# The Importance of an Alkaline Diet

By Dr. Ritamarie Loscalzo

The internal environment of your body is maintained at a pH just above 7.0. Your blood pH must be maintained within a very narrow range or serious illness and death can result.

This means that your internal environment is slightly alkaline. Your enzymatic, immunologic, and repair mechanisms all function their best in an alkaline environment. Your metabolic processes (the processes of living, tissue repair, and the metabolism of food) produce a great deal of acid. In order to maintain your internal alkaline state, you need oxygen, water, and acid-buffering minerals available as you are eliminating waste products.

# What Creates Acidity in Your Body:

For example, when you exercise or move you produce lactic acid and carbon dioxide. Lactic acid is by its nature acid, and the carbon dioxide becomes acidic, turning into carbonic acid in water. Digestion of foods generates acids. For example, phosphoric acid and sulfuric acid are produced from the metabolism of the phosphorus and sulfur contained in many foods, such as, meats, grains, and beans. Immune system responses, such as allergies and hypersensitivities, directly and indirectly generate substantial amounts of acidic products.

Many factors relating to lifestyle and environment also influence acid-alkaline balance. For example, when you are under tremendous stress, your acidity will likely increase because of the demands on your cells to become more active. Chronically hectic schedules, inadequate sleep and rushed, imbalanced meals can all contribute to this unhealthful condition. An underlying metabolic acidity is a common denominator among, and a likely contributing factor to, all degenerative and autoimmune diseases.

An acid condition has several adverse effects on cell metabolism including: impaired energy production; fluid accumulation and edema; and a likely increase in free radical production.

### **How Your Body Maintains an Alkaline State:**

The countless chemical reactions necessary for life can only occur within a very specific pH range, thus the body has many checks and balances to maintain pH within a narrow range. Re-establishment of the health-promoting alkaline state is essential to the regeneration of your immune competence and your overall health.

To regain the life-supporting alkaline state, acids from all sources must be buffered or neutralized through combination with alkaline minerals. The alkaline minerals include calcium, magnesium, potassium, sodium, chromium, selenium, and iron. The most readily available pool of alkaline minerals is in the bone, and as your body works to maintain optimal blood pH, minerals are depleted from the bone, leading to increased risk of osteoporosis.

Dr. Susan Brown, leading researcher in the area of osteoporosis, and author of the book "Better Bones, Better Body", has found that the single most important factor in changing your bone density and decreasing your osteoporosis risk is maintaining optimal pH through an alkaline diet and lifestyle.

When your dietary consumption patterns generate excessive acidic by-products, and provide insufficient buffering capacity, your body buffering mineral pools can be depleted and the intracellular environment becomes acidotic. Many organs and systems, especially the kidneys, adrenals and lungs, play important roles in maintaining proper pH.

### The Role of Your Diet:

Diet, however, is especially important. That's why a diet that is predominantly alkaline forming is essential to the maintenance of your good health. When you eat a balanced whole foods diet, your net acid/alkaline balance is maintained in proper proportion.

Foods that are high in protein, including milk, meat, and even whole grains, are acid forming. Most fruits are alkaline-forming but some, like prunes, plums, and cranberries, are acid-forming because your body can't break down the types of acids they contain. Highly refined foods, such as oils, sugars, soft drinks, and simple starches are acid forming.

If you are like most people in our society, you probably consume a very imbalanced diet high in acid-forming foods. This imbalanced diet pushes you towards an acid state, and your body responds by taking calcium and other alkalinizing minerals from the blood, bone and tissues.

The absorption of alkalinizing mineral salts from your diet or supplement program depends upon proper digestion in your stomach and upper small intestine. When long-term pH trends indicate depletion of alkaline reserves, it is also important that the status of your digestive function be assessed. Furthermore, overgrowth of certain abnormal bacteria can impair the lining of your stomach, and food allergy and other factors can impair the lining of your upper small intestine. These conditions can be harmful to your digestion and absorption of key nutrients. It is sometimes helpful to fortify your system with supplements of some or all of these alkalinizing mineral compounds when your body has a tendency toward acid accumulation.

# **Using the Acid/Alkaline Food Chart:**

The table of acid/alkaline foods is a guide to show you what foods will help create a more alkaline, and therefore healthier, environment for your body. Your diet should be weighted in favor of the foods on the left-hand side of the chart. Usually, to regain an alkaline environment, 80-90% of your foods should be chosen from the alkaline side of the chart. Once you achieve optimal pH, you can usually maintain it by eating 60-80% of the diet as alkaline forming foods.

A good way to measure your average body pH is to measure the pH of your first morning urine. When your first morning urine is between 6.5 (slightly acidic) and 7.5 (slightly alkaline), it indicates that the overall cellular pH is appropriately alkaline. The best time to check pH is in the morning. Urine pH is tested on a specimen of your first morning urination.

