

What is the Body's pH? (potential of Hydrogen)

LIFE SAVING TRUTHS ABOUT BODY Ph AND FOODS

Human blood pH should be slightly alkaline (7.35 - 7.45)-The body therefore continually strives to balance pH. - An imbalanced diet high in acid-producing foods such as animal protein, sugar, caffeine, and processed foods puts pressure on the body's regulating systems to maintain pH neutrality.

Minerals are borrowed from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage--a condition that may go undetected for years.

Acidosis will decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals, **make tumor cells thrive**, make it more susceptible to fatigue and illness and more susceptible to bone loss.

FOOD CATEGORY	High Alkaline	Alkaline	Low Alkaline	Low Acid	Acid	High Acid
BEANS, VEGETABLES, LEGUMES	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Barley Grass	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Cauliflower, Turnip, Beetroot, Potato Skins, Olives, Soybeans, Tofu	Cooked Spinach, Kidney Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	
FRUIT	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb, Canned Fruit	Blueberries, Cranberries, Prunes, Sweetened Fruit Juice
GRAINS, CEREALS			Amaranth, Millet, Lentils, Sweetcorn, Wild Rice, Quinoa	Rye Bread, Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Bread, Pastries, Biscuits, Pasta
MEAT				Liver, Oysters, Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
EGGS & DAIRY		Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese, Cream	Raw Milk	Cheese, Homogenized Milk, Ice Cream, Custard
NUTS & SEEDS		Almonds	Chestnuts, Brazils, Hazelnuts, Coconut	Pumpkin, Sesame, Sunflower Seeds	Pecans, Cashews, Pistachios	Peanuts, Walnuts
OILS	Olive Oil	Flax Seed Oil	Canola Oil	Corn Oil, Sunflower Oil, Margarine, Lard		
BEVERAGES	Herb Teas, Lemon Water	Green Tea	Ginger Tea	Tea, Cocoa	Coffee, Wine	Beer, Liquor, Soft Drinks
SWEETENERS, CONDIMENTS	Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	Processed Honey	White Sugar, Brown Sugar, Molasses, Jam, Ketchup, Mayonnaise, Mustard, Vinegar	Artificial Sweeteners, Chocolate

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