High Uric Acid levels are Dangerous

- Lead to Fat Growth, Gout, Plaque buildup, Fatigue, Osteoporosis, mineral deficiencies, Heartburn, Poor Circulation, lack of vitamins and High Blood Pressure.
- In 1978, kids consumed two times more milk than sodas.
- By 2010, kids consumed more than four times as Much soda than milk.

Dangers of Soda's 2.5± pH

- For the body to fight and neutralize the Strong acid absorption from just one can of soda, it must pull the Alkaline and Minerals from your bones and joints.
- This may lead to joint diseases;
- Plaque buildup; and
- Osteoporosis
- To replenish your joints & bone minerals removed by one can of soda, you will need about 2 gallons of a pH 9.0 or higher water. High pH? :

What is pH?

	pH	
Strong Acid	-3.6 – 1.0	
Lead Battery Liquid	< 1.0	
Stomach Acid	2.0	
Lemon Juice	2.4	
Coke	2.5	
Vinegar	2.9	
Orange Juice	3.5	
Beer	4.5	
Coffee	5.0	
Brewed Tea	5.5	
Acid Rain	< 5.6	
Milk	6.5	
Pure Water	7.0	(7.0 to 7.2 is neutral, @ neutral the body functions best @ 7.2!)
Saliva	6.5 – 7.4	
Blood	7.34 – 7.45	
Seawater	8.0	
Soap	9.0 – 10.0	
Ammonia	11.5	
Detergent	12.5	
Sodium Hydroxide	13.5	

Indicator of Acidity and Alkalinity.

The measure of activity of hydrogen ions (H+) pH = - log10[H+]

The dissociation constant of water, Kw = 1.011 × 10 −14 (25 °C, 1 atm); H2O exists as [H+]-7x[OH-7] (25 °C, 1atm)

That is, [Concentration of (H+) = Concentration of (OH-)]

Acid if pH< 7, Alkaline if pH>7

IN ESSENCE, WATER'S pH IS THE RATIO OF ALKALINE TO ACIDIC MINERALS

Guess what pH will be?

※ Pour a can of coke (pH 2.5) in 10 gallon of distilled water ? ~

※ Our body's pH when we drink 2 cans of coke after exercise? ~

※ Our body's pH when we drink ½ gallon of Antioxidant alkaline water which is pH 9.0?

Unseen acid-base chemistry is ongoing in our body!

※ Pour a can of coke (pH 2.5) in 10 gallon of distilled water ? ~pH 4.5

※ Our body's pH when we drink 2 cans of coke after exercise? ~pH 7.4

- Outside H+ ---□ inside OH- (minerals Cal, Mg)

※ Our body's pH when we drink ½ gallon of alkaline water which is pH 9.0? ~pH 7.4

- Outside OH- ---□ inside H+ (Cholesterol, fatty acids)

- HFCS, also known as high fructose corn syrup, is a man-made chemical that is made from corn. HFCS can be preserved more easily than natural sugar, is cheaper to manufacture and is found in nearly every soda and sweet on the market today. The average acidity level of an HFCS soda like Coke or Pepsi is 2.5 pH. This is extremely acidic considering tap water has a pH level of 7.5 -- near neutral on the pH scale.

Diet Soda

Diet sodas possess a slightly less acidic pH level of 3 to 3.5. This does not make diet sodas any safer to drink, however. The average blood pH level must remain within an alkaline range of 7.35 to 7.45 pH. Drinking diet or HFCS sodas alters the chemistry of your blood by spiking the acid levels. In response, the body pulls minerals like calcium from your bones to absorb the acids. The danger arises when you drink soda frequently, which depletes the minerals in your body and increases the pH level of your body -- a condition that has been linked to increased risk of cancer and other diseases that require high acid levels to

electricity that come in with thunderstorms and momentarily make us feel like "hippies on drugs" (not that I know anything about that). A simple Internet search on negative ions revealed the information (ions, not hippies). Research shows that negative ions put the body in a temporary alkaline pH state. Most humans are in an acid pH state ... cancer wards are full of 'em.