You can also test your urine pH later in the day, and this will indicate the impact of foods and supplements which you have taken earlier in the day. You should check your morning saliva pH immediately after arising, before you think about or eat your breakfast, and while in a calm state of mind. After a meal, your saliva should normally become alkaline. Checking saliva pH after a meal can indicate whether or not this normal mechanism is intact. Optimal range for first morning saliva pH is 6.8 to 7.2.

# Food & Chemical Effects on Acid / Alkaline Body Chemical Balance

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More Alkaline   Lowest Alkaline   Lowest Alkaline   Food Castsgory   Lowest Acid   L				Date		Strawberry	Panava	Mango	ord-dnovir v
More Alkaline   Lowest Alkaline   Lowest Alkaline   Cord Category   Lowest Acid   Low Acid   Names				• Cherimova		Grane ,	Peach	Coanherry	Dinganale
Horre Alkaling   Lowest Alkaling   Lowest Alkaling   Lowest Alkaling   Lowest Akid   Lowest Akid   Lowest Akid   Valentum   Valentum   Hats (mozt Amas. White Willyon Bart   Spice/Ferb   Carry   Valentum   Lacorice   Lowest Akid   Lowest Akid   Lowest				Persimmon Juice	****	Raisin, Currant	Cherry	• Dewherry	Tangerine
Hore Altaline   Low Altaline   Low Actaline   Low	•			Fig	Fruit	Pineapple Juice	Blackberry	Olive	Watermelon
Proper Alkaline   Low Alkaline   Low Alkaline   Low Alkaline   Low Alkaline   Low Alkaline   Low Alkaline   Spice/Herb	***************************************		Tomato	Dry Fruit		Blueberry	Apple	Citrus	Raspberry
Proper Alkaline   Low Alkaline   Low Alkaline   Low Alkaline   Low Alkaline   Low Alkaline   Low Alkaline   Spices/Chimaron   Harbs (broat) Amia. White Willow Back   Spices/Chimaron   Harbs (broat) Amia. White Willow Back   Spices/Chimaron   Harbs (broat) Amia. White Willow Back   Spices/Chimaron   Harbs (broat) Amia.   Alpharot (broat)   Spices/Chimaron   Harbs (broat) Amia.   Alpharot (broat)   Spices/Chimaron   Harbs (broat) Amia.   Alpharot (broat)   Spices/Chimaron   Harbs (broat)   Alpharot (br		Pomegranate	Prune	Pickled Fruit		Banana	Avocado	Honeydew	Persimmon
Proper Alkaline   Low Alkaline   Lowest Alkaline   Course   Cour		Cranberry	Plum	Guava		Apricot	Pear	Canteloupe	Nectarine
Proper Alkaline   Low Alkaline   Lowest Alkaline   Spices/Chamanon   Haris (most Annea, White Willow Bark   Haris (most Annea, White White Bark (most Annea, White White Bark (most Annea, White Bark (Maka White Bark		-	!	Coconut	Citrus Fruit	Orange	Lemon	Grapefruit	Lime
Hore Alkaline   Low Alkaline   Lowest Alkaline   Spices/Cimanon   Hark (mast Amra, White Willow Bark   Spices/Harb   Spices/Cimanon   Hark (mast Amra, White Willow Bark   Harman Breast Milk   Sweetener   Harman Breast Milk (mast Amra, White Willow Bark   Harman Breast Milk   Coather   Soy (mast Amra, Milk Willow)   Salar (mast Amra, White Willow Bark   Harman Breast Milk   Coather   Soy (mast Amra, Milk Willow)   Salar (mast Amra, Milk Willow)						Jicama	Collard Greens	Broccoli	Sweet Potato/Yam
More Alkaline   Low Alkaline   Lowest Alkaline   Spices/Camannon				Rhubarb	******	Lettuce	Pumpkin	Ginger Root	Burdock/• Lotus Root
More Alkaline   Low Alkaline   Lowest Alkaline   Lowest Alkaline   Lowest Alkaline   Lowest Alkaline   Spices/Canaman		Chick rea/Oaroanzo	Chard	Chutney	Koot	Squash	Eggplant	Mustard Greens	- Sea Vegetables (other)
More Alkaline   Lowest Alkaline   Lowest Alkaline   Food Category   Lowest Acid   Valerian   Papices/Camannon Herbs (most) Amica, White Willow Bark Valerian   Papices/Camannon Herbs (most) Amica, White Willow Bark Valerian   Papices/Herbs   Chrys anthemm.   Artemesia Annua   Papices/Herbs   Chrys anthemm.   Artemesia Annua   Papices   Colere or Mu Tea   Ginger Tea   Beverage   Alcohol   Colfree   Colf		Carrot	Lima or Mung Bean	Zucchini	Pulse	Turnip Greens	<ul> <li>Salsify/• Ginseng</li> </ul>	Endive/Arugula	Daikon/• Taro Root
Moire Alkaline   Low Alkaline   Lowest Alkaline   Cowest Alkalin		Leguines (omer)	Aduki Bean	String/Wax Bean	Legume	Okra/Cucumber	Rutabaga	Kale/Parsley	Onion/Miso
