

ALKALINE *Chart*



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I was first introduced an Alkaline Diet as I brought my body back to optimal health from Stage 4 Cancer. I saw the profound impact this simple protocol and it's techniques led me to Dr. Young's and Dr. Mercola's teachings. (Along with many other Naturopaths and Homeopaths along the way).

My husband re-claimed the majority of his lung function from severe asthma and is only now occasionally reliant on a nebulizer. In addition to me being vibrant and living in optimal health for 22 years, I've adjusted the alkaline Diet to suit the modern daily and busy lifestyle! Once integrated, you will also experience "Health4Life" and live believing like myself and my clients over the last 42 years: "NO food tastes as good as healthy feels."



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Let me introduce you to the pH Scale

So you get the most of this handy resource, it's important that you understand what the pH scale is. To make a complex concept simple, the pH scale is a measure of the acidity or alkalinity of a substance. It ranges from 1 being highly acidic (picture acid melting through cars), through to 14, which is highly alkaline (picture drain cleaner), and 7 being neutral.


For the human body to function effectively it's essential that our body stays as close to 7.4 as possible.

Let me introduce you to the pH Scale

As you learned a minute ago, it's essential that the human body stays as close to pH 7.4 as possible. The trouble however is that the modern diet as well as other factors such as stress, is that they are highly acidic by nature.

Now while your body won't change its pH from its ideal level, how it achieves this is very scary. As your pH is the most important factor to your body's survival, it will do anything needed to maintain it such as leach calcium from your bones, and store excess acid inside Tumors and Cysts.

Other effects of a highly acidic body include increased risk of cancer, chronic disease, and even inflamed allergies. Personally when I changed to an alkaline diet my hayfever which I'd previously been taking daily medication for cleared up within weeks.



When following the Alkaline Diet, you won't improve your bodies state to being more alkaline than 7.4. However what will happen is that your body will be able to maintain this state with ease, and can instead focus its energy and resources towards improving your health, healing illnesses, and giving you the total vitality that we were naturally meant to live with.

As you can see, the benefits of the Alkaline Diet are enormous, yet if you've been following it for long you'll know that finding accurate information about the foods to eat is near impossible.

With all these different alkaline charts who are you meant to trust?

When you're starting the alkaline diet the first thing you need to understand is which foods are acid forming and what in alkaline forming. By simply knowing the right foods to eat, in order to alkalize your body, you are 50% of the way to living a successful Alkaline lifestyle.

However if you've looked at many of the charts or 'alkaline cook books' out there on the market, you may be stuck wondering why there is so much conflicting information. This is essentially because there are 2 methods of determining the alkalinity or acidity of food in your body.

These two methods are the PRAL & Live Blood Methods.

Method One: PRAL.

The PRAL (Potential Renal Acid Load) method is quite accurate for measuring the alkalinity of food in nature, however it is near useless for how food is in your body. Let me explain.

In the PRAL method foods are burned and then the pH of the ash that is left over is measured. The trouble with this method is that it also burns off 2 of the most highly acidic compounds for the human body - Yeast and Sugar. This results in many foods such as fruits being called 'alkaline' when in fact in the human body they are acidic or highly acidic because of the large amounts sugars and yeasts that they contain.



Method 2: Live Blood Analysis.

The second method isn't as widely used as it is harder to measure in hard facts, but rather needs an expert's eye to analyse. The live blood method is based upon analysing the patient's blood after they consume certain foods and then gauging how they affect the human body.

For our alkaline food chart we've used the work of Dr Robert Young, a world leading bio-chemist who deeply understands the effect of pH on the human body. His data has been collected from over 40,000 live blood analysis tests and is the most accurate around. We then take his data and combine it with our deep understanding the chemical reactions in the human body - which we'll teach you how to do in a minute - to determine the first alkaline food list you can trust.

Alkaline Foods VS Alkaline FORMING Foods

As we touched on above, the key reason for conflicting information on the internet is that some people measure the pH of food, while we prefer to measure how food affects the pH of your body. This diet is designed to alkalise your body's pH after all.

