

## ACIDOSIS

THE BALANCE BETWEEN ACIDITY AND ALKALINITY IS ESSENTIAL TO GOOD HEALTH.

### THE BASICS

Every solution is either acidic or alkaline. (Alkaline is often called "base.") These solutions can be anything from body fluids, such as stomach acid and blood, to beverages, such as wine or coffee, to sea water. Acidity and alkalinity are measured in pH (potential of hydrogen). The pH scale goes from 0 to 14, with 0 the most acidic and 14 the most alkaline. The pH of stomach acid is 1, wine is 3.5, water is 7 (neutral), venous blood is 7.35, arterial blood is 7.4, sea water is 8.5 and baking soda is 12. Ideally, our pH should stay on the alkaline side: between 7.35 and 7.45.

Foods are classified as acid-forming or alkalizing depending on the effect they have on the body. An acid-forming food contributes hydrogen ions to the body, making it more acidic. An alkalizing food removes hydrogen ions from the body, making it more alkaline.

It is important to note that this classification is based on the effect foods have on the body after digestion, not on their own intrinsic acidity or alkalinity (or how they taste to us). A common misconception is that if a food tastes acidic, it has an acid-forming effect on the body. This is not necessarily true. Very often, an acidic-tasting food is alkalizing. Citric fruits are a good example. People say that lemons, for example, are "too acidic"; however, they are actually alkalizing because the minerals they leave behind after digestion help remove hydrogen ions, decreasing the acidity of the body.

Acidity and alkalinity are opposites and one is not intrinsically better than the other. This misconception has developed because the North American diet is excessively acidic, which can result in health problems. Common acid-forming foods include processed food, junk food and foods high in animal protein. Some common alkalizing foods are spinach, raisins, carrots and most citrus fruits.

### THE PROBLEM

This short list of acid-forming and alkalizing foods highlights the problem ... **North Americans eat more acid-forming foods than alkalizing foods and ... unfortunately, too much acid can cause health problems.**

According to well-known naturopath Paavo Airola in his book How to Get Well, "Acidosis, or over-acidity in the body tissues, is one of the basic causes of diseases, especially the arthritic and rheumatic diseases."

Others concur with Airola. Michael Colgan, in The New Nutrition, says, "Acidosis destroys bones, because the body has to steal alkalizing minerals from them, to keep the blood pH from dropping into the acid range." Dr. Mary Ruth Swope