More Alkaline   Low Alkaline   Low Alkaline   Cowest Alkaline   Low Acid		I a mana (athan)	A de la Dean	Diack-eyeu rea	•	Celery/Scallion	Cabbage		NorilKombulWakamelHijiki
Nore Alkaline   Low		01071	Nami/Dad Bass	Blade and Bas	<b>▼eSeranie</b>	CDIVE/CITATION	Cauliflower	Garlic	• Seaweed:
More Alkaline   Low Akid   Low Aki		Snow Pea	White Rean	Widney Rean	Vozetakle	Dr. Cilontes	ransmooner migh	r atstrib/ r ato	piocorrower
More Alkaline   Low Alkaline   Cowest Alkaline   Food Category   Low Acid Valeian   Low Acid Valeian   Low Acid Valeian   Locrice (Chysanthemum, Artemesia Annua Licorice Chysanthemum, Artemesia Annua + Black Cohash   Ephedra, Fevelew,   Coldenseal Lemongass   Suffite   Beverage   Akohol   Coldenseal Lemongass   Suffite   Beverage   Akohol   Coldenseal Lemongass   Suffite   Beverage   Akohol   Coffee   Black Tea   Akonol   Coffee   Black Tea   Coffee   Black Tea   Coffee   Black Tea   Coffee   Cow/Human   Yogurt   Aged Cheese   New Cheese   New Cheese   Cow/Human   Yogurt   Aged Cheese   New Cheese   New Cheese   Soy Cheese   Cow/Human   Yogurt   Aged Cheese   New Cheese   New Cheese   Soy Milk   Coffee   Cow/Human   Tailicale   Cow/Human   Tailicale   Cow/Human   Com/Human   Tailicale   Communical   Commu	Carob	Peanut	Pinto Bean	Fava Bean	Bean	Reet	Mushroom/Fungi	Parsnin/Taro	Lenti
More Alkaline   Low Alkaline   Spices/Limanon   Hedis (most), Anika, White Willow Bark   Spices/Limanon   Hedis (most), Anika, White Willow Bark   Spices/Herb   Curry   Stevia   Supers   Curry   Stevia   Supers   Curry   Stevia   Stevia   Supers   Curry   Stevia   Stevia	Soybean	Green Pea	Split Pea	Sninach		Brissa Sprout	Datato/Ball Danner	V241-24.	Taring Commence
More Alkaline   Low Alkaline   Low Alkaline   Category   Lowest Acid   Valerian   Spices/Limacea, Slippery Elm   Licorice   Chrysanthemum, Artemesia Annua   Elhektinacea, Slippery Elm   Licorice   Christoperis   Columbus   Elhektinacea, Slippery Elm   Licorice   Christoperis   Columbus   Elhektinacea, Slippery Elm   Licorice   Christoperis   Christoperis   Columbus	Fried Food	Palm Kernel Oil	<ul> <li>Seitan or Tofu</li> </ul>	Canola Oil		Linseed/Flax Oil	Sprout	ı ebber	Hydronenated Oil
More Alkaline   Low Alkaline   Low Alkaline   Low Acid   Spices/Cinnamon   Licotic (most) Annica   White Willow Bark   Spices/Herb   Valerian   Licotic   Chrysanthemum, Artemesia Annua   Black Cohash   Ephedra, Fevefew, Colderseal, Lamagary   Lowest Acid   Chrysanthemum, Artemesia Annua   Black Cohash   Ephedra, Fevefew, Colderseal, Lamagary   Sugnite   Sweetener   Suffite   Beverage   Kambucha   Green or Mu Tea   Ginger Tea   Beverage   Kona Coffee   Alcohol   Colfee   Black Tea   Apple Cider Vinegar   Umeboshi Vinegar   Vinegar   Honey/Maple Syrup   Black Tea   Sucharin   Soy Sauce   Apple Cider Vinegar   Umeboshi Vinegar   Vinegar   Honey/Maple Syrup   Black Tea   Buter)   Human Breast Milk   Cow/Human   Yogutt   Aged Cheese   Soy Wilk   Sogne   Colderseal   Common Milk   Common Milk   Common Milk   Colderseal   Colderse	Brazil Nut	Pecan	Tanioca	Pine Viit	:	Olive Oil	Almond Out tive On	Donner	
More Alkaline   Low Alkaline   Lowest Alkaline   Spices/Herb   Curry   Lowest Acid   Vallian   Valerian   Herbs (prost), Amica, White Willow Bark   Valerian   Licorice   Chrysanthemum, Arternesia Annua   Herbs (prost), Enhanceas, Slippery Elm   Licorice   Chrysanthemum, Arternesia Annua   Herbs (prost), Amica, White Willow Bark   Valerian   Stevia	Walnut	Lard	Safflower Oil	Sunflower Oil	<u>o</u>	Coconut Oil	Cod Liver Oil	Chestnut	1 dinball acca
More Alkaline   Low Alkaline   Lowest Alkaline   Spices/Cinnamon   Herbs (most) Amica, White Willow Bark   Valerian   Licorice   Chrysanthemum, Artemesia Annua   Black Cohash   Ephedra, Fevefew, Gokkneel, Lenxugusa   Sulfite   Sucanat   Suger Tea   Suger Tea   Severage   Honey/Maple Syrup   Sacchariti   Soy Sauce   Apple Cider Vinegar   Uneboshi Vinegar   Vinegar   Winegar   Vinegar   Comilia   Soy Sauce   Apple Cider Vinegar   Human Breast Milk   Com/Human   Soy Sauce   Apple Cider Vinegar   Human Breast Milk   Com/Human   Soy Sauce   Apple Cider Vinegar   Human Breast Milk   Com/Human   Soy Sauce   Apple Cider Vinegar   Human Breast Milk   Com/Human   Soy Sauce   Apple Cider Vinegar   Human Breast Milk   Com/Human   Soy Sauce   Apple Cider Vinegar   Human Breast Milk   Com/Human   Com/Human   Com/Human   Com/Human   Com/Human   Com/Human   Com/Human   Com/Heese   Coat/Sheep   Chicken Egg   Chick	Hazelnut	Chestnut Oil	Sesame Oil	Grape Seed Oil	Seed/Sprout	Seeds (most)	Sesame Seed	Cachem Cachem	Dumpkin Cond
