

Acid Alkaline Balance – Choosing Your Foods Wisely

With

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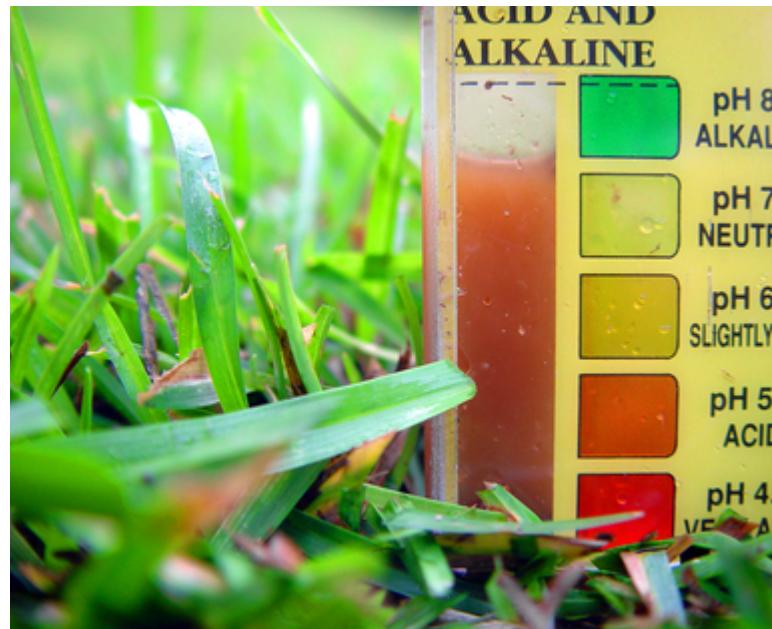




Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, 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

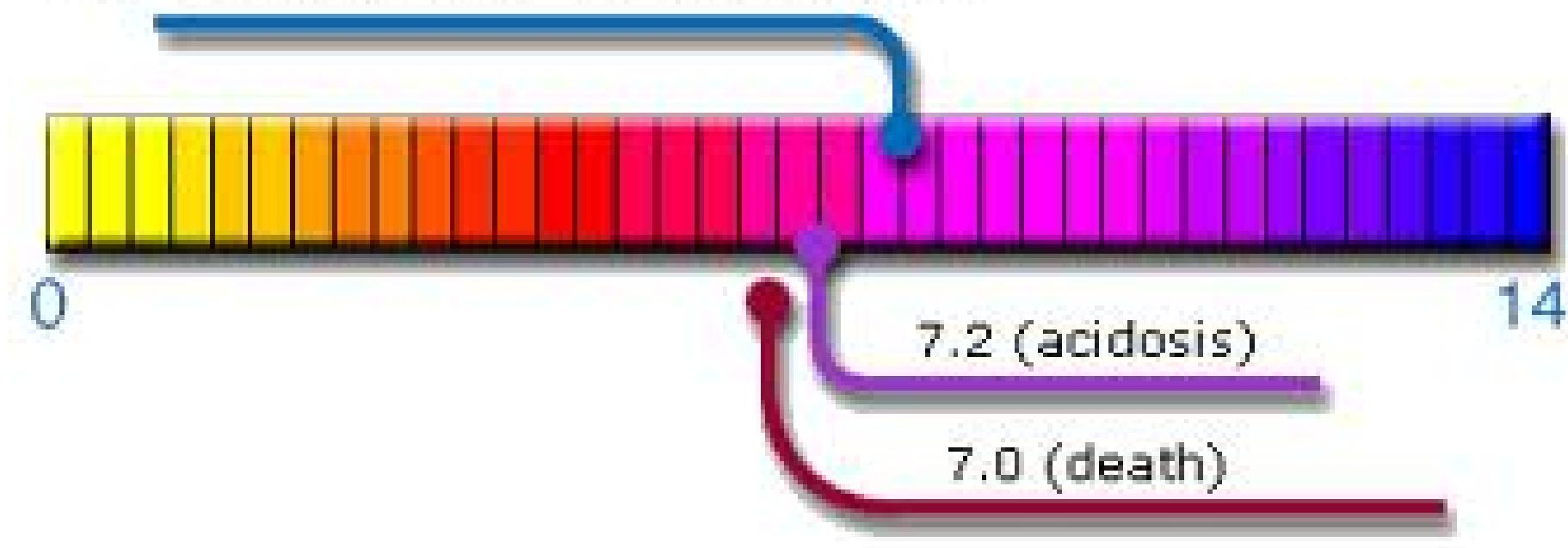


pH scale defined

Concentration of Hydrogen ions compared to distilled water	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
Examples of solutions and their respective pH			

Normal Blood pH

7.35 - 7.45 (normal blood pH range)



