



# ERC: Acid Alkaline Balance - Choosing Your Foods Wisely

## Acid Alkaline Balance – Choosing Your Foods Wisely

With  
**Dr. Ritamarie Loscalzo**




LIVING YOUR UNLIMITED POTENTIAL:  
ONE STEP, ONE THOUGHT, ONE BITE AT A TIME

ENERGY RECHARGE COACHING

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## ENERGY RECHARGE COACHING


LIVING YOUR UNLIMITED POTENTIAL: ONE STEP, ONE THOUGHT, ONE BITE AT A TIME

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## Acid Alkaline Balance

- ✓ pH Scale Defined
- ✓ Normal Blood pH
- ✓ Measuring Your pH
- ✓ Dangers of Excess Acidity
- ✓ Causes of Excess Acidity
- ✓ Importance of Alkaline Diet
- ✓ Alkaline Acid Food Chart



ACID AND ALKALINE

pH 8 ALKAL

pH 7 NEUTR

pH 6 SLIGHT

pH 5 ACID

pH 4

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## pH Scale Defined

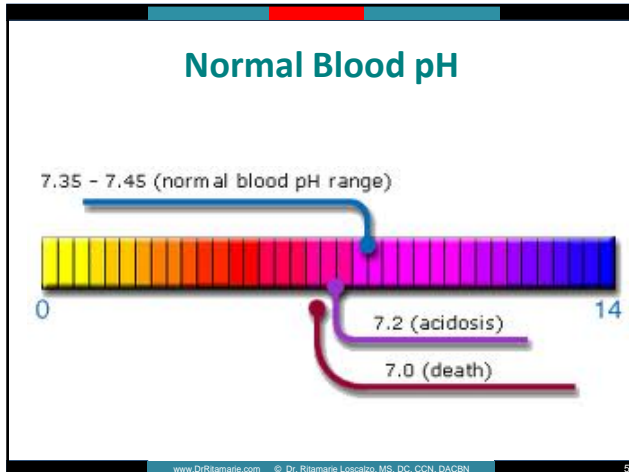
1/10,000,000	14	Liquid drain cleaner, Caustic soda
1/1,000,000	13	bleaches, oven cleaner
1/100,000	12	Soupy water
1/10,000	11	Household Ammonia (11.8)
1/1,000	10	Milk of magnesia (10.5)
1/100	9	Toothpaste (8.8)
1/10	8	Baking soda (8.4), Seawater, Eggs
0	7	"Pure" water (7)
10	6	Urine (6), Milk (6.5)
100	5	Acid rain (5.6), Black coffee (5)
1,000	4	Tomato juice (4.5)
10,000	3	Grapefruit & Orange juice, Soft drink
100,000	2	Lemon juice (2.3), Vinegar (2.5)
1,000,000	1	Hydrochloric acid secreted from the stomach lining (1)
10,000,000	0	Battery Acid

Concentration of Hydrogen ions compared to distilled water

Examples of solutions and their respective pH

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### Measuring Your pH

pHydrion paper - range 5.5 to 8

- ✓ **Saliva: 6.8 – 7.2**
  - First morning
  - During day
  - Challenged
- ✓ **Urine: 6.5 – 6.8**
  - First morning
  - Second morning
  - Later in day

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### Dangers of Excess Acidity

- ✓ Immune dysfunction
- ✓ More susceptible to infection
- ✓ More susceptible to cancer
- ✓ More susceptibility to fatigue and illness
- ✓ Impaired digestion and ability to absorb minerals and other nutrients
- ✓ Weakened bones
- ✓ Lowers energy production in the cells
- ✓ Impairs your ability to repair damaged cells
- ✓ Decreases heavy metal detoxification

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### Causes of Excess Acidity

- ✓ Diet
- ✓ Medications
- ✓ Chemicals & preservatives in food and water
- ✓ Stress
- ✓ Too much exercise
- ✓ Not enough sleep

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## Importance of Alkaline Diet

- ✓ Optimum immune function
- ✓ Strong bones and teeth
- ✓ Efficient digestion
- ✓ Joint health
- ✓ Decreased pain and inflammation
- ✓ Protection from disease
- ✓ Increased energy



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## Summary of pH of Common Foods

## Alkaline Forming Foods

- ✓ Most green vegetables
  - ✓ Most vegetables
  - ✓ Most fruit
  - ✓ Most seeds
  - ✓ Almonds, cashews,
  - ✓ Olive and coconut oils
  - ✓ Lentils
  - ✓ Quinoa, wild rice, oats
  - ✓ Apple cider and ume vinegar
  - ✓ Stevia
- 
- A glass of smoothie with a strawberry on top. The smoothie is a light yellow color, and the glass is clear. A single strawberry is perched on the rim of the glass.



## Acid Forming Foods

- ✓ Meat, fish, dairy, eggs
- ✓ Most oils
- ✓ Most legumes and grains
- ✓ Table salt
- ✓ Sugar and most sweeteners
- ✓ Coffee, tea, chocolate
- ✓ Some vegetables: spinach, chard, carrot
- ✓ Some fruit: plum, prune, tomato, pomegranate, cranberry

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## Acid Alkaline Food Chart

[illegible]

Prepared by Dr. Russell Jaffe, Tulane Health Studies College. Reprints available from EC&ACT Neuroscience, 16 Ridge Rd Drive, Box 300, Spring Hill, TN 37389. Sources including JGIM listed below (Box 1-4, 15, and 6, Nutrition Development Nutrition Applied News).

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### 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 **first morning's saliva pH and urine pH** 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

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### Plan for Balancing pH

- ✓ Print the food chart (several copies)
- ✓ Pin one copy to refrigerator
- ✓ Purchase pHdrion paper – local pharmacy or online
- ✓ Begin to track AM pH
- ✓ Eat 75 – 80% of your food from the alkaline side of chart

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