Theoretically (in my humble opinion, of course), negative ions have a common bond to the positive feelings we get from meditation. Regular/consistent meditation is associated with relaxed states-of-mind -- a stress antagonist. Stress is a major contributor to acid pH in our blood/bodies.

As we buffer our acid-state in consistent manners (meditation, smart eats, baking soda, etc.), a healthier alkaline condition becomes the norm. In addition, nutritional supplements are assimilated more effectively/efficiently in an alkaline body.

Bacteria and Virus Refuse to Live in Alkalinity
This baking soda article and this article are a couple of the best I've found on the pH factor in relationship to many disease-states. Harmful bacteria/virus, herpes (cold sores), influenza, common cold, and cancer, thrive in acidity.

Stress, bad eating habits, pesticides, alcohol, pollution, etcetera, turn our bodies into "acid smorgasbords" -- the perfect environment for destroying our bodies in a slow/painful manner. In addition, heartburn, diabetes, heart disease, arthritis, and more are well-known maladies related to acid blood levels. The bottom line ... bacteria and virus will vacate your premises to find a more suitable acid-home as long as you keep your body in a state of alkalinity. By maintaining your drinking/baking soda water at 7.2 to 7.5 pH (or more depending on how much and what acids you eat/drink) you are greatly enhancing your body's ability to prevent any of the above.

Of all Things ... Baking Soda (Sodium Bicarbonate)?
Studies in respected medical journals worldwide consistently support the use of a simple dirt-cheap product for reversing acidity -- baking soda. There's no money in baking soda for drug companies. For the most part, its use is excluded from medical school curriculum and/or associated health training/education.

Odors
As an interesting side-note, most odors we experience are bacteria related. A simple test is to sprinkle a bit of baking soda in your stinky shoes and/or under your smelly arm-pits -- odor diminishes readily. Odor from areas of the body that stay wet and/or dark for awhile are a result of/or caused by bacteria and/or the symbiotic relationship it has with fungus. Fungus (vaginal candidiasis or candida, jock itch, athletes foot, etc.) is odor-producing. Cavities and bacteria (bad breath) are best-buddies, too. Sugar creates an acidic environment in the mouth, thus, a reason why dentists recommend avoiding sugar-related foods.

And, stop using sponges to wash your dishes! Sponges typically stay wet for extended periods which encourage bacteria to multiply exponentially within minutes (Discovery Science channel).

Athletes -- Faster, Harder, Stronger
Lactic acid is a well-known by-product of the exercising muscle. To a large degree, it is responsible for muscular soreness and pre-mature fatigue. Sport drinks do nothing to address the acid issue. In fact, they add to the acid problem due to the large amount of sugar or high fructose corn syrup ingested -- sugar drinks are basically acid drinks. The same goes for fruit drinks (the actual sweet part of the fruit is replaced with sugar and/or high fructose corn syrup - a genetically modified (GMO) poison. It's no wonder regular exercisers have a hard time recovering from injuries -- the injury is surrounded by acid and

GMOs.

Bananas, oranges, potatoes and melons are must-staples of athletes' general diet due to their high potassium content. Yes, they contain sugar, however, it's in a complex carbohydrate form (less inflammatory) that is a longer lasting fuel for the exercising muscle. They alkalize once consumed, however, baking soda water is a stronger and more direct alkalizing agent and may mean the difference between 1st and 2nd in an athletic event.