More Alkaline   Low Alkaline   Spices/Cinnamon   Herbs (most), Amica, White Willow Bark   Spices/Herb   Curry   Valerian   Licorice   Chrysanthemun, Artemesia Annua   Elphedra, Fevefew, Goldenseal, Lanxengass   Suffite   Beyenate   Kambucha   Green or Mu Tea   Ginger Tea   Grigger Tea   Sweetener   Honey/Maple Syrup   Black Tea   Sake   Sake	<ul> <li>Cottonseed Oil/Meal</li> </ul>	Pistachio Seed	Almond Oil	Pumpkin Seed Oil	Nut	Avocado Oil	Primrose Oil	Poppy Seed	
Moire Alkaline   Low Alkaline   Spices/Cinnamon   Herbs (most): Amica, White Willow Bark   Spices/Herb   Spices/Cinnamon   Herbs (most): Amica, White Willow Bark   Spices/Herb   Curry   Vanilla   Nutneg   Vanilla   Vanilla		Oat Bran	White Rice	Brown Rice		Japonica Rice			
Processed Dalry   Cow/Human   Fow   Category   Cow/Human   Fow   Category   Cow/Human   Fow   Category   Cat		Rye	Farina/Semolina	<ul> <li>Amaranth</li> </ul>	Grass	Wild Rice			
More Alkaline   Low Alkaline   Spices/Cimamon   Herbs (most): Amica, White Willow Bark   Spices/Cimamon   Herbs (most): Amica, White Willow Bark   Spices/Herb   Curry   Vaiilla   Vaiil		Com	<ul> <li>Spelt/Teff/Kamut</li> </ul>	Kasha	Cereal	<ul> <li>Quinoa</li> </ul>			***********
More Alkaline   Low Alkaline   Spices/Cimamom   Herbs (most): Ansica, White Willow Bark   Spices/Cimamom   Valerian   Bergamot, Echinacca, Slippery Elm   Licorice   Chrysanthenum, Licorice   Chrysanthenum, Licorice   Chrysanthenum, Licorice   Chokash   Ephedra, Fevelew, Coldensed, Lamongrass   Sulfite   Preservative   MSG   Benzoate   Appartame   Astennesia Annua   Sulfite   Beverage   Kona Coffee   Alcohal   Coffee   Beverage   Kona Coffee   Black Tea	Processed Flour	Barley Groat	Wheat	Millet	Grain	'Grain Coffee'			*******
More Alkaline   Low Alkaline   Cowest Alkaline   Spices/Cimamon   Herbs (most): Arnica, White Willow Bark   Spices/Herb   Curry   Vanilla   Nutneg   Valerian   Bergamot, Echinacca, Slippery Elm   Licorice   Chrysanthemun, Artemesia Annua   Elphedra, Fevefew, Goldenseal, Lenotegas   Suffite   Green or Mu Tea   Gringer Tea   Gringer Tea   Sweetener   Honey/Maple Syrup   Sucanat   Soy Sauce   Apple Cider Vinegar   Unreboshi Vinegar   Processed Dalry   Balsamic Vinegar   Butter)   Butter)   Butter)   Butter)   Butter   Human Breast Milk   Cow/Human   Soy Cheese   Soy Chees	Barley	Maize	Buckwheat	Triticale	) •	Oat			
More Alkaline   Low Alkaline   Spices/Cinnamon   Lowest Alkaline   Spices/Cinnamon   Herbs (most): Amica, White Willow Bark   Spices/Herb   Chrysanthenum, Licorice   Chrysanthenum, Artemesia Annua   Elphedra, Fevefew, Coklessal Lemongrass   Sulfite   Spices/Herb   Signer Tea   Sweetener   Honey/Maple Syrup   Sucanat   Vinegar   Umeboshi Vinegar   Umeboshi Vinegar   Therapeutic   Soy Sauce   Apple Cider Vinegar   Human Breast Milk   Soy   South   Sake   Sake   Sake   Soy Sauce   Oau/Sheep   Oau/Sheep   Chicken Egg   Chicken Egg   Chicken Egg   Chicken Egg   Chicken Egg   Charlin Starling   Soy Milk   Cottage Cheese   Soy Milk   Soy Milk   Cottage Cheese   Soy Milk   Soy Milk   Soy Milk   Soy Milk   Cottage Cheese   Soy Milk   Cottage Cheese   Soy Milk   Soy Milk   Cottage Cheese   Soy Cheese   Soy Milk   Cottage Cheese   Soy Cheese   Soy Cheese   Soy Milk   Cottage Cheese   Soy Milk   Soy Mil	• Pheasant	Chicken	Goose/Turkey	Wild Duck	Fowl				
More Alkaline   Low Alkaline   Spices/Cimamon   Hedro (most) Amica, White Willow Bark   Valerian   Bergamot, Echinacea, Slippery Elm   Licorice   Chrysanthemum, Artemesia Annua   Egg   Duck Egg   Egg   Chicken Egg   Low Acid   More Acid   Nutmeg   Vanilla	DECORP	Tridocop S dare	Shell I shi Mondaka	1161.1	risii/oneii risii				
