tofu<br>(fermented)<br>Flax Seeds<br>Pumpkin<br>Seeds  | <b>VEGETABLES</b> Maitake   | Goat Cheese, Processed                    |   |             |
| Alfalfa  Barley Grass  Wheat Grass                         | Tofu<br>(fermented)<br>Flax Seeds<br>Pumpkin<br>Seeds<br>Tempeh  | VEGETABLES  Maitake  Daikon  Danadelion Root  | Goat Cheese, Processed Cheese, Sheep      | Spaghetti  OTHER                                |             |
| Alfalfa  Barley Grass  Wheat Grass  Wild Greens            | Tofu (fermented)  Flax Seeds Pumpkin Seeds Tempeh (fermented)  | VEGETABLES  Maitake  Daikon   | Goat Cheese, Processed Cheese,            | Spaghetti                                       |             |
| Alfalfa  Barley Grass  Wheat Grass                         | Tofu<br>(fermented)<br>Flax Seeds<br>Pumpkin<br>Seeds<br>Tempeh  | VEGETABLES  Maitake  Daikon  Danadelion Root  | Goat Cheese, Processed Cheese, Sheep      | Spaghetti  OTHER                                |             |
| Alfalfa  Barley Grass  Wheat Grass  Wild Greens Nightshade | Tofu (fermented)  Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower                             | VEGETABLES  Maitake  Daikon  Danadelion Root  Shitake  Kombu                        | Goat Cheese, Processed Cheese, Sheep Milk | Spaghetti  OTHER  Distilled  Vinegar Wheat      |             |
| Alfalfa  Barley Grass  Wheat Grass  Wild Greens Nightshade | Tofu (fermented)  Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds                       | WEGETABLES  Maitake  Daikon  Danadelion Root  Shitake  Kombu  Reishi                | Goat Cheese, Processed Cheese, Sheep Milk | Spaghetti  OTHER  Distilled  Vinegar Wheat Germ |             |
| Alfalfa  Barley Grass  Wheat Grass  Wild Greens Nightshade | Tofu (fermented)  Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds Millet                | VEGETABLES  Maitake  Daikon  Danadelion Root  Shitake  Kombu                        | Goat Cheese, Processed Cheese, Sheep Milk | Spaghetti  OTHER  Distilled  Vinegar Wheat      |             |
| Alfalfa  Barley Grass  Wheat Grass  Wild Greens Nightshade | Tofu (fermented)  Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds Millet Sprouted       | VEGETABLES  Maitake  Daikon  Danadelion Root  Shitake  Kombu  Reishi Nori           | Goat Cheese, Processed Cheese, Sheep Milk | Spaghetti  OTHER  Distilled  Vinegar Wheat Germ |             |
| Alfalfa  Barley Grass  Wheat Grass  Wild Greens Nightshade | Tofu (fermented)  Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds Millet Sprouted Seeds | VEGETABLES  Maitake  Daikon  Danadelion Root  Shitake  Kombu  Reishi Nori  Umeboshi | Goat Cheese, Processed Cheese, Sheep Milk | Spaghetti  OTHER  Distilled  Vinegar Wheat Germ |             |
| Alfalfa  Barley Grass  Wheat Grass  Wild Greens Nightshade | Tofu (fermented)  Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds Millet Sprouted       | VEGETABLES  Maitake  Daikon  Danadelion Root  Shitake  Kombu  Reishi Nori           | Goat Cheese, Processed Cheese, Sheep Milk | Spaghetti  OTHER  Distilled  Vinegar Wheat Germ |             |

| ALKALI  | NE FRUITS  | <u>ACID FRUITS</u>   |
|---|--|--|
| Apple and<br>Cider<br>Apricots<br>Avocados<br>Bananas   | Lemons - ripe<br>Limes<br>Loquats<br>Mangoes   | ACIDIROITS   |
| (speckled only) Berries Breadfruit Cacius Cantaloupe Carob - pod only Charlmoyes CRANBERRIES Cherries Citron Currants  Dates Figs Grapes Grapefruit Guavas Kumquats | Melons, all Nectarines Olives, sundried Papaya Passionfruit  Peaches Pears Persimmons Pineapples PLUMS Pomegranates PRUNES & JUICES Quince Raisins Saponins Tamarind Tangerines Tomatoes | All preserved or jellied Canned: sugared Dried, sulphured Glazed Fruits Raw with sugar  Bananas if green tipped Cranberries Olives, pickled, green |