Bottom-line: **As a general guideline,** and based on personal research, the following is my recipe for adjusting acid-blood toward the direction of healthier alkaline-blood pH. Below are two separate examples -- do one or the other but not both:

- Mix 1/4-1/3 teaspoon of baking soda in a 12-16 ounce glass of tap or bottled water and consume 1 glass in the AM and 1 in the PM and swish it in your mouth (cavity prevention) before swallowing daily. In addition to, and at anytime when you experience heartburn, an extra glass may be necessary.
- This following method is easy, convenient, and you're more likely to be consistent with it. If you drink distilled or reverse osmosis water daily as your main source of water (cleanest there is, but acidic), mix 3/4 to 1 teaspoon/gallon. Tap and bottled waters are not as acidic (but very dirty) so you may want to adjust them to a lower 1/2 teaspoon/gallon. You can make adjustments with pH papers below.

Refrain from consuming straight baking soda and/or strong mixtures of the same. It can numb taste-buds and cause the skin from the roof of your mouth to peel (personal experience) not painful, just bothersome. In other words, strong alkalinity can burn you on its end of the scale similar to strong acids such as sulfuric or muriatic that burn on the acid side of the scale.

The above recommendation is for the non-exerciser and/or those who consume the average western diet. Dedicated life extensionists (typically consume lots of minerals), vegetarians, vegans, and/or those who consume more fruits and vegetables than the average person, may want to use a bit less baking soda. Their bodies tend to be a bit more alkaline than the average person. Your barometer can be the consistent use of pH strips/papers. They give you the information you need to make adjustments with the baking soda you put in your water.

Oranges and Lemons

When using pH papers to directly measure fruits and/or vegetables, they typically show-up in the acid range. Oranges and lemons are good examples. Touching the pH paper directly to the opened/peeled fruit reads acid. However, when consumed, they become alkaline as a result of the digestive process from the resulting ash residue. Fruits and vegetables have a special relationship with our bodies -- they are transformed into an alkaline base as they are burned to ash (as are most fruits and vegetables). Most other food sources do not have this special relationship with our bodies.

Sodium (and Potassium) Concern

Sodium chloride (common table salt) and baking soda (sodium bicarbonate) are different. Without question, studies show that sodium chloride is the high blood pressure (hypertension) culprit -- see http://www.ncbi.nlm.nih.gov/pubmed/2168457, http://www.ncbi.nlm.nih.gov/pubmed/6648527, and http://hyper.ahajournals.org/content/45/5/849.full. Along with table salt contributing to hypertension, it also leaches calcium leading to weak bones. Baking soda and potassium has the opposite effect.

Most of us typically consume 2,000-3,000 mgs. of salt (sodium chloride) daily. Studies show the relationship between sodium chloride consumption and potassium to be the high blood pressure culprit http://jn.nutrition.org/content/138/2/419S.abstract. Generally, where there is high sodium chloride consumption in populations, there is low potassium. Potassium rich foods generally cost more than sodium rich foods, thus, impoverished areas have a higher incidence of stroke and high blood pressure. The scientific literature shows that if potassium and/or baking soda is increased and sodium chloride consumption stays the same, the incidence of blood pressure and strokes drop. A 2:1 ratio of potassium to sodium should be a strong consideration for anyone. Our government allows only 99 mgs. to be put in a daily dose where supplements are concerned. Raw fruits and vegetables are some of the best sources of potassium. This is one of the few areas where food provides more micro-nutrients than nutritional supplements.

Potassium can **improve athletic performance** in those who are deficient. Those who train 3-4 hours daily can lose up to 700 mgs. from sweat -- about the same amount in one banana. Typically, food manufacturers transform 3.5 ounces of fresh raw peas containing 380 mgs. of potassium and 2 mgs. of sodium into 236 mgs. of sodium. At the same time, they decrease the potassium content to 160 mgs. via the canning process. The same thing applies to other common vegetables. You can buy a salt substitute from your grocery store which is potassium chloride (as opposed to sodium chloride). One of the most popular brands is called "No Salt."

