



The Delicate Acid / Alkaline Balance

The body exists within a relatively narrow band of pH. The term "pH" stands for *Potential Hydrogen*, which is the ability to take on or discard extra hydrogen atoms. This is what makes something have a pH from 0 to 6.9 (acidic) or from 7.1 to 14 (alkaline). Another term for alkaline is *base*.

Neutral pH occurs at 7 on the pH scale. It is extremely important for our body to maintain proper pH at all times. Our blood **must** remain between 7.34 and 7.45 and cerebral spinal fluid **must** remain constant at 7.4.

Foods contain natural acids (such as lemons) but some are alkaline forming (lemons). The processes of life are acid forming as our body creates acid waste from digestion, exercise and environmental toxins. We wake up in an acid state.

If we don't eat enough alkaline forming foods early in the day, our body has to rob tissues in order to maintain the required pH of the blood in order to kill cancer cells and bacteria. If this process is allowed to continue, our tissue becomes acidic and prone to illness.

Cancer cells thrive in an acid pH 6 to 6.5
Cola drinks have a pH of 2 – highly acidic
Beer has a pH of 2.5
Coffee has a pH of 4

Alkaline-forming foods

Extremely alkaline forming	Alkaline forming	Moderately alkaline forming	Slightly alkaline forming
Lemons Watermelon	Cantaloupe Cayenne Celery Dates Figs Kelp Mango Melons Papaya Parsley Seaweeds Grapes Watercress Asparagus Kiwifruit Passionfruit Pears Pineapple Raisins Fresh vegetable juices	Apples Alfalfa sprouts Apricots Avocados Bananas (ripe) Currants Figs (fresh) Nectarines Peaches Peas Pumpkin Sea salt Beans Beets Bell peppers Broccoli Cabbage Carob Cauliflower Ginger (fresh) Lettuce Peaches Potatoes (with skin) Raspberries Strawberries Squash Sweet corn (fresh) Turnip Apple cider vinegar	Almonds Artichokes (Jerusalem) Brussels sprouts Cherries Coconut (fresh) Cucumbers Eggplant Honey (raw) Leeks Mushrooms Okra Olives (ripe) Onions Pickles (homemade) Radishes Spices Tomatoes (sweet) Vinegar (brown rice) Egg yolks (soft cooked) Essene bread Goat's milk & whey (raw) Olive oil Sesame seeds Soy beans Soy cheese Soy milk Sprouted grains Tofu Yeast

Acid forming foods

Neutral	Moderately acid forming	Extremely acid forming
Butter (fresh, unsalted) Cream (fresh, raw) Cow's milk (raw) Oils Yoghurt (plain)	Bananas (green) Barley Blueberries Bran Butter Cereals Cheeses Crackers Cranberries Dried beans Dry coconut Egg whites Eggs whole (hard boiled) Fructose Goat's milk (homogenised) Honey (pasteurised) Ketchup Tomato sauce Maple syrup (unprocessed) Milk (homogenised) Molasses (unsulphured, organic) Most nuts Mustard Oats Olives (pickled)pasta Pastry Plums Popcorn Potatoes Prunes Rice Seeds (pumpkin, sunflower) Soy sauce Wheat bread	Artificial sweeteners Beef Beer Breads Brown sugar Carbonated soft drinks Cereals Chocolate Cigarettes, tobacco Coffee Custard (with white sugar) Deer Drugs Fish Flour (wheat) Fruit juices (except fresh) Jams Lamb Liquor Maple syrup (processed) Molasses (sulphured) Pasta Pastries and cakes Pickles (commercial) Port Poultry Seafood Sugar Table salt (refined, iodised) Tea (black) White bread White vinegar Whole wheat foods Wine Yoghurt (sweetened)