

Alkalinity

We live and die at the cellular level. All the cells (billions of them) 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. One example of this is the often painful lactic acid which is created through exercise. The body will go to great lengths to neutralize and detoxify these acids before they act as poisons in and around the cell, ultimately changing the environment of the cell. Most people and clinical practitioners believe the immune system is the body's first line of defense, but in actuality it is not. It is very important, but more like a very sophisticated clean-up service. We must instead look at the importance of pH balance as the first and major line of defense against sickness and disease and for health and vitality.

The human body is very intelligent. As we become more and more acidic the body starts to set up defense mechanisms to keep the damaging acid from entering our vital organs. It is known that acid gets stored in fat cells. After all, if the acid does come into contact with an organ the acid has a chance to eat holes in the tissue. This may cause the cells to mutate. The oxygen level drops in this acidic environment and calcium begins to be depleted. So as a defense mechanism, your body may actually make fat to protect you from your overly-acidic self. Those fat cells and cellulite deposits may actually be packing up the acid and trying to keep it a safe distance from your organs. The fat may be saving your vital organs from damage. Many people have found that a return to a healthy inner biological terrain helps them to lose excess fat.

Benefits of Alkalinity

Today's lifestyle causes a multitude of disorders and malfunctions in the metabolism of our bodies. Despite the efforts of the Food and Drug Administration and the Environmental Protection Agency, our food supply, drinking water, air and soil are becoming increasingly contaminated with toxic chemicals. Never before has the human body been presented with such a heavy burden of foreign substances to metabolize and eliminate thus taxing the body beyond its natural capabilities of detoxification.

Many people just don't feel good anymore. Some find themselves being much more susceptible to colds, or to whatever "bug" is currently going around. Much more serious are the increasing cases of autoimmune diseases such as lupus, rheumatoid arthritis, multiple sclerosis, chronic fatigue syndrome, and fibromyalgia. "Health" and "wellness" have become relative terms.

Low-level toxicity from many sources can be very difficult to detect. The combined action of all these toxins creates a "toxic cocktail" effect which can seriously weaken the body and the mind through a process we call "fermentation" or the over-acidification of the blood and tissue as a result of the proliferation of yeast, fungus, and bacteria.

Yeast and fungus are single cell life forms which inhabit the air, soil, water, and many of the foods we eat. They are more highly developed than the intermediate states of bacteria or the early stages of viruses. Over the years, they have developed into over 500,000 different species. They are opportunists and survivalists. They are constantly looking for new places to house themselves where they may begin to colonize and proliferate. Being that they are single cell life forms, they can only be seen under a microscope but once colonized, these cells make a visible presence in the form of mushrooms, and molds on food.

Yeast, fungus, bacteria, mold, and viruses tend to house themselves in very specific sites in the body, depending on their particular requirements for nutrients and colonization conditions. All are capable of causing severe fermentation through the by-products of their metabolism, which enter the extra cellular fluid or the blood and then are distributed throughout the body. This culminates in the over-acidification of the blood and tissues which systemically poison and destroy the cells of the body. This condition we call over-acidification is a direct result of an inverted way of eating - the abundance of animal protein, especially red meat and pork, dairy products (milk, cheese, ice cream), sugar in any form (sucrose, fructose, glucose). Therefore, there is only one sickness and one disease.

The primary source of nourishment for yeast, fungus, and bacteria is sugar. As these organisms feed off the sugar and proteins of our bodies they produce and excrete waste called toxins. These toxins effect us

physically, emotionally, and spiritually. The solution to this growing problem is to cleanse the blood and nourish the cells. We do this by eliminating those foods which create over-acidification and eating more foods that are alkaline. Yeast, fungus, bacteria, mold, and virus can only survive in an acid base, they cannot survive in an alkaline base. It is, therefore, very important that there is a proper ration between acid and alkaline foods in the diet. When an ideal ratio is maintained, yeast fungus, bacteria, mold, and virus will revert back to their normal healthy state. The ideal ration in a normal body is 4 parts alkaline to 1 part acid which will allow the body to maintain a pH factor of 7.365. To avoid a lengthy chemistry lesson, we will get right to the point that pH refers to the relative concentration of Hydrogen (H+) ions in a solution. Low pH values indicate higher concentrations of Hydrogen ions or acids, and high pH values indicate low concentrations of Hydrogen ions or alkaline. For example, 10 to -1 is more acidic than 10 to -14.

An ideal diet should consist of dark green and yellow vegetables, soy beans, sprouted grains and nuts, and essential fatty acids. This ideal way of eating would reduce our susceptibility to toxins, detoxify the body, and reduce or prevent future exposures allowing for cellular regeneration leading to "health" and "wellness."