Measuring With pH Paper/Strips

There are 2 easy ways to monitor your pH -- urine and saliva. Whether you test your urine or saliva, the pH value of either varies throughout the day based on many variables (food, liquids, stress, nutritional supplement intake, etc.). Therefore, it is necessary to check it 4-5 times/day so you can establish an average. Personally, I have found the urine method to be the most accurate. If your average is still acidic (or, gets too alkaline) adjust the amount of baking soda accordingly. You can use pH paper/strips or a pH meter. I've always preferred the strips for convenience.

Again, for anyone wanting to use baking soda, reading this article and this baking soda article is paramount for developing a better understanding/appreciation for its many uses.

More information on blood pH levels via minerals.

Note: We do not sell baking soda. It is available at almost any grocery or drug store near you ... or online.

Calcium, magnesium, potassium, and sodium (some forms) act as strong alkalizing agents in the body. The pH (acronym for potential hydrogen) scale ranges from 0 to 14, with 7 being neutral. Below 7 is considered acidic and above 7 alkaline. Your bodys pH level plays a critical role in its ability to remain healthy. Cells in the body that are poorly oxygenated are on the side of acidity and much more likely to be disease-prone. For example, non-healthy tissues are generally acidic, whereas healthy tissues are generally alkaline. The chronically ill are generally in a state of acidity. While the body has a homeostatic mechanism that encourages a constant pH 7.4 in the blood, this mechanism works by depositing and withdrawing acid and alkaline minerals from other locations including the bones, soft tissues, body fluids and saliva. Therefore, the pH of these other tissues can fluctuate greatly. Blood, lymph and cerebral spinal fluid in the body are designed to be slightly alkaline at a pH of 7.4. Radical/rogue cell division stabilizes at a pH level of 7.4. As your pH rises, rogue cells die while healthy cells thrive. Since many illnesses occur when pH falls into the acid range, it is essential to alkalize the body to a pH of 7.4 or slightly above by every means available. Below are examples of some foods and minerals on the acid/alkaline scale.

Strongly Acid	Mildly Acid	Mildly Alkaline	Strongly Alkaline
meat	grains	fruits	calcium
fish	legumes	vegetables	magnesium
eggs	nuts	berries	potassium
soft drinks	seeds	dairy	sodium

Stress contributes greatly to a state of acidity. Meditation among other relaxation methods can be effective at dealing with stress. In addition, l-theanine and/or GABA may be considered an addition to your supplement routine for countering stress.

Soda & Soft Drink Facts

In simple terms SODA Equals = ACID! ACID! ACID!

FACT: 1 can of soda requires 32 glasses of water to neutralize the acidity. Most people don't get 8 glasses of water a day, so how can you stay alkaline if you're drinking 1 can of soda a day, or even 3 times a week? You'll never catch up! The fix is easy. STOP DRINKING SODA.

The average American today drinks over 600 servings of pop a year and is slowly killing themselves with acidosis

Product	Acid Low=BAD	Sugar per 12 oz
Alkalized Ionized water	9.5 to 11.5	0.0
Pure Water	7.00 (neutral)	0.0
Barq's	4.61	10.7 tsp.
Diet Coke	3.39	0.0
Mountain Dew	3.22	11.0 tsp.
Gatorade	2.95	3.3 tsp
Coke Classic	2.63	9.3 tsp.
Pepsi	2.49	9.8 tsp.
Sprite	3.42	9.0
Diet 7-Up	3.67	0.0
Diet Dr. Pepper	3.41	0.0
Surge	3.02	10.0
Gatorade	2.95	3.3
Hawaiian Fruit Punch	2.82	10.2
Orange Minute Maid	2.80	11.2
Dr. Pepper	2.92	9.5 tsp
BATTERY ACID	1.00	0.0
Source: Minnesota Dental Association	**The threshold pH for enamel dissolution is 5.5.**	

What is wrong with drinking baking soda water? Isn't that also alkaline water?

