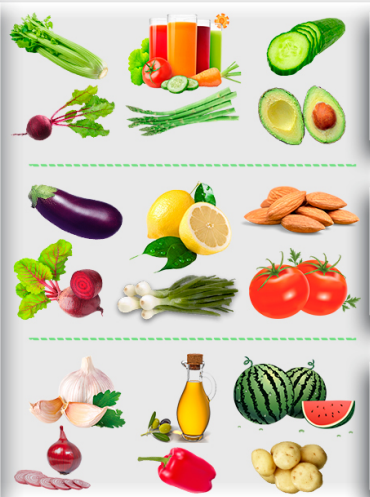




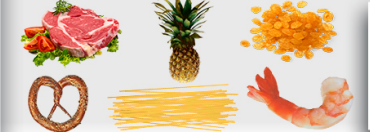


<p>Consume Freely. Raw is Best</p> <p>Alkaline forming Foods</p> <p>Most foods get more Acidic when cooked</p>		<p>High Alkaline</p>	<p>Wheatgrass Watercress Lettuce Vegetable Juice Beet Greens</p> <p>Cucumber Celery Avocado Ginger</p> <p>Burdock Root Spinach Asparagus Coriander Dill Seeds</p>
		<p>Medium Alkaline</p>	<p>Spirulina Lemons Egg Plant Cauliflower Limes</p> <p>Beetroot Almonds Pumpkin Seeds Hummus Red and White Cabbage</p> <p>Spring Onion Zucchini Tomatoes Cinnamon</p>
		<p>Low Alkaline</p>	<p>Paprika Olive Oil Herbal Tea Garlic Whole Oats</p> <p>Brown Rice Onions Pine Nuts Tahini Sauce Salmon</p> <p>Tuna Watermelon Sesame Oil Carrots Potatoes (With Skin)</p>
<p>Most Tap Water</p>		<p>Neutral</p>	<p>Municipalities adjust tap water to be +/- 7.0 Optimum pH for human Blood is 7.365</p>
<p>It takes 20 parts of Alkalinity to neutralize 1 part Acidity in the body</p> <p>Acid forming Foods</p> <p>Consume sparingly or never</p>		<p>Low Acid</p>	<p>Soybean Oil Soy Nut Rice Flour Walnuts</p> <p>Plums Raspberries Tangerines</p> <p>Whiting Pistachio Nuts Tofu Swordfish</p>
		<p>Medium Acid</p>	<p>Wine Roast Beef Turkey Rye</p> <p>Pumpernickel Oranges Perch</p> <p>Venison Brown Sugar Scallops Whole Rye Bread</p>
		<p>High Acid</p>	<p>Pepperoni Shrimp Spaghetti Veal</p> <p>Raisins Pineapples Oysters</p> <p>Prunes Pretzels Skim Milk Peanut Butter</p>