


ALKALINE-ACID BALANCE

The pH of human blood should be slightly alkaline (7.35 to 7.45) in order to  maintain balance of the body systems (homeostasis). Above or below this range creates an environment for disease formation. A pH of 6.4 to 6.9 is neutral. Below 6.4 pH is acidic and above 7 pH is alkaline. An acidic state causes a lack of oxygen at the cellular level, which leads to disease. The Standard American Diet (SAD) is high in acidic foods such as meat, dairy and processed foods, and low in detoxifying, alkaline foods. The fastest way to balance pH is with food. An optimal diet consists of all natural, organic foods eaten in a balance of 80% alkaline to 20% acid foods. To create a healthy internal environment, avoid altogether low quality animal flesh, dairy, artificial foods, white flour and white sugar products. Below is a list of common alkaline and acid foods.

ALKALINE

Fruits:
 Apple
 Apricot
 Avocado
 Banana
 Blackberries
 Cantaloupe
 Cherries, sour
 Coconut, fresh
 Currants
 Dates, dried
 Figs, dried
 Grapes, seeded
 Grapefruit
 Honeydew
 Melon
 Lemon
 Lime
 Nectarine
 Orange
 Peach
 Pear
 Pineapple
 Raisins
 Raspberries
 Strawberries
 Tangerine
 Tomato
 Tropical Fruits
 Watermelon

Vegetables:
 Alfalfa
 Barley Grass
 Beet Greens
 Beets
 Broccoli
 Celery

Cabbage
 Carrot
 Cauliflower
 Chard Greens
 Celery
 Chlorella
 Collard Greens
 Cucumber
 Daikon
 Dandelions
 Dulse
 Eggplant
 Fermented Vegetables
 Garlic
 Green Beans
 Green Peas
 Kale
 Lettuce
 Mushrooms
 Mustard Greens
 Okra
 Onions
 Parsley
 Parsnips
 Peas
 Peppers
 Pumpkin
 Radishes
 Rutabaga
 Sea Vegetables
 Spinach
 Spirulina
 Sprouts
 Sweet Potatoes
 Watercress
 Wheatgrass

Grains:
 Millet
 Quinoa
 Whole Oats
 Wild Rice

Legumes Nuts and Seeds:
 Almonds
 Chestnuts
 Pumpkin Seeds

Spices:
 Chili Pepper
 Cinnamon
 Curry
 Ginger
 Herbs (all)
 Mustard
 Sea Salt
 Stevia
 Tamari

Other:
 Alkaline Water
 Apple Cider
 Vinegar
 Bee Pollen
 Fresh Fruit Juice
 Green Juices
 Lecithin Granules
 Mineral Water
 Molasses,
 blackstrap
 Probiotic Cultures (dairy free)
 Veggie Juices

ACIDIC FOODS

Fruits:
 Blueberries
 Canned/Glazed Fruits
 Cranberries
 Currants
 Dried fruit
 Plums
 Prunes

Vegetables:
 Corn
 Olives

Grains:
 Amaranth
 Barley
 Bread, refined
 Corn and rice breads
 Flour, wheat
 Flour, white
 Pasta, refined
 Pasta, whole grain
 Rice, brown
 Rice, white
 Rye
 Spelt
 Wheat Germ
 Whole wheat foods

Animal protein:
 Beef
 Chicken
 Eggs
 Goat
 Fish
 Milk and dairy products
 Lamb

Seasonings:
 Artificial sweeteners
 Corn syrup
 Honey
 Sugar
 Maple Syrup
 Table Salt

Legumes, nuts and seeds:
 Black beans
 Cashews
 Dried beans
 Peanut Butter
 Peanuts
 Pecans
 Walnuts

Other:
 Alcohol
 Artificial fruit juice
 Butter
 Cheese
 Coffee
 Fast foods
 Fried foods
 Instant foods
 Ketchup
 Microwave meals
 Mustard
 Oils
 Soda
 Vinegar

Chemicals:
 Aspirin
 Cigarettes
 Drugs, prescription & OTC
 Drugs, recreational

Mildly Alkaline pH 7.5 to 8.0
 Moderately Alkaline pH 8.5 to 9.0
 Extremely Alkaline pH 9.5 to 10.0

Slightly Acidic to Neutral pH 7.0
 Moderately Acidic pH 6.0 to 6.5
 Extremely Acidic pH 5.0 to 5.5