Reverse Aging, Alkaline Water and AlkaLife®

Baking soda is sodium bicarbonate; adding it to drinking water does not raise the pH value of the water. However, once in the blood stream, it will act as alkaline buffer and, when too much acid is around, the lungs will exhale CO2 The only problem with this method is that continued consumption of baking soda, will upset the potassium/sodium balance of the body, creating bad side effects as high blood pressure.

Can a person become too alkaline from drinking ionized alkaline water?

Water Ionizer FAQ

No. People have been known to drink as much as two gallons of

ionized alkaline water daily and greatly benefited from it. On the contrary, the most common imbalance that leads to health problems is too much acidity. The more acidic we are, the greater the chances for diseases such as cancer and arthritis to flourish. People who are always sick have very low body ph, the sicker they are, the lower their body pH level.

What is the difference between Baking soda and Sodium bi-carbonate?

Technically speaking there is no difference between the two. Usually baking soda is a food grade product that is much more refined than raw sodium bicarbonate. Preferably, try to use Baking soda.

Is drinking high intensity ionized alkaline water advisable?

Water Ionizer FAQ

Yes. **We should start drinking ionized alkaline water at the lowest level and slowly work our way up**, since we spent most of our lives accumulating acid waste within our bodies. ionized alkaline water from a Water ionizer has different levels of intensity. If the average person immediately drinks strongly ionized alkaline water, he could suffer headaches or diarrhea due to the water's strong detoxification quality.

How soon would I feel the effect(s) of drinking alkaline water?

Reverse Aging, Alkaline Water

It depends on the individual and the kind of symptoms you have. Many customers experience relief of gout pain, acid reflux, morning sickness, kidney stones, fibromyalgia, high altitude sickness, high blood pressure, cholesterol, diabetes, etc. Some people feel the effects immediately (such as morning sickness and high altitude sickness). Some symptoms, such as high blood pressure, gout, high cholesterol, may take several weeks or even months.

Drinking water is available at most developed campgrounds. When it is not provided, water should always be treated with purification tablets or iodine, by boiling, or by filtering. One safe method of treatment is boiling vigorously for 3-5 minutes to kill parasitic organisms which may be present. To improve taste, add a pinch of salt to each quart of boiled water or pour it back and forth from one clean container to another several times. More on drinking water...
http://www.querycat.com/question/99a54120024afd6c3ae7afe4ad68b85b

What is the difference between baking soda and baking powder ?

Baking soda is the common name for sodium bicarbonate. It is a leavening agent used to increase the volume of baked goods when they are cooked. Baking powder is a mixture of sodium bicarbonate and leavening acids such as cream of tartar and acid phosphates.

What is the Power of Baking Soda?

dirty air passes through the vacuum bag or filter, ARM & HAMMER® baking soda particles neutralize odor bearing chemicals. As a result, clean, odor-free air is released into your home. In our vacuum bags and filters, ARM & HAMMER® Baking Soda is added as part of a special, proprietary, treatment to provide maximum deodorization in a small space.

Are there any cautions about drinking alkaline ionized water?

You should start slowly. Set the controls to the lowest level and drink one to three glasses per day. Assuming the water agrees with you, increase the amount you drink and the level of ionization intensity. High levels of alkalinity -- up to 9.5 -- are best for drinking water; the highest levels can be used for cooking. In a few individuals, the detoxification effects from drinking alkaline ionized water can cause headaches and diarrhea for a short time.

Can a person become too Alkaline from drinking Antioxidant Water?

People have been known to drink as much as 1 to 2 gallons of Antioxidant Water every day and gotten great benefit from it. And they have not become too Alkaline. On the contrary, one of the most common imbalances people have today that lead to health problems is that they are too acidic. Our body pH should be approximately 7.0 (measured through saliva or urine). The more acidic we are, meaning a 6.6 pH or lower, the greater opportunity we have provided disease to flourish in us.

How Best To Start Drinking Alkaline Ionized Water?