What Makes Foods Alkaline or Acidic Forming?

At the core there are 2 core factors that effect if a food is Alkaline or Acidic. Of course there are many more smaller factors at play as well, but for the purpose of following the Alkaline Diet you don't need to go into this level of detail.

The 2 main factors that make foods Alkaline or Acid are:

Sugar Content - Whether it is Glucose, Fructose, Dextrose or Sucralose sugar is sugar. At its core when sugar reacts with your saliva and blood stream acid is produced. Yes cane sugar is the most acidic, however fruit still produces dramatic amounts of acid so should be eaten moderately.

Mineral Content - In nature minerals are what balances the pH of soil and water and the same is true for our bodies. Minerals such as Calcium, Magnesium, Potassium, Bicarbonates, Manganese and Iron are all highly alkaline, and foods that contain these minerals, without excess sugar being involved, are usually highly alkaline.



5-Step Process To Instantly Tell If A Food is Acid or Alkaline:

Now for something exciting - our 5-step process for quickly and easily determining if a food is alkaline if you're ever unsure. These 5-steps have been derived by reverse engineering Dr Young's findings from his 40,000 tests.

Step 1: Is the food fresh?

If it's fresh then it has more of its nutrients intact. As we discovered before, it's alkaline minerals that play a large part of foods being alkaline or not. As a general rule of thumb fresh foods will always be more alkaline than their packaged counterparts.

Step 2: Does the food have low sugar?

If there is either naturally occurring, or added sugar then chances are it isn't going to be very acidic. If it has high levels of minerals and low sugar (Such as Lemons), then they can sometimes be Alkaline.

Step 3: Is it Green?

Green vegetables contain high levels Chlorophyll which is extremely alkaline. So if food is green then it's likely alkaline.

Step 4: Is it a vegetable?

Vegetables of all forms tend to have lower sugar levels and higher levels of minerals so are almost all mildly-to-very alkaline forming.

Step 5: Does it contain water?

Water is the lifeblood of the planet, and as such most foods that contain water also contain living minerals which makes them very alkaline forming.

How to use these 5-steps

Next time you are stuck asking yourself if a food is alkaline or not, go through these steps and ask each of these questions about the food. If you get mostly yes's, then chances are its alkaline. If however you get a lot of no's then the food is likely acidic forming and you should avoid it, or at least enjoy it moderately.

Welcome To The Ultimate Alkaline Food List!

Its finally time. Now that you understand what the alkaline scale is, as well as how it effects the human body, its time to reveal the complete list of alkaline and acidic foods. We've spent hours tirelessly pulling together the list that you'll find on the following pages. And, if you follow this list, you're already 80% towards success on the Alkaline Diet.

Enjoy!

Highly Alkaline

Soy Nuts
Soy Sprouts Powder
Alkaline Water
RealSalt
Celtic Salt
Himalayan Salt
Pumpkin Seeds
Grasses (all types of grasses i.e. Alfalfa Grass, Barley Grass, Wheatgrass, Kamut Grass)
Sprouts (all types of sprouts i.e broccoli sprouts, kale sprouts, radish sprouts, pea sprouts, seed sprouts, grain sprouts, le gume sprouts, bean sprouts)
Sea Vegetables (Nori, Kelp, agar, Kombu)
Kale
Parsley
Cucumber
Green Drinks (Doc Bros Plant Power etc.)
Broccoli
Celery
Garlic
Spinach
Green Juice (No Fruit)
Green Smoothie (No fruit)
Raw Vegetables
Ionized Water
Swiss Chard
Beets Green
Collard Greens
Dandelion Greens
Daikon Radish
Kohlrabi
Leaf Lettuce