Measuring Your pH

pHydrion paper - range 5.5 to 8

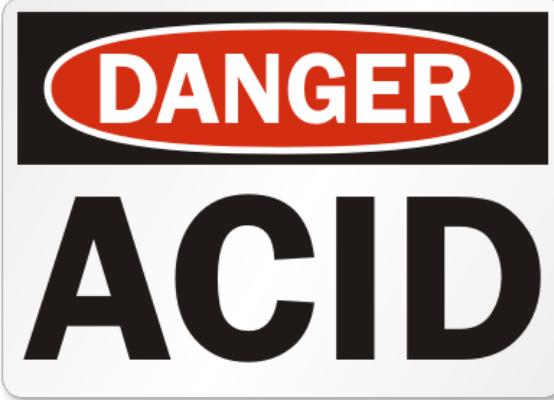
✓ Saliva: 6.8 – 7.2

- 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

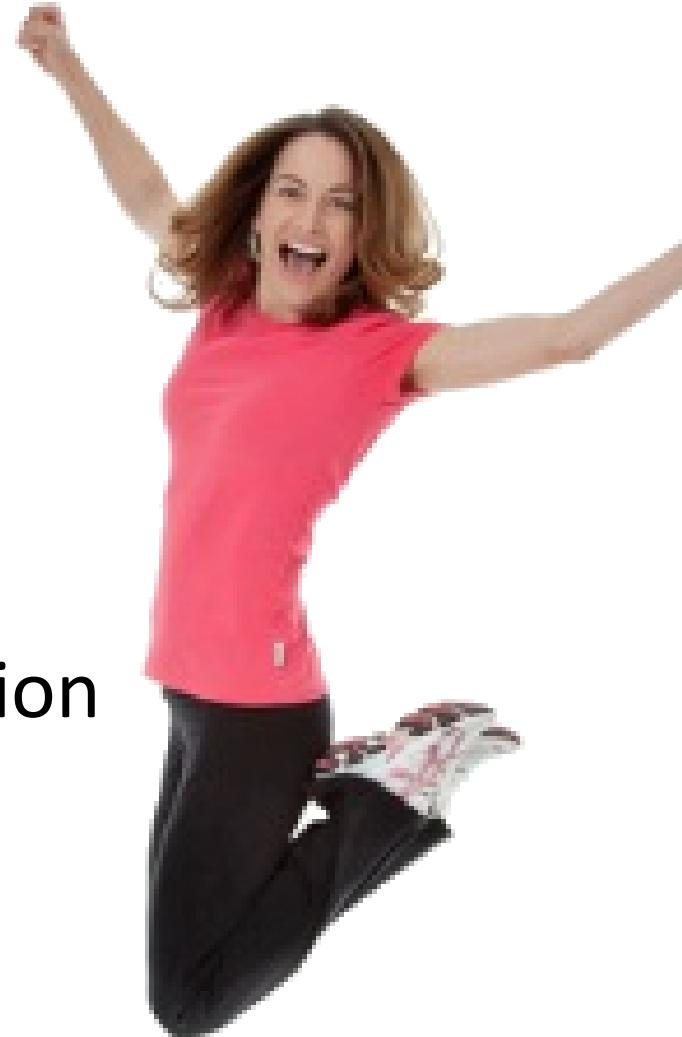
Causes of Excess Acidity

- ✓ Diet
- ✓ Medications
- ✓ Chemicals & preservatives
in food and water
- ✓ Stress
- ✓ To 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 • Kombucha	Herbs (most) • Green or mu tea	Sulfite Ginger tea	Spices / Herbs Preservatives Beverages	Curry MSG Kona Coffee	Vanilla Benzooate Alcohol Black Tea Stevia	Nutmeg Aspartame Coffee	Pudding / Jam / Jelly Table salt (NaCl) Beer Yeast / Hops / Malt Sugar / Cocoa
Molasses		Rice syrup	• Sucanat	Sweeteners	Honey / Maple Syrup		Saccharin	Yeast / Hops / Malt Sugar / Cocoa
Soy Sauce		Apple cider vinegar	• Umeboshi vinegar	Vinegars	Rice vinegar	Balsamic vinegar		White / Acetic vinegar
• Umeboshi plums		• Sake	• Algae, blue-green • Ghee (clarified butter)	Therapeutics		Antihistamines	Psychotropics	Antibiotics
		Human breast milk Almond milk		Processed dairy	Cream / Butter	Cow milk	• Casein, milk protein, cottage cheese New cheeses Soy milk	Processed cheese Ice cream
		• Quail eggs	• Duck eggs	Cow/Human Non-dairy Goat / Sheep	Yogurt Rice Milk Goat / Sheep cheese	Aged cheese Soy cheese Goat milk		
				Eggs	Chicken eggs			
				Meat Game	Gelatin / Organs • Venison	Lamb / Mutton Boar / Elk Shell fish / Mollusks	Pork / Veal Bear • Mussels / Squid	Beef Pheasant Lobster
				Fish / Shell fish	Fish			
				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	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 Palm oil	Pistachio seed Chestnut oil Lard Pecans Palm kernel oil • Seitan or tofu	• Cottonseed oil/meal Hazelnuts Walnuts Brazil nuts Fried foods
Hydrogenated oil				Beans Vegetables Legumes Pulses Roots	Spinach Fava beans Kidney beans Black-eyed peas String / Wax Zucchini Chutney Rhubarb	Split pea Pinto beans White beans Tempah Navy / Red beans Aduki beans Lima or mung beans Chard	Green pea Peanut Snow pea Legumes (other) Carrots Chick-pea / Garbanz	Soybean Carob
Lentils Broccoli • Seaweed: Norik/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 Lettuces Jicama Orange Pear	Brussel sprout Beet Chive / Cilantro Celery Okra / Cucumber Turnip greens Squashes Lettuces Jicama Orange Apricot	Citrus fruits	Coconut Guava	Plum	Cranberry	
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	1 st Morning Urine pH	2 nd Urine pH



ACTION

Plan for Balancing pH

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