Better to start off with a lower pH and gradually move to a higher setting, with a slower flow rate, producing water a stronger alkaline pH and a lower ORP value over time. Go slow and listen to your body (and listen to your doctor if you are working to improve a medical condition). My experience with drinking ionized water suggests drinking pH 9 consistently over the long run, rather than force a higher pH for a short term benefit.

Q14. Which level of pH should I keep when drinking alkaline water?

the level of 8.5 to 9 of pH value, water is best absorbed into the body. However, neutral tap water or acidic water produced from a R/O system may not be suitable for you temporarily due to large difference of mineral content. Therefore, it is recommendable to drink water on stage 1 (pH value is 7.5 to 8) initially, and then drink ionized water in which pH value is 8.5 to 9 (generally, on stage 2 at home depending on water pressure).

Q5. Does alkaline water suit people who become swollen easily even when drinking water?

Yes. In these cases metabolism including absorption, circulation

and excretion of water does not work well. Especially when their condition is not good, even a small amount of water is not emitted and remains in a body for a long time, which can cause swelling. Alkaline, micro-clustered water is easily absorbed, circulated and excreted promptly, so it does not cause swelling of a body. .

What is ionized alkaline water?

Ionized alkaline water is healthy drinking water. It is full of oxygen molecules with an extra electron also known as hydroxyl ions. Once the hydroxyl ions donates its extra electrons to free radicals (oxygen molecules that are missing one electron), you are left with plenty of productive oxygen. Ionized alkaline water contains only five to six water molecules per cluster instead of ten to thirteen of conventional water. Its smaller hexagon-shaped molecular structure is similar to our DNA.

How can I make my own isotonic saline solution buffered with baking soda?

A salt mixture which is also very suitable for nasal rinsing consists of two kinds of salt: common salt (sodium chloride, NaCl) and baking soda (sodium hydrogen carbonate or bicarbonate of soda, NaHCO3). Baking soda buffers the rinsing solution, i. e. it keeps the pH value (degree of acidity) constant at the desired alkaline strength of approx. 8. In human blood, sodium hydrogen carbonate shows the second highest salt concentration after sodium chloride.

How much salt and baking soda are necessary for making a buffered hypertonic saline solution?

A hypertonic saline solution buffered with baking soda is more agreeable for nasal rinsing than if it is un-buffered. It supports the cleansing function of the nasal mucous membrane, i. e. the mucociliary clearance which is the mucus transport system. For a very mild, buffered hypertonic rinsing solution you put one, or one heaped measuring spoonful of salt per rinsing pot filling into the nasal rinsing pot and then add about half a measuring spoonful of baking soda.
http://www.querycat.com/question/b784323a2c10f5b861dfc29647d41b9c

What is ARM & HAMMER® Baking Soda?

Arm & Hammer Vacuum Bags and Filters Frequently Asked Qu...
Baking Soda, also known as sodium bicarbonate, is a naturally occurring substance that is found in all living things, where it helps regulate their pH balance. ARM & HAMMER® Baking Soda is made from soda ash, also known as sodium carbonate. To make ARM & HAMMER® Baking soda, the soda ash is mined in the form of an ore called trona.

Another option is 2 Tblsp our vinegar in 8oz glass at bedtime. Not pickling type. Sold at jonilund.com

I mix in 8 oz of water the juice of 1 lemon with 1 teaspoon of baking soda and drink it. This is **fast acting** in reducing acidic levels.
The next time you go to the bathroom, about an hour later, test your urine pH level and your pH should have climbed to over 7 – 7.5. If so that's great because those uric acid crystals can't get flushed out of your joints if you are still acidic.

> To treat gout, detox baths are also helpful by soaking in your tub with 2 cups of Epson salts right before bed. This is a detox bath and helps pull acid out of your body. Soak for 20 minutes and that's it. This will really help you get a good night sleep too.

Always take advice of your doctor before you take anything.

