Acid Alkaline Balance – Choosing Your Foods Wisely

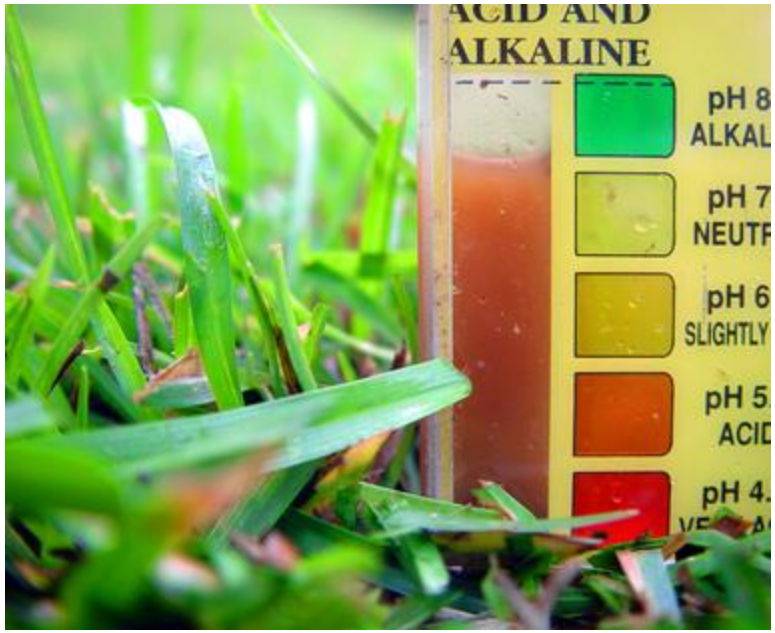
With

Dr. Ritamarie Loscalzo

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, drritamarie.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.

Acid Alkaline Balance

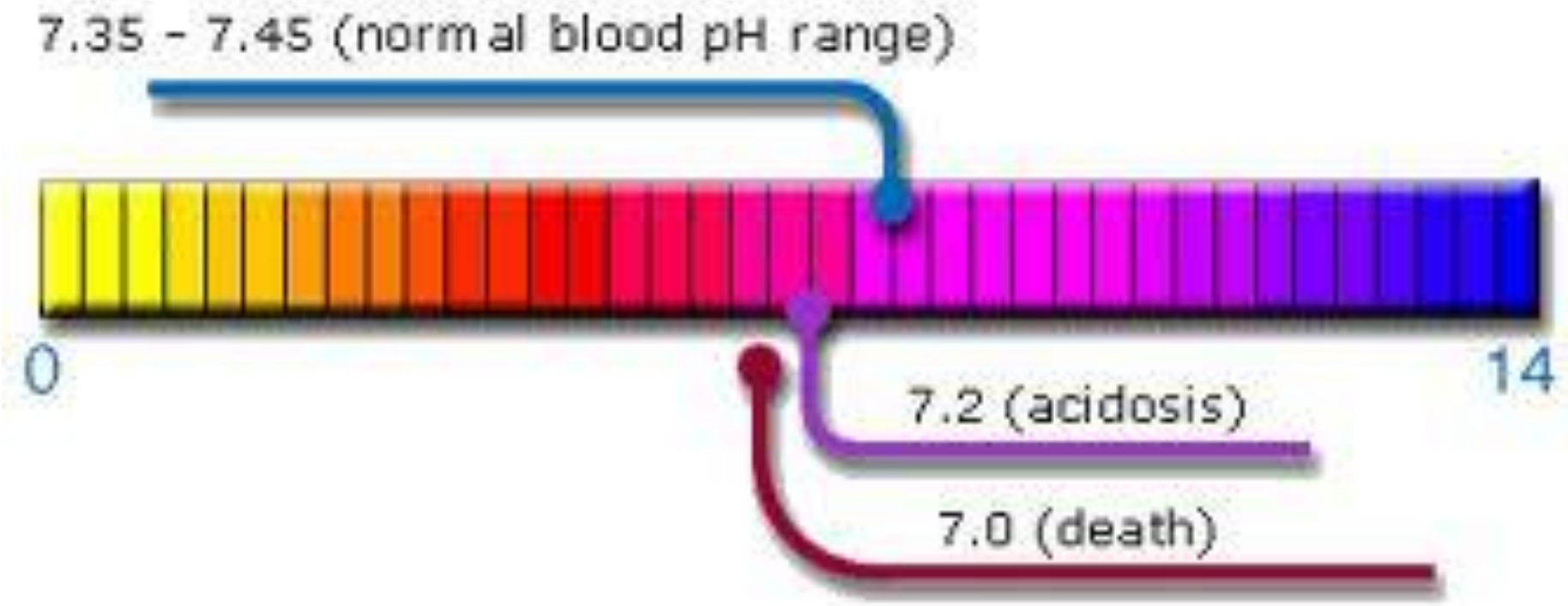
- ✓ pH Scale Defined
- ✓ Normal Blood pH
- ✓ Measuring Your pH
- ✓ Dangers of Excess Acidity
- ✓ Causes of Excess Acidity
- ✓ Importance of Alkaline Diet
- ✓ Alkaline Acid Food Chart



pH Scale Defined

Concentration of Hydrogen ions compared to distilled water				Examples of solutions and their respective pH
	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 (11.9)	
	1/1,000	10	Milk of magnesium (10.5)	
	1/100	9	Toothpaste (9.9)	
	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 (2.9)	
	1,000,000	1	Hydrochloric acid secreted from the stomach lining (1)	
	10,000,000	0	Battery Acid	