| ALKALINE V         | EGETABLES       | ACID VEGETABLES       |
|--------------------|-----------------|-----------------------|
| Veggie-broth       | Kain            |                       |
| Artichokes         | Kolrabi         |                       |
| Asparagus, ripe    | Leek            |                       |
|                    | Legumes         |                       |
| Bamboo shoots      | (except         |                       |
| Beans, green,      | peanuts &       |                       |
| lima               | lentils)        |                       |
| string, sprouts    | Lettuce         |                       |
| Beets and tops     | MUSHROOMS       |                       |
|                    | most            |                       |
| Broccoli           | varieties       |                       |
| Cabbage, red &     |                 |                       |
| white              | Okra            |                       |
| Carrots            | Onions          |                       |
| Cauliflower        | Oyster Plant    |                       |
| Chard              | Parsley         |                       |
| Chayotes           | Parsnip         |                       |
|                    | Peppers red or  |                       |
| Chicory            | green           | Asparagus tips, white |
| Chives             | Potatoes        | Beans, all dried      |
| Collards           | all varieties   | Brussel Sprouts       |
| Cowslip            | Pumpkin         | Garbanzos             |
| Cucumber           | Radish          | Lentils               |
| Dandelion          |                 | D                     |
| greens             | Sals            | Rhubarb               |
| Dill               | Sauerkraut      |                       |
| Dockgreen          | (lemon only)    |                       |
| Eggplant<br>Endive | Sorrel          |                       |
| Enaive             | SOY BEANS       |                       |
| Foods              | Soy Bean        |                       |
| Escalo<br>Garlic   | Extract         |                       |
| Horseradish        | Spinach         |                       |
| Jerusalem          | Squash          |                       |
| Artichoke          | Turnips         |                       |
| AI LICHUNG         | Water Chestnut  |                       |
|                    | Water Chestriut |                       |
|                    | watercress      |                       |
|                    | l               |                       |

| ALKALINE DAIRY PRODUCTS  | ACID DIARY PRODUCTS  |  |  |
|--|--|--|--|
| Acidophilus Buttermilk Kourniss Milk, raw (human, cow, or goat) Whey Yoghurt           | Butter Cheese, all Cottage Cheese Cream Custards Ice Cream, ices Milk, boiled, cooked  | , dried  |  |
| ALKALINE FLESH FOODS   | <u>ACID FLESH</u>  | <u>FOODS</u>   |  |
| None<br>(blood and bone only are<br>alkaline forming)                                  | All meats, fowl & fish Beef Tea Fish, Shellfish, all Gelatine Gravies  |  |  |
| ALKALINE CEREALS   | ACID CER   | EALS   |  |
| Corn, green (fresh)  | All flour products Buckwheat Barley Bread, all kinds Cakes Corn, Cornmeal, corn flakes starch & hominy Crackers, all Doughnuts | Dumpling Grapenuts Macaroni and Spaghetti Noodles Oatmeal Pies & pastry Rice Rye-crisp |  |
| ALKALINE MISC.   | ACID MISC.   |  |  |
| Agar Alfafa products  Ginger, dried, unsweetened Honey Kelp (edible) Teas, unsweetened | All alcoholic beverages Candy and  Confectionery Cocoa & chocolate Coca-cola Coffee Condiments as:                             | Jams & Jellies Flavourings Marmalades Presevatives as: Benzoate Sulphur Vinegar        |  |
| Yeast Cakes  | Salt   | Salt, brine  |  |

| I  | l n  |               |
|--|--|---------------|
|  | Pepper   | Smoke         |
|  |  | Sago          |
|  | Curry, Spices, etc   | (starch)      |
|  | Dressing and thick   | Soda water    |
|  |  | Tapioca       |
|  | sauces   | (starch)      |
|  |  | Tobacco,      |
|  | Drugs & aspirins   | juice,        |
|  | Eggs, especially   | smell, smoke  |
|  | whites   | Vinegar       |
|  | gingr, preserved   | Lack of sleep |
|  |  | Overwork      |
|  |  | Worry         |
|  |  | VVOITY        |
| ALKALINE NUTS  | ACID N   |               |
| ALKALINE NUTS Almonds  | ACID No<br>All nuts, more so if                                      | <u>UTS</u>    |
|  |  | <u>UTS</u>    |
| Almonds  | All nuts, more so if   | <u>UTS</u>    |
| Almonds<br>Chestnuts, roasted  | All nuts, more so if Coconut, dried                                  | <u>UTS</u>    |
| Almonds Chestnuts, roasted Coconut, dried  | All nuts, more so if Coconut, dried                                  | <u>UTS</u>    |
| Almonds Chestnuts, roasted Coconut, dried Peanuts                                  | All nuts, more so if Coconut, dried                                  | <u>UTS</u>    |
| Almonds Chestnuts, roasted Coconut, dried Peanuts  NEU                             | All nuts, more so if<br>Coconut, dried<br>Peanuts                    | <u>UTS</u>    |
| Almonds Chestnuts, roasted Coconut, dried Peanuts  NEU Sugar,                      | All nuts, more so if<br>Coconut, dried<br>Peanuts                    | <u>UTS</u>    |
| Almonds Chestnuts, roasted Coconut, dried Peanuts  NEU  Sugar, Oils, Ol            | All nuts, more so if Coconut, dried Peanuts  TRAL refined            | <u>UTS</u>    |
| Almonds Chestnuts, roasted Coconut, dried Peanuts  NEU  Sugar, Oils, Ol Cotton, Se | All nuts, more so if Coconut, dried Peanuts  TRAL  refined ive, corn | <u>UTS</u>    |

Note: Because a fruit is "acid" is not an indication that it's reaction is the same when it enters he body, because it really may be alkaline. Honey and raw sugar yield alkaline, but on account of high concentrate of sugar, become acid-formers. Rhubarb with raisins is very good.