Moderately Alkaline

ima Beans/ Butter Beans
Edamame
White Navy beans
Granulated Soy
Red Pepper seasoning
Cayenne seasoning
Garlic seasoning
Ginger seasoning
Onion seasoning
Ginseng
Oregano
Sorrel
Avocado
Beetroot
Radish
Fresh Ginger
Tomatoes
Green Beans
Cabbage (Chinese, red, and white)
Bell Peppers
Asparagus
Artichokes
Lotus Root
Jicama
Basil
Carrots
Chives
Endive
Leeks
Red onion
Turnip
Parsnip
Hot Peppers
Zucchini
Bok Choy
Snow Peas

Mildly Alkaline

Vegetable Broth (homemade)
Lentils
Split Peas (all varieties)
Soy Flour
Spelt Flour
Buckwheat flour
Buckwheat groats
Spelt Berries
100% Whole Buckwheat Soba Noodles
100% Whole Spelt Pasta
100% Whole Basmati Brown Rice
Organic Non-GMO Tofu
Distilled water
Olive oil
Avocado Oil
Evening Primrose Oil
Sesame Oil
Cod Liver Oils
Grapefruit
Sour Cherries
Sesame Seeds
Sunflower Seeds
Brazil Nuts
Chestnuts
Tahini Paste
Cauliflower
Winter Squash
New Baby Potatoes
Peas
Pumpkin
White Onion
Pomegranate
Eggplant/Aubergine
Brussel Sprouts
Fresh Horseradish
Yams

Highly Alkaline

Arugula/ Rocket
Mustard Greens
Romaine Lettuce
Salad Greens
Turnip Greens
Watercress
Cilantro/Coriander
Turmeric
Nori Seaweed
Baking Soda

Moderately Alkaline

Lemon
Lime
Rhubarb
Chia Seeds
Hemp Seeds
Quinoa
Raw Organic Almonds
Cardamom Seeds
Cumin Seeds
Fennel Seeds
Flaxseeds
Young Green Fresh Coconuts
Chicory
Dill Weed
Rutabagas
Spring onion
Basil
Cinnamon
Marjoram
Pepper (Black)
Tarragon
Turmeric
Almond Butter (ideally home -
made)
Coconut Oil
Flaxseed Oil
Spirulina
Coconut water fresh from a
young green coconut
Sprouted Breads
Homemade Almond Milk

Mildly Alkaline

95-99 % Stevia Extra
Bee Pollen
Hummus (Homemade)
Goat's milk
Raw unpasteurized Goat's
Cheese
Coconut Cream
Coconut Milk (Unsweetened)
Coconut Yoghurt (Unsweetened)
Creamed Coconut
Fresh Carrot Juice
100 % Grapefruit Juice
100 % Lemon Juice
Herbal Teas (Decaffeinated)
100 % Tomato Juice
Green Olives
Fresh organic Corn
Raw Cacao
Chlorella
Fresh Lemon Slices in Water
Lime Lime Slices in Water
Canned Beans
100 % Tomato Paste
Sprouted Grain Protein Powder
Pumpkin Seed Protein Powder
Almond Meal
Flaxmeal

Highly Acidic

Added sugar fruit juice
Beer
Liquor Herring Vinegar (balsamic, red wine, white Mackerel wine, rice wine etc.)
Swordfish
MSG
Jams
Jellos
Yeast (Naturally occurring, added yeast and nutritional)
Malt
Sugar sweetened cocoa powder (clams, crab, lobster, mussels, Oysters)
Walnuts
Pork
Veal
Beef Peaches Eggs (whole and egg whites)
Mangoes
Hard Cheese
Camembert Cheese
Cream
Sour Cream
Cream Cheese
Ice-Cream
Casein
Peanuts
Pistachio Nuts
Cashews
Artificial sweeteners (aspartame etc.)
White Sugar
Beet Sugar
High Fructose Corn Syrup
Molasses
Dried sugar cane
Barley malt syrup
Fructose
Turbinado Sugar
Processed Honey
Mushrooms
Powered Soups
Instant meals
Fast foods
Microwave meals