More Alkaline   Low Alkaline   Spices/Cinnamon   Herbs (most): Anica, White Willow Bark   Valerian   Bergamot, Echinacca, Slippery Elm   Licorice   Chrysanthenum, Artemesia Annua   Egger   Elm   Coldenseal Lemongras   Sulfite   Preservative   MSG   Benzoate   Aspartame   Aspartame   Aspartame   Molasses   Rice Syrup   Sucanat   Soy Sauce   Apple Cider Vinegar   Unmeboshi Vinegar   Unmeboshi Vinegar   Therapeutic   Cow/Human   Soy Sauce   Apple Cider Vinegar   Butter)   Butter)   Cow/Human   Fork/Veal	Lobster	Mussel/Squid	Shell Fish/Mollusks	Fish	Figh/Shall Figh				
More Alkaline   Low Alkaline   Spices/Cinnamon   Hetbs (most) Anica, White Willow Bark   Valerian   Spices/Cinnamon   Hetbs (most) Anica, White Willow Bark   Valerian   Spices/Cinnamon   Hedbs (most) Anica, White Willow Bark   Valerian   Spices/Chash   Spices/Herb   Spices/Herb   Curry   Vanilla   Nutmeg   Vanilla   Nutmeg   Vanilla   Nutmeg   Vanilla   Nutmeg   Stevia   Stevi	****	l Bear	Boar/Elk/•Game Meat	• Venison	Game				
More Alkaline   Low Alkaline   Spices/Cinnamon   Herbs (most): Amica, White Willow Bark   Valerian   Spices/Cinnamon   Herbs (most): Amica, White Willow Bark   Valerian   Spices/Cinnamon   Herbs (most): Amica, White Willow Bark   Valerian   Spices/Herb   Spices/Herb   Curry   Vanilla   Vanilla   Nutmeg	Beef	Pork/Veal	Lamb/Mutton	Gelatin/Organs	Meat	-00	-00°		
More Alkaline         Low Alkaline         Lowest Alkaline         Lowest Alkaline         Lowest Alkaline         Lowest Acid         Low Acid         More Acid         More Acid         Numeg           Spices/Cinnamon         -Hetbs (most), Amica, Valerian         White Willow Bark         Spice/Herb         Curry         Vanilla         Numeg           Licorice         Chrysanthemum, Ephedra, Fevefew, Goldenseal, Lemongrass         Artemesia Annua         Artemesia Annua         Stevia         Stevia           - Kambucha         - Green or Mu Tea         Ginger Tea         Preservative         MSG         Benzoate         Alcohol         Coffee           - Kambucha         - Green or Mu Tea         Sucanat         Sweetener         Honey/Maple Syrup         Black Tea         Black Tea           Molasses         Rice Syrup         - Algae, Blue-Green         Therapeutic         Rice Vinegar         Black Tea         Black Tea           Soy Sauce         - Sake         - Algae, Blue-Green         Therapeutic         Rice Vinegar         Antihistamines         Psychotropics           - Ghee' (Clarified         Processed Dairy         Cow/Human         Yogurt         Aged Cheese         New Cheese           Soy Cheese         Soy Milk         Soy Milk         Soy Milk         Soy Milk				Chicken Egg	E 80	• Duck Egg	Ouail Egg		
More Alkaline         Low Alkaline         Lowest Alkaline         Food Category         Lowest Acid         Low Acid         More Acid         Acid         More Acid			Goat Milk	Goat/Sheep Cheese	Goat/Sheep				
More Alkaline         Low Alkaline         Lowest Alkaline         Food Category         Lowest Acid         Low Acid         More Acid           Spices/Cinnamon         •Herbs (most): Arnica, Valerian         White Willow Bark         Spice/Herb         Curry         Vanilla         Vanilla         Nutrneg           Valerian         Bergamot, Echinacca, Slippety Elm         Artemesia Annua         Slippety Elm         Curry         Vanilla         Vanilla         Nutrneg           Licorice         Ephedra, Fevefew, Ephedra, Fevefew, Coldenseal, Lemongrass         Coldenseal, Lemongrass         Sulfite         Preservative         MSG         Benzoate         Accohal         Appartame           • Kambucha         • Green or Mu Tea         Ginger Tea         Beverage         Kona Coffee         Alcohal         Coffee           Molasses         Rice Syrup         • Sucanat         Sweetener         Honey/Maple Syrup         Black Tea         Saccharin           Soy Sauce         Apple Cider Vinegar         • Algae, Blue-Green         Therapeutic         Rice Vinegar         Antihistamines         Psychotropics           • Office         • Office         Processed Dairy         Cream/Butter         Cow Milk         • Cottage Cheese           Winegar         • Aged Cheese         New Cheese		Soy Milk	Soy Cheese		Soy				
