

All organic matter on this planet has a pH level, including humans. The term "pH" is an acronym for the "potential of Hydrogen." It is the acid to alkaline ratio existing in all matter. Your body's pH along with healthy blood is the benchmark for measuring health. The pH value is measured on a 14-point scale with 10 levels within each point. This means that a one-point drop on the pH scale, for example from seven to six, measures ten times more acid, not one. Neutral is 7.0; anything above is considered alkaline and anything below, acid. Pure water in its perfect state should be at 7.0 neutral, whereas human blood should be slightly alkaline, ranging from 7.35 to 7.45. Many factors influence pH levels within the body, including an out-of-balance diet and stress levels. Most diets cause an unhealthy acid pH. In fact, diet is the major influence in maintaining appropriate pH levels throughout the body. Research demonstrates that when food is metabolized and broken down, it leaves certain chemical and metallic residues which, when combined with our body fluids, yields either acid or alkali potentials of pH. Certain foods are "acid-forming" in nature, whereas others are known to be "alkaline-forming." If too many acids are ingested it may create an overload of acid within the body. This is when the system will begin "dumping" the excess acid into the urine. That is why in a balanced individual, the urine will be neutral at 6.8 to 7.2. A pH reading of 5.5 merely means that the system can no longer keep up with cleaning the blood and must dump more and more acid in any way it can. This situation affects the body's blood pH, causing damage to vital organs and to life itself. To maintain the ideal blood pH of 7.35 to 7.45, your body will leach calcium (which is alkaline) right out of your bones and teeth to correct for too much acid.

We live and die at the cellular level. One of the major reasons that you avail yourself of "Live Blood Analysis" is so that you can see how your cells are doing. All of the cells that make up the human body are slightly alkaline and must maintain alkalinity in order to function and remain healthy and alive. However, their cellular activity creates acid and this acid is what gives the cell energy and function. As each alkaline cell performs its task of respiration, it secretes metabolic wastes, and these end products of cellular metabolism are acid in nature. Although these wastes are used for energy and function, they must not be allowed to build up. The body goes to great lengths to neutralize and detoxify these acids before they are in a position to act as poisons in and around the cell, changing the environment of the cell. An acid condition, if left unchecked over a long period of time, will block the body's absorption of much-needed vitamins and minerals.

If we were to ask ourselves "What is killing us?" The answer might be "ACIDOSIS"! An acidic environment encourages the breeding of fungus, mold, bacteria, viruses and cancer. A state of acidosis is simply the lack of oxygen and available calcium which the body uses to maintain its alkaline balance. Calcium is literally the human glue that holds the body together. Calcium is so biochemically active that it has been likened to an octopus. A calcium ion can hold onto seven other molecules while it grabs onto one molecule of water. No other ion can do this and it is just the right size to easily get in and out of the human cell. As it does this, it takes a chain of nutrients into the cell and then leaves to get more nutrients. Scientists have found that over time the human body becomes depleted of calcium. Calcium is a chemical buffer for the blood. This buffer maintains the alkaline level in your blood. In order to supply enough calcium for buffering we must have enough calcium being absorbed from our diet or our body will simply rob the needed calcium from our bones and teeth. Currently, two-thirds of Americans do not consume enough calcium making them more likely to develop Osteoporosis and other bone-related disorders. One of the first warning signs of an acidic biological terrain is calcium deposits. A little known fact is that there has never been a scientifically proven association between calcium deposits in the body and nutritional calcium. In fact, quite the opposite is found in the results of testing calcium deposits of the body. Calcium deposits do not come from dietary calcium, but from the structural calcium of our bones and teeth. Mineral deficiencies, such as Magnesium, are also becoming more prevalent in our society as people's diets become increasingly acidic in nature. For this reason we recommend **ALKALINE forming foods** to insure that your body receives enough calcium and other minerals.