Moderately Acidic

Bass Fish
Flounder Fish
Snapper Brown Rice Syrup
Whiting
Canned Vegetables
100% Fruit Juices
Tomato Sauce/ Ketchup
Nutmeg
Vanilla
Table Salt Shellfish
Mayonnaise
Oranges
Bananas
Pineapples
Apples
Fresh Figs
Dried Dates
Apricot
Grapes
Mandarins
Pears
Raw Unpasteurized Honey
Pure Maple Syrup
Wheat
White bread
Biscuits
Wholemeal bread
Wholegrain bread
Rye Bread
Soy Cheese
Tamari
Tap Water
Espresso Coffee
100% Grape Juice
100% Orange Juice
100% Pear Juice
Black Tea
White Tea

Neutral/Mildly Acidic

Green Juices w/ Fruit
Green Smoothies w/ Fruit
Freshwater fish (Wild not farm raised) I.e. Salmon, Trout, Tuna
Soy milk (unsweetened)
Soy yoghurt (unsweetened)
Rice Milk (Unsweetened)
Hazelnuts
Macadamia nuts
Pecans
Pine Nuts
Plums
Fresh Dates
Sweet Cherries
Fresh Currents
Acai Berries
Dragon Fruit
Goji Berries
Nectarine
Cantaloupe/ rockmelon
Watermelon
Honeydew Melon
Berries (Raspberries, Blueberries, Blackberries, Strawberries)
Guava
Kiwi Fruit
Tangelos
Papayas
Persimmons
Tangerines
Fresh Cranberries
Ripe Olives
SauerKraut
Millet
Triticale
Amarantha
Oats
Wholegrain Couscous
Wild Rice/Rice/Pea/Soy/Hemp
Protein Powders
Seitan
Garbanzos/ Chickpeas
Kidney beans
Other Beans

Highly Acidic

Chocolates
Sweets
Saturated Fats
Hydrogenated Oils
Margarine
Corn oil
Tobacco
Canned Fruit
Dried Fruit (apricots, Cranberries, figs, prunes, raisins etc.)
Deli meats
Canned Tuna
Canned Sardines
Apple Juice
Berry Juice Blend
Pineapple juice
Soft Drink
Ale (Dark, and Pale)
Wheat Flour (white)
Wheat Flour (whole)
Fresh Pineapple
Flavoured Milks
Peanut Butter
Peanut oil
Instant Coffee
Spirits w/ mixers
Bacon
Beef (frankfurters)
Beef (hamburgers)
Sausages (most)
Veal
Burritos (beef, and Chicken)
Sushi
Chicken Nuggets
Chicken Sandwiches
Fried Chips
Corned Beef
Crackers (white flour)
Cranberry Sauce
French Fries
Fruit Pies
Meat Pies
Hash Browns
Hot Dogs

Moderately Acidic

Bottled Water (non-alkaline ones)
Wine (red & white)
Spirits (straight)
Barley
Barley Flour
Corn (processed)
Brown Sugar
Saccharin
Butter (Regular)
Canola Oil
Vegetable Oil (Most)
Miso
Carbonated Drinks
Chicken Liver
Chicken Meat
Duck
Goat
Lamb
Lard
Liver
Rabbit
Beef Steak
Roast beef
Turkey
Venison
Baked Beans
Coleslaw (Homemade)
Corn Chips
Couscous
Rye Crackers
Salad Dressing (store bought)
Soy Sauce
Sweet Pickles
Pitas (Whole Flour)
Pumpernickel
Cottage Cheese
Raw Unpasteurized Dairy Milk
Dairy Yoghurt (Unsweetened)
Grass Fed Whey Protein Powder
Cream

Neutral/Mildly Acidic

Black beans
Curry Powder
Sunflower Oil
Grapeseed Oil
Macadamia Oil
Soybean Oil
Mustard
Popcorn
Cooked Vegetables
Frozen Vegetables
Sweet Potatoes
Apple Cider Vinegar
Green Tea
Oat Bran
Oat Flour
Basmati Rice
Rice Flour
Ghee
Butter (Grass Fed)
80% Dark Chocolate
Fermented Tempeh
Unsweetened Shredded Coconut
100% Brown Rice thins (oil free)

ALKALINE CHART



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