More Alkaline         Low Alkaline         Lowest Alkaline         Lowest Alkaline         Lowest Acid         Low Acid         More Acid         More Acid         Nutmeg           Spices/Cinnamon         - Herbs (most): Annica, Valerian         White Willow Bark         Spice/Herb         Curry         Vanilla         Nutmeg           Licorice         Chrysanthemum, Chysanthemum, Licorice         Chrysanthemum, Chysanthemum, Goldenseil, Lennongrass         Artemesia Annua         Stevia         Stevia           • Black Cohash         Ephedra, Fevefew, Goldenseil, Lennongrass         Sulfite         Preservative         MSG         Benzoate         Aspartame           • Kambucha         • Green or Mu Tea         Ginger Tea         Beverage         Kona Coffee         Alcohol         Coffee           • Kambucha         Rice Syrup         • Sucanat         Sweetener         Honey/Maple Syrup         Black Tea           Molasses         Rice Syrup         • Sake         • Algae, Blue-Green         Therapeutic         Antihistamines         Psychotropics           • Sake         • Ghee (Clarified         Processed Dairy         Cream/Butter         Cow Milk         • Casein, Milk Protein,	Ice Cream	New Cheese	Aged Cheese	Yogurt	Cow/Human	Human Breast Milk			
More Alkaline         Low Alkaline         Lowest Alkaline         Food Category         Lowest Acid         Low Acid         More Acid         Vanilla         More Acid         Vanilla         More Acid         Vanilla         More Acid         More Acid <th></th> <th>Cottage Cheese</th> <th></th> <th></th> <th></th> <th>Butter)</th> <th></th> <th></th> <th></th>		Cottage Cheese				Butter)			
More Alkaline         Low Alkaline         Lowest Alkaline         Food Category         Lowest Acid         Low Acid         Wacid         Wacid         Vanilla         Winte Willow Bark         Spice/Herb         Curry         Vanilla         Vanilla         Nutneg           Valerian         Bergamot, Echinacca, Slippery Elm         Artemesia Annua         Spice/Herb         Curry         Stevia         Stevia           Licorice         Chrysanthemum, Artemesia Annua         Artemesia Annua         Stevia         Stevia           Black Cohash         Ephedra, Fevefew, Goldenseal, Lenongrass         Sulfite         Preservative         MSG         Benzoate         Aspartame           • Kambucha         • Green or Mu Tea         Ginger Tea         Beverage         Kona Coffee         Alcohol         Coffee           Molasses         Rice Syrup         • Sucanat         • Sweetener         Honey/Maple Syrup         Balsamic Vinegar           Soy Sauce         • Sake         • Algae, Blue-Green         Therapeutic         Antihistamines         Psychotropics	Processed Cheese		Cow Milk	Cream/Butter	Processed Dairy	<ul> <li>Ghee (Clarified)</li> </ul>			
More Alkaline         Low Alkaline         Lowest Alkaline         Food Category         Lowest Acid         Low Acid         Wacid         Wore Acid         Wacid         Vanilla         Wore Acid         Wore Acid         Vanilla         Wacid         Wore Acid         Vanilla         Vanilla         Wurneg           Valerian         Bergamot, Echinacca, Slippery Elm         Artemesia Annua         Artemesia Annua         Stevia         Stevia           • Black Cohash         Ephedra, Fevefew, Goldenseal, Lernongrass         Goldenseal, Lernongrass         Sulfite         Preservative         MSG         Benzoate         Aspartame           • Kambucha         • Green or Mu Tea         Ginger Tea         Beverage         Kona Coffee         Alcohol         Coffee           Molasses         Rice Syrup         • Sucanat         Sweetener         Honey/Maple Syrup         Balsamic Vinegar         Saccharin           Soy Sauce         Apple Cider Vinegar         • Urneboshi Vinegar         Vinegar         Rice Vinegar         Balsamic Vinegar	Antibiotics	Psychotropics	Antihistamines		Therapeutic	<ul> <li>Algae, Blue-Green</li> </ul>			Umeboshi Plum