## ALKALINE-forming Foods:

- almonds (raw)
- apples
- apricots
- artichokes
- asparagus
- avocado
- baking soda
- bananas
- beets
- blueberries
- coconut oil (virgin)
- brazil nuts (raw)
- broccoli
- cabbage
- cantaloupe
- carrots
- cauliflower
- celery
- chard
- cherries
- chicory
- chives
- cilantro
- collards
- cucumbers
- currants
- dandelion greens
- eggplant
- figs
- flax seed oil
- garlic
- ginger
- grapefruit
- grapes
- green beans
- hazelnuts (raw)
- herbs (fresh)
- jicama
- kiwi
- lemon
- lettuce (all varieties)
- leeks
- lima beans
- lime
- millet
- mandarin orange
- mangos
- mineral water
- mustard greens
- nectarines
- olive oil
- onions
- oranges
- papayas
- parsley
- parsnip
- peaches
- pears
- peas
- peppers (all varieties)
- pineapples
- plums
- pomegranates
- pumpkin
- radishes
- raspberries
- rhubarb
- sea salt
- seaweed
- seeds (raw)
- spinach
- sprouts
- squash
- Stevia
- strawberries
- sweet potatoes
- tangerines
- taro root
- tofu
- tomatoes
- turnips
- watercress
- watermelon
- zucchini

## Very Low Alkaline-forming Foods:

- amaranth
- black-eyed peas
- Bragg Liquid Aminos
- brown rice
- Carob
- Dates
- Herbs (dried)
- kamut
- mushrooms
- quinoa
- pecans (raw)
- spelt
- spices
- string beans
- vegetables (cooked)
- walnuts (raw)
- wax beans
- wild rice

*Note: Because of the high sugar content of sweet fruit, whole fruits listed are best in season, for cleansing purposes or in moderation only. Fruit Juices are not recommended.*

## Neutral or Near-neutral Foods:

- butter (organic)
- coconut meat
- ghee
- almond milk
- Water (purified)
- Yogurt (unpasteurized)
- xylitol

The **YES** List



The more acidic we become, the harder it is for oxygen to be present, so our biological terrain also becomes oxygen depleted. Our cells cannot carry on their life-giving functions in a very efficient manner because our biological chemical reactions need oxygen. Without adequate oxygen, bacteria, fungus, viruses and cancers live and prosper.

#### A Balanced pH Allows For:

- proper calcium utilization which minimizes Osteoporosis and other bone disorders;
- appropriate cholesterol levels so that plaque does not form;
- utilization of cellular energy production;
- cellular regeneration and healthy synthesis without cancerous mutation;
- ability of the heart to pump efficiently and rhythmically;
- hormonal balance within the endocrine system;
- proper blood pressure regulation;
- smooth blood flow throughout arteries, veins and heart tissue;
- healthy oxygen flow to tissues which helps flush toxins and protect against premature aging;
- proper fat metabolism, weight control and healthy insulin production;

#### Testing Your pH:

Urine is an end metabolite of digestion and reflects the foods eaten over the past 48 hours. The urine pH test strip closely mirrors the blood and produces reliable results. Conversely, saliva testing does not result in consistent pH values. Test after sleeping, before eating and drinking upon awakening.

#### ACID-forming Foods:

- |                         |                         |                     |
|-------------------------|-------------------------|---------------------|
| • alcoholic beverages   | • fried foods           | • pasteurized foods |
| • artificial sweeteners | • game birds            | • pastries          |
| • bacon                 | • granola               | • peanuts           |
| • barley                | • heated oils           | • pistachios        |
| • beef                  | • homogenized foods     | • potatoes          |
| • black tea             | • ice cream             | • pork              |
| • candy                 | • jam and jelly         | • processed foods   |
| • carbonated drinks     | • legumes               | • processed cheese  |
| • cashews               | • lobster               | • shrimp            |
| • cheese                | • malt                  | • soy sauce         |
| • chicken               | • margarine             | • sugar             |
| • chocolate             | • milk                  | • table salt        |
| • cocoa                 | • MSG                   | • turkey            |
| • coffee                | • oats                  | • veal              |
| • corn                  | • ocean fish            | • wheat             |
| • crab                  | • packaged fruit juices | • white rice        |
| • eggs                  | • pasta                 | • white vinegar     |

#### Very Low Acid-forming Foods:

- |                          |               |                        |
|--------------------------|---------------|------------------------|
| • agave nectar           | • fructose    | • oysters              |
| • beans                  | • goat cheese | • rye bread            |
| • cooked or dried fruits | • honey (raw) | • raw milk             |
| • corn                   | • lentils     | • sprouted grain bread |
| • cranberries            | • organ meats | • tap water            |
| • cream                  |               |                        |
| • fresh-water fish       |               |                        |

*Note: prescription medications, anger and stress all cause the biological terrain to be acidic.*

## The NO List!!!

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- squash
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