The table below helps to identify various foods' pH-level. Each one is assigned a number which mirrors its approximate relative potential of alkalinity (+) or acidity (-) existent in one ounce (28.35g) of food. The higher the number, the better it is for you to eat.

Healthy Alkaline Foods - Eat lots of them!	***Foods you should only consume moderately***	***Unhealthy Acidic Foods - Try to avoid them!***
Vegetables		***Meat, Poultry, And Fish***
Alfalfa Grass +29.3	***Fruits***	Beef -34.5
Asparagus +1.3	(In Season, For Cleansing	Chicken (to -22) -18.0
Barley Grass +28.1	Only Or With Moderation)	Eggs (to -22)
Broccoli +14.4	Apples -8,5	Liver -3.0
Brussels Sprouts +0.5	Apricot -9.5	Ocean Fish -20.0
Cabbage Lettuce, Fresh +14.1	Banana, Ripe -10.1	Organ Meats -3.0
Cauliflower +3.1	Bananna, Unripe +4.8	Oysters -5.0
Cayenne Pepper +18.8	Black Currant -6.1	Pork -38.0
Celery +13.3	Blueberry -5.3	Veal -35.0
Chives +8.3	Cantaloupe -2.5	
Comfrey +1.5	Cherry, Sour +3.5	
Cucumber, Fresh +31.5	Cherry, Sweet -3.6	***Milk And Milk Products***
Dandelion +22.7	Coconut, Fresh +0.5	Buttermilk +1.3
Dog Grass +22.6	Cranberry -7.0	Cream -3.9
Endive, Fresh +14.5	Currant -8.2	Hard Cheese -18.1
French Cut Green Beans +11.2	Date -4.7	Homogenized Milk -1.0
Garlic +13.2	Fig Juice Powder -2.4	Quark -17.3
Green Cabbage December Harvest +4.0	Gooseberry, Ripe -7.7	
Green Cabbage, March Harvest +2.0	Grape, Ripe -7.6	***Bread, Biscuits (Stored Grains/Risen Dough)***
Kamut Grass +27.6	Grapefruit -1.7	Rye Bread -2.5
Lamb's Lettuce +4.8	Italian Plum -4.9	White Biscuit -6.5
Leeks (Bulbs) +7.2	Mandarin Orange -11.5	White Bread -10.0
Lettuce +2.2	Mango -8.7	Whole-Grain Bread -4.5
	Orange -9.2	Whole-Meal Bread -6.5
	Papaya -9.4	
	Peach -9.7	
	Pear -9.9	

Onion +3.0
Peas, Fresh +5.1
Peas, Ripe +0.5
Red Cabbage +6.3
Rhubarb Stalks +6.3
Savoy Cabbage +4.5
Shave Grass +21.7
Sorrel +11.5
Soy Sprouts +29.5
Spinach (Other Than March) +13.1
Spinach, March Harvest +8.0
Sprouted Chia Seeds +28.5
Sprouted Radish Seeds +28.4
Straw Grass +21.4
Watercress +7.7
Wheat Grass +33.8
White Cabbage +3.3
Zucchini +5.7

Root Vegetables

Beet +11.3
Carrot +9.5
Horseradish +6.8
Kohlrabi +5.1
Potatoes +2.0
Red Radish +16.7
Rutabaga +3.1
Summer Black Radish +39.4
Turnip +8.0
White Radish (Spring) +3.1

Fruits

Avocado (Protein) +15.6
Fresh Lemon +9.9
Limes +8.2
Tomato +13.6

Non-Stored Organic Grains And Legumes

Buckwheat Groats +0.5
Granulated Soy (Cooked Ground Soy Beans) +12.8
Pineapple -12.6
Raspberry -5.1
Red Currant -2.4
Rose Hips -15.5
Strawberry -5.4
Tangerine -8.5
Watermelon -1.0
Yellow Plum -4.9