More Alkaline         Low Alkaline         Lowest Alkaline         Lowest Alkaline         Lowest Alkaline         Lowest Acid         Lowest Acid         More Acid         Vanilla         Nutmeg           Valerian         Bergamot, Echinacca, Chrysanthemum, Licorice         Chrysanthemum, Chrysanthemum, Chrysanthemum, Chrysanthemum, Chrysanthemum, Chrysanthemum, Coldenseal, Lemongrass         Artemesia Annua         Stevia         Stevia         Stevia         Stevia         Acohol         Acohol         Aspartame           • Kambucha         • Green or Mu Tea         Ginger Tea         Beverage         MSG         Benzoate         Aspartame           • Kambucha         • Green or Mu Tea         Ginger Tea         Beverage         Honey/Maple Syrup         Saccharin	White/Acetic Vinegar			Rice Vinegar	Vinegar	<ul> <li>Umeboshi Vinegar</li> </ul>		Soy Sauce	
More Alkaline         Low Alkaline         Lowest Alkaline         Food Category         Lowest Acid         Low Acid         More Acid         Vanilla         Nutmeg           Valerian         Bergamot, Echinacea, Slippery Elm         Chrysanthemum, Chrysanthemum, Chrysanthemum, Ephedra, Fevefew, Goldenseal, Lemongrass         Artemesia Annua         Ephedra, Fevefew, Goldenseal, Lemongrass         Freservative         MSG         Benzoate         Aspartame           • Kambucha         • Green or Mu Tea         Ginger Tea         Beverage         Kona Coffee         Alcohol         Coffee	Sugar/Cocoa			Honey/Maple Syrup	Sweetener	<ul> <li>Sucanat</li> </ul>	Rice Syrup	Molasses	
More Alkaline         Low Alkaline         Lowest Alkaline         Lowest Alkaline         Lowest Alkaline         Lowest Acid         Lowest Acid         More Acid         Vanilla         Nutmeg           Valerian         Bergamot, Echinacea, Slippery Elm         Chrysanthemum, Chrysanthemum, Artemesia Annua         Artemesia Annua         Stevia         Stevia         Stevia           • Black Cohash         Ephedra, Fevefew, Goldenseal, Lemongrass         Freservative         MSG         Benzoate         Aspartame           • Kambucha         • Green or Mu Tea         Ginger Tea         Beverage         Kona Coffee         Alcohol         Coffee	Yeast/Hops/Malt		Black Tea		***************************************	•			
More Alkaline   Low Alkaline   Lowest Alkaline   Spices/Cinnamon   Herbs (most): Amica, White Willow Bark   Spices/Herb   Curry   Vanilla   Nutmeg	Beer; 'Soda'		Alcohol	Kona Coffee	Beverage	Ginger Tea	<ul> <li>Green or Mu Tea</li> </ul>	<ul> <li>Kambucha</li> </ul>	Mineral Water
More Alkaline         Low Alkaline         Lowest Alkaline         Lowest Acid         Low Acid         More Acid         Valerian         Vanilla         Vanilla         Nutmeg           Valerian         Chrysanthemum, Artemesia Annua         Artemesia Annua         Sievia         Stevia           • Black Cohash         Ephedra, Fevefew, Goldenseal Lemonerass         Goldenseal Lemonerass         Food Category         Lowest Acid         Low Acid         Vanilla         Nutmeg	Table Salt (NaCl)	Aspartame	Benzoate	MSG	Preservative	Sulfite			Sea Salt
More Alkaline         Lowest Alkaline         Lowest Alkaline         Food Category         Lowest Acid         Low Acid         More Acid         More Acid         More Acid         More Acid         Valerian         Vanilla         Valerian         Valerian         Bergamot, Echinacea, Slippery Elm         Stevia         Stevia         Stevia							Ephedra, Fevetew, Goldenseal, Lemongrass	Black Cohash	
ne More Alkaline Low Alkaline Lowest Alkaline Food Category Lowest Acid Low Acid Vanida Nutmeg  Valerian Bergamot, Echinacea, Slippety Elm  Valerian Stevia						Artemesia Annua	Chrysanthemum,	Licorice	
ne More Alkaline Low Alkaline Lowest Alkaline Food Category Lowest Acid Low Acid More Acid  Spices/Cinnamon • Herbs (most) Amica White Willow Bark Spice/Herb Curry Vanilla Nutmeg		,	Stevia	•	•	Slippery Elm	•	Valerian	Surrey Conn
Mana Allalina Low Allalina Lowest Allalina Enad Category Lowest Acid Low Acid More Acid	Pudding/Jam/Jelly	Nutmeg	Vanilla	Curry	Spice/Herb	White Willow Bark		Spices/Cinnamon	• Raking Soda
	Most Acid	More Acid	Low Acid	Lowest Acid	Food Category	owest Alkaline	- 1	More Albaline	Most Albalina

