

ERC: Acid Alkaline Balance - Choosing Your Foods Wisely

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With

Dr. Ritamarie Loscalzo



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

ENERGY RECHARGE COACHING

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Dr. Ritamarie's ENERGY RECHARGE COACHING

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

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drittamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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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 ALKALINE

pH 7 NEUTRAL

pH 6 SLIGHTLY ACID

pH 5 ACID

pH 4 VERY ACID

Concentration of Hydrogen Ions compared to distilled water

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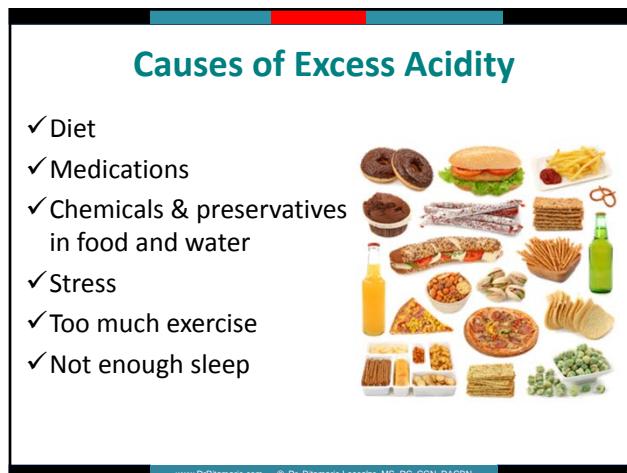
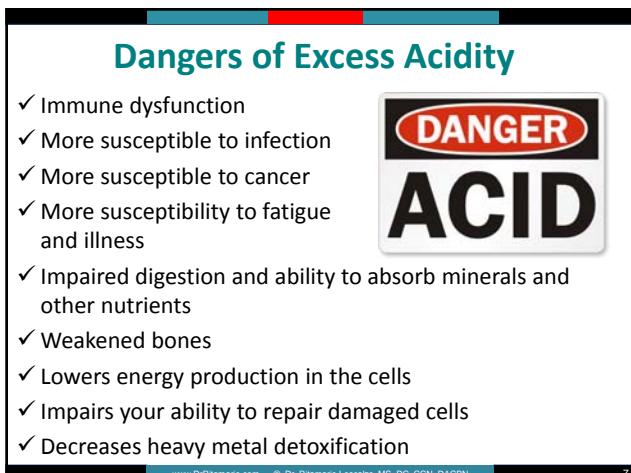
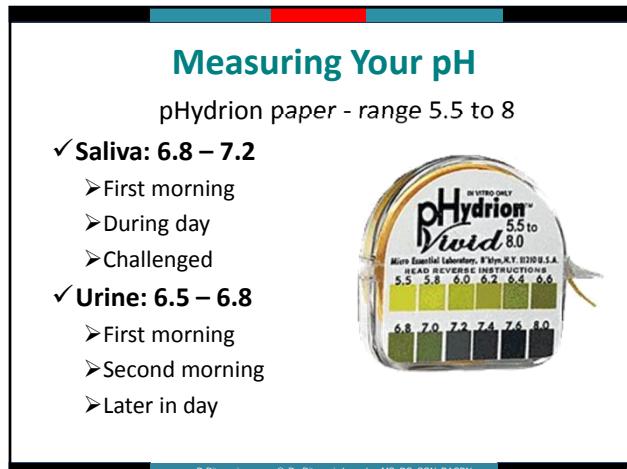
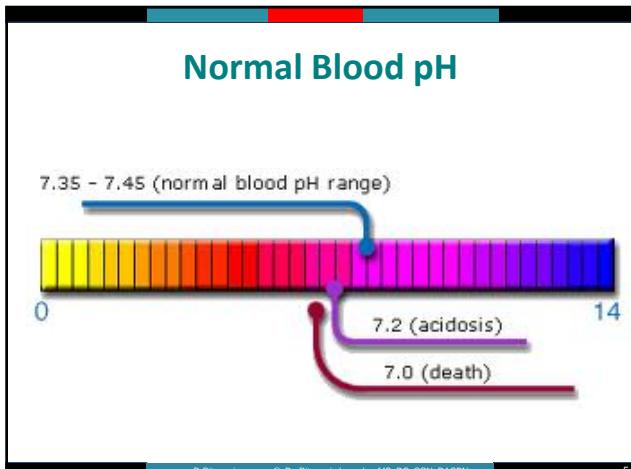
pH Scale Defined

Concentration of Hydrogen Ions compared to distilled water	pH	Example of solution
1/10,000,000	14	Liquid drain cleaner, Caustic soda
1/1,000,000	13	bleaches, oven cleaner
1/100,000	12	Soapy water
1/10,000	11	Household Ammonia (11.8)
1/1,000	10	Milk of magnesia (10.5)
1/100	9	Toothpaste (8.9)
1/10	8	Baking soda (8.4), Seawater, Eggs
0	7	“Pure” water (7)
10	6	Urine (6) Milk (6.6)
100	5	Acid rain (5.6) Black coffee (5)
1,000	4	Tomato juice (4.1)
10,000	3	Grapefruit & Orange juice, Soft drink
100,000	2	Lemon juice (2.3) Vinegar (2)
1,000,000	1	Hydrochloric acid secreted from the stomach lining (1)
10,000,000	0	Battery Acid

Examples of solutions and their respective pH

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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



<h1>Summary of pH of Common Foods</h1>	
<h2>Alkaline Forming Foods</h2> <ul style="list-style-type: none">✓ 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 photograph showing three glasses of smoothies. From left to right: a pink smoothie with strawberries, a yellow smoothie with a slice of orange, and a green smoothie with a slice of kiwi. Each smoothie is garnished with a single piece of its respective fruit.
<h2>Acid Forming Foods</h2> <ul style="list-style-type: none">✓ 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	

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 st Morning Urine pH	2 nd Urine pH



Plan for Balancing pH

- ✓ Print the food chart (several copies)
- ✓ Pin one copy to refrigerator
- ✓ Purchase pHydron 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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