Non-Stored Grains

Brown Rice -12.5
Wheat -10.1

Nuts

Hazelnuts -2.0
Macadamia Nuts -3.2
Walnuts -8.0

Fish

Fresh Water Fish -11.8

Fats

Coconut Milk -1.5
Sunflower Oil -6.7

Nuts

Cashews -9.3
Peanuts -12.8
Pistachios -16.6

Fats

Butter -3.9
Corn Oil -6.5
Margarine -7.5

Sweets

Artificial Sweetners -26.5
Barley Malt Syrup -9.3
Beet Sugar -15.1
Brown Rice Syrup -8.7
Chocolate -24.6
Dr. Bronner's Barley Dried Sugar Cane Juice -18.0
Fructose -9.5
Honey -7.6
Malt Sweetener -9.8
Milk Sugar -9.4
Molasses -14.6
Turbinado Sugar -9.5
White Sugar -17.6

Condiments

Ketchup -12.4
Mayonaise -12.5
Mustard -19.2
Soy Sauce -36.2
Vinegar -39.4

Beverages

Beer -26.8
Coffee -25.1
Fruit Juice Sweetened
Fruit Juice, Packaged, Natural -8.7
Liquor -38.7
Tea (Black) -27.1
Wine -16.4

Lentils +0.6 Lima Beans +12.0 Quinoa + Soy Flour +2.5 Soy Lecithin (Pure) +38.0 Soy Nuts (soaked Soy Beans, Then Air Dried) +26.5 Soybeans, Fresh +12.0 Spelt +0.5 Tofu +3.2 White Beans (Navy Beans) +12.1 ***Nuts*** Almonds +3.6 Brazil Nuts +0.5 ***Seeds*** Caraway Seeds +2.3 Cumin Seeds +1.1 Fennel Seeds +1.3 Flax Seeds +1.3 Pumpkin Seeds +5.6 Sesame Seeds +0.5 Sunflower Seeds +5.4 Wheat Kernel +11.4 ***Fats (Fresh, Cold-Pressed Oils)*** Borage Oil +3.2 Evening Primrose Oil +4.1 Flax Seed Oil +3.5 Marine Lipids +4.7 Olive Oil +1.0		***Miscellaneous*** Canned Foods Microwaved Foods Processed Foods

Table: pH scale of alkaline and acid forming foods

(Source: "Back To The House Of Health" by Shelley Redford Young)

The more alkaline-forming foods you add to your **nutrition**, the stronger will be the results. Should you not be able to completely avoid acidic foods, you should at least try to consume as less as possible of them, and instead put more green food and veggies on your plate. Remember that every little step to a more **alkaline diet** is an improvement to a healthier way of life.

Moreover, you can add **green plants nutritional supplements** to your diet, which can support you in attaining **pH balance** in a natural way. Such supplements were developed by Dr. Young, a microbiologist and nutritionist. Over many years he has researched the interrelations between **acid wastes** inside the body and the development of unhealthy conditions and disease.

His assignment is not only to promote a stronger awareness among people for a proper **acid alkaline balance** within the body, he has also developed superior products to support the body to naturally decrease its **acid levels** by alkalizing the cell system.

Alkalosis refers to a condition reducing hydrogen ion concentration of arterial blood plasma (alkalemia). Generally alkalosis is said to occur when arterial pH exceeds 7.45. The opposite condition is acidosis. *(Source: Wikipedia)*

Acidosis is an increased acidity (i.e. an increased hydrogen ion concentration). If not further qualified, it refers to acidity of the blood plasma. Generally, acidosis is said to occur when arterial pH falls below 7.35, while its counterpart (alkalosis) occurs at a pH over 7.45. The table below helps to identify various foods' pH-level. Each one is assigned a number which mirrors its approximate relative potential of alkalinity (+) or acidity (-) existent in one ounce (28.35g) of food. The higher the number, the better it is for you to eat.