Normal Blood pH



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

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

Causes of Excess Acidity

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

Importance of Alkaline Diet

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

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

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

Acid Alkaline Food Chart

FOOD AND CHEMICAL EFFECTS ON ACID/ALKALINE BODY CHEMICAL BALANCE

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
• Baking soda Sea salt Mineral water	Spices / Cinnamon • Kambucha Molasses Soy Sauce	Herbs (most) • Green or mu tea Rice syrup Apple cider vinegar	*Sulfite* Ginger tea • Sucanat • Umeboshi vinegar	**Spices / Herbs** **Preservatives** **Beverages** **Sweeteners** **Vinegars**	Curry MSG *Kona Coffee* Honey / Maple Syrup Rice vinegar	Vanilla *Benzoate* *Alcohol* Black Tea Stevia Balsamic vinegar	Nutmeg *Aspartame* *Coffee* *Saccharin*	Pudding / Jam / Jelly *Table salt (NaCl)* Beer Yeast / Hops / Malt Sugar / Cocoa White / Acetic vinegar
• Umeboshi plums		• Sake	• Algae, blue-green	**Therapeutics**		*Antihistamines*	*Psychotropics*	*Antibiotics*
			• Ghee (clarified butter)	**Processed dairy**	Cream / Butter	Cow milk	• Casein, milk protein, cottage cheese	*Processed cheese*
		Human breast milk Almond milk		**Cow/Human** **Non-dairy** **Goat / Sheep**	Yogurt Rice Milk Goat / Sheep cheese	Aged cheese Soy cheese Goat milk	New cheeses Soy milk	Ice cream
		• Quail eggs	• Duck eggs	**Eggs**	Chicken eggs			
				Meat **Game** **Fish / Shell fish**	Gelatin / Organs • Venison Fish	Lamb / Mutton Boar / Elk Shell fish / Mollusks	Pork / Veal Bear • Mussles / Squid	Beef Pheasant Lobster
				Fowl	Wild duck	Goose / Turkey	Chicken	
			Oats 'Grain coffee' • Quinoa Wild rice Japonica rice	**Grains** **Cereal** **Grass**	• Triticale Millet Kasha • Amaranth Brown rice	Buckwheat Wheat • Spelt / Teff / Kamut Farina / Semolina White rice	Maize Barley groats Corn Rye Oat bran	Barley
Pumpkin seed *Hydrogenated oil*	Poppy Seed Cashews Chestnuts Pepper	Primrose oil Sesame seed Cod liver oil Almonds • Sprouts	Avocado oil Seeds (most) Coconut oil Olive oil Linseed / Flax oil	**Nuts** **Seeds / Sprouts** **Oils**	Pumpkin seed oil Grape seed oil Sunflower oil Pine nuts Canola oil	Almond oil Sesame oil Safflower oil Tapioca • Seitan or tofu	Pistachio seed Chestnut oil *Lard* Pecans Palm kernel oil	• *Cottonseed oil/meal* Hazelnuts Walnuts Brazil nuts *Fried foods*
Lentils Brocoflower • Seaweed: Nori|Kombu|Wakame|Hijiki Onion / Miso • Daikon / Taro root • Sea vegetables (other) • Burdock / Lotus root Sweet potato / Yam	Kohlrabi Parsnip / Taro Garlic Asparagus Kale / Parsley Endive / Arugula Mustard green Ginger root Broccoli Grapefruit Cantaoupe	Potato / Bell pepper Mushroom/Fungi Cauliflower Cabbage Rutabaga • Salsify / Ginseng Eggplant Pumpkin Collard green Lemon Pear	Brussel sprout Beet Chive / Cilantro Celery Okra / Cucumber Turnip greens Squashes Lettuces Jicama Orange Apricot	**Beans** **Vegetables** **Legumes** **Pulses** **Roots** **Citrus fruits**	Spinach Fava beans Kidney beans Black-eyed peas String / Wax Zucchini Chutney Rhubarb Coconut Guava	Split pea Pinto beans White beans Tempeh Navy / Red beans Aduki beans Lima or mung beans Chard Plum	Green pea Peanut Snow pea Legumes (other) Carrots Chick-pea / Garbanz Cranberry	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Honeydew Citrus Olive • Dewberry Loganberry Mango	Avocado Apple Blackberry Cherry Peach Papaya	Banana Blueberry Pineapple juice Raisin, Currant Grape Strawberry	**Fruits**	• Pickled fruit Dry fruit Figs Persimmon juice • Cherimoya Dates	Prune Tomatoes	Pomegranate	

• Therapeutic, gourmet, or exotic items *Italicized items are NOT recommended*

Prepared by Dr. Russell Jaffe, Fellow, Health Studies Collegium. Reprints available from ELISA/ACT Biotechnologies, 14 Pidgeon Hill Drive, Ste. 300, Sterling,VA 20165. Sources including USDA food data base (Rev 9 & 10), *Food & Nutrition Encyclopedia; Nutrition Applied Personally*, by M.Walczak; *Acid & Alkaline* by H.Aihara. Food growth, transport, storage, processing, preparation, combination, & assimilation influence effect intensity. Thanks to Hank Liers for his original work. [Rev 1/00]

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	1st Morning Urine pH	2nd Urine pH

Plan for Balancing pH

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