

Best Foods to Alkalize (+):

Lecithin (soy)	+38
Wheat grass	+34
Cucumbers (fresh)	+31
Soy sprouts	+30
Chlorella	+29
Alfalfa/Barley/Wheat grass	+29
Radishes (red)	+28
Soy nuts (soaked, air dried)	+27
Dandelion	+22
Cayenne pepper	+19
Avocado	+16
Eggplant	+15
Tomatoes	+14
Cabbage, Endive	+14
Celery	+13
Garlic	+13
Beans (white, lima, etc.)	+13
Spinach	+8 to 13
Soybeans (fresh)	+12
Beets	+12
Green beans	+11
Lemons	+11
Carrots	+10
Turnips	+8
Limes	+8
Chives	+8
Horse radish	+7
Red Cabbage	+6
Zucchini	+6
Peas (fresh)	+5
Kolrabi	+5
Flax seed	+4
Flax seed oil	+4
Almonds	+3
Cabbage, white	+3
Cauliflower	+3
Sour Cherries	+3
Potatoes	+2
Lentils	+1
Coconut	0
Watermelon	0
Brussels sprouts	0

Foods that Make the Body Acidic(-):

Hard Liquor	-29 to -39
Pork	-38
Beef/Veal	-35
Soda pop	-35 to -39
Fruit juice (sugar sweetened)	-33
Beer	-27
Black tea	-27
Artificial sweeteners	-26
Coffee	-25
<i>(and even more acidic w/ added sugar)</i>	
Eggs	-18 to -22
Chicken	-18 to -22
Ocean fish	-18
Mustard	-19
Sugar (white)	-18
Cheese	-18
Peanuts, pecans, pistachios	-13

Mayonnaise	-13
Ketsup	-12
Freshwater fish	-11
(Fish and other proteins are OK to eat - just be sure to balance them with alkaline foods)	
White Bread	-10
Turbinado (raw) sugar	-10
Fructose (fruit sugar)	-10
Honey	-7

Artificial sweeteners are even **more acidic** than white sugar. Note that honey (a natural food created by God) which contains minerals, is only slightly acidic because although it contains natural sugar it also contains minerals, vitamins and other components to help digest. Refined white sugar and artificial sweeteners contain no minerals or nutrients to speak of.

Fruit: Fruit is certainly OK to eat even though it is slightly acidic because they do contain natural sugars. Note the drastic increase in acidity when processed sugar is added.

Pineapple	-12
Banana (ripe)	-10
Orange, peach, mango, apricot	-9
Cranberries	-7
Raspberries, blueberries	-5
Strawberries, dates	-4
Cantaloupe, grapefruit	-2
Apple, pear	-2
Fruit juice (natural)	-9
Fruit juice (sugar sweetened)	-33

Fat: relatively neutral or slightly acidic.

Margarine (remember is more processed)	-8
Cream	-4
Butter	-3
Olive oil	0

pH is a reference to the state of alkalinity or acidity in the body. 7 is neutral - neither acidic or alkaline. Below 7 is acidic, increasing in acidity as the number decreases. Above 7 is alkaline, increasing in alkalinity as the number increases. **Ideal pH for the body's fluids - urine, saliva, blood is 7.4 (slightly alkaline).**

HIGH ACIDITY:

1. Creates an ideal opportunity for pathogens (bacteria, viruses and fungus, such as candida) to survive.
2. Reduces the level of oxygen creating an ideal opportunity for **cancer** cells to thrive.
3. Can create tissue damage in our arteries which cholesterol sticks to creating plaque build-up. This can result in clogging of the arteries (heart disease and stroke).
4. Can cause mineral loss in bones (osteoporosis); can interfere with the thyroid; cause acid reflux or numerous other problems.

Recommended reading: Calcium: The Facts

Recommended supplement for excess acidity:

CORAL CALCIUM MINERALS (contains 72 minerals needed to normalize ph in the body) and **CHLORELLA**

Available through NHL Ministries - Nutrition Counseling Available
763-391-7636 / www.blpublications.com