Alkalinity/Acidity Of Foods

Alkaline: Meditation, Prayer, Peace, Kindness & Love	Acid: Overwork, Anger, Fear, Jealousy & Stress
Extremely Alkaline Forming Foods - pH 8.5 to 9.0	Extremely Acid Forming Foods - pH 5.0 to 5.5
<p>9.0 Lemons 1, Watermelon 2</p> <p>8.5 Agar Agar 3, Cantaloupe, Cayenne (Capsicum) 4, Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley 5, Seedless grapes (sweet), Watercress, Seaweeds</p> <p>Asparagus 6, Endive, Kiwifruit, Fruit juices 7, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Vegetable juices 8</p>	<p>5.0 Artificial sweeteners</p> <p>5.5 Beef, Carbonated soft drinks & fizzy drinks 38, Cigarettes (tailor made), Drugs, Flour (white wheat) 39, Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) 40</p> <p>Beer 34, Brown sugar 35, Chicken, Deer, Chocolate, Coffee 36, Custard with white sugar, Jams, Jellies, Liquor 37, Pasta (white), Rabbit, Semolina, Table salt refined & iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).</p>
Moderate Alkaline - pH 7.5 to 8.0	Moderate Acid - pH 6.0 to 6.5
<p>8.0 Apples (sweet), Apricots, Alfalfa sprouts 9, Arrowroot, flour 10, Avocados, Bananas (unripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic 11, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable) 12, Spinach</p> <p>7.5 Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage;Cauli, Carob 13, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash 14, Sweet corn (fresh), Tamari 15, Turnip, Vinegar (apple cider) 16</p>	<p>6.0 Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods 32, Wine 33, Yogurt (sweetened)</p> <p>6.5 Bananas (ripe), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)</p>
Slightly Alkaline to Neutral pH 7.0	Slightly Acid to Neutral pH 7.0
<p>7.0 Almonds 17, Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Okra,</p>	<p>7.0 Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries 30, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy</p>

Olives ripe **18**, Onions, Pickles **19**, (home made), Radish, Sea salt **20**, Spices **21**, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut

Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread **22**, Goat's milk and whey (raw) **23**, Horseradish, Mayonnaise (home made), Millet, Olive oil, Quinoa, Rhubarb, Sesame seeds (whole) **24**, Soy beans (dry), Soy cheese, Soy milk, Sprouted grains **25**, Tempeh, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes)

products, Molasses (unsulphered organic **31**, Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds (pumpkin & sunflower), Walnuts

Blueberries, Brazil nuts, Butter (salted), Cheeses (mild & crumbly) **28**, Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo) **29**, Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums **30**, Prunes **30**, Spelt

Neutral pH 7.0 - Healthy Body Saliva pH Range is between 6.4 to 6.8 (on your pH test strips)

Butter (fresh unsalted), Cream (fresh & raw), Margarine **26**, Milk (raw cow's) **27**, Oils (except olive), Whey (cow's), Yogurt (plain)

NOTE: Match with the numbers above.

1. Excellent for *EMERGENCY SUPPORT* for colds, coughs, sore throats, heartburn, & gastro upsets.
2. Good for a yearly fast. For several days eat whole melon, chew pips well & eat also. Super alkalizing food.
3. Substitute for gelatin, more nourishing.
4. Stimulating, non-irritating body healer. Good for endocrine system.
5. Purifies kidneys.
6. Powerful acid reducer detoxing to produce acid urine temporarily... causing alkalinity for the long term.
7. Natural sugars give alkalinity. Added sugar causes juice to become acid-forming.
8. Depends on vege's content and sweetness.
9. Enzyme rich, superior digestibility.
10. High calcium content. Cornflour substitute.
11. Elevates acid food 5.0 in alkaline direction.
12. Vegetable content raises alkalinity.
13. Substitute for coca; mineral rich.
14. Winter squash rates 7.5. Butternut & sweeter squash rates 8.0.
15. Genuine fermented for 1 ½ years otherwise 6.0.
16. Raw unpasteurized is a digestive aid to increase HCL in the stomach. 1 tablespoon, plus honey & water before meals.
17. Soak 12 hours, peel skin to eat.
18. Sundried, tree ripened, otherwise 6.0.
19. Using sea-salt and apple cider vinegar.
20. Contains sea minerals. Dried at low temperatures.
21. Range from 7.0 to 8.0.
22. Sprouted grains are more alkaline. Grains chewed well become more alkaline.
23. High sodium to aid digestion.
24. High levels of utilizable calcium. Grind before eating.
25. Alkalinity and digestibility higher.
26. Heating causes fats to harden and become indigestible.
27. High mucous production.
28. Mucous forming and hard to digest.
29. When sprouted dry beans rate 7.0.
30. Contain acid-forming benzoic and quinic acids.
31. Full of iron.
32. Unrefined wheat is more alkaline.
33. High quality red wine, no more than 4 oz. daily to build blood.
34. Good quality, well brewed - up to 5.5. Fast brewed beers drop to 5.0.
35. Most are white sugars with golden syrup added.
36. Organic, fresh ground-up to 5.5.
37. Cheaper brands drop to 5.0, as does over-indulgence.
38. Leaches minerals.
39. Bleached- has no goodness.
40. Poison! Avoid it.
41. Potential cancer agent. Over-indulgence may cause partial blindness.