• Therapeutic, gourmet, or exotic items

| Prepared by Dr. Russell Jaffe, Fellow, Health Studies Collegium, Reprints available from ELISA/ACT Blotechnologies, 14 Prigeon Hill, #300, Sterling, VA 20165. Sources include USDA food data base (Rev 9 & 10), Food & Nutrition Encyclopedia; Nutrition Applied Personally, by M. Walczak, Acid & Alkaline by H. Alhara. Food growth, transport, storage, processing, preparation, combination, & assimilation influence effect intensity, Thanks to Hank Liers for his original work. [Rev 6/01]

# **Alkalizing Special Foods**

### **Green Water**

# Ingredients:

- 1 handful leafy green vegetables (any variety such as dark green/red lettuces, kale, spinach, parsley, etc.)
- fresh ginger root, lemon, mint (optional additions)
- water as needed for blending

### **Directions:**

- 1. Place a handful of leafy green vegetables in the blender.
- 2. Cover with water and blend until vegetables are completely puréed. Add enough water to fill the blender and blend until vegetables are completely dissolved.
- 3. Pour liquid into a 1 1/2 to 2 quart container and fill with water.
- 4. Shake well before drinking.
- 5. Sip throughout the day in place of water.
- 6. Add fresh ginger root, lemon, or mint to the blend for a nice flavor. The resulting beverage should be a pale green, translucent color.

**Personal Note:** This is a good way to start including blended greens in your diet. It is a very light, mild tasting beverage which can be enhanced by the addition of lemon/lime juice or herbs and spices.

# **Lemony Mint Energy Drink**

# Ingredients:

- 1 2 medium apples
- 1 lemon, juiced
- 1 romaine lettuce heart
- 1/2 medium avocado (optional)
- 1 handful fresh mint leaves or 2 tablespoons dried mint
- 2 cups water

### **Directions:**

- 1. Blend ingredients in a blender until creamy.
- 2. Add extra water if you prefer a thinner soup.
- 3. Adjust the lemon and mint to taste.

**Personal Note:** Make up your own version. Use different herbs. Add other green vegetables. I have made it without the avocado, without the apple and without the mint. I always find it refreshing and very energizing.

I have made a version of this that is basically a blended salad. Lots of lettuce, tomato, cucumber, celery, flax oil, apple cider vinegar and herbs.

It is an easy way to eat lots of fresh, raw vegetables.

# **Creamy Green Soup (Cooked Version)**

### Ingredients:

- 1 bunch of broccoli
- 1 zucchini
- 1 stalk of celery
- 1/2 1 medium sized onion
- 1 avocado or 1/4 cup coconut meat (fresh or from jar)
- 1 bunch of green leafy veggies such as spinach, chard, collards, kale or dandelion greens
- water for steaming

### **Directions:**

- Steam veggies until just tender and place in blender along with steaming water.
   Be careful not to burn yourself.
- 2. Blend until creamy.
- 3. Add avocado and blend again.
- 4. Add additional water if too thick.
- 5. Add a pinch of sea salt and a tablespoon of flax oil. Season to taste with basil, cilantro, or other favorite herbs.

Personal Note: Adding sweet potatoes and squash give the soup a sweeter flavor.

# A.M. Saliva and Urine pH Results

The pH of the saliva and the urine, taken in the morning upon first voiding of the day can reveal much about the metabolic activity of the body. The following are optimal values for both the a.m. saliva and the a.m. urine:

Saliva: 6.8 to 7.2 Urine: 6.4 to 6.8

Please use the pH paper to record the <u>first morning's saliva pH and urine pH</u> in the chart below. Wait at least one hour and record a **second urine pH reading**. Eating during this time is allowed.

Date	Morning Saliva pH	1 <sup>st</sup> Morning Urine pH	2 <sup>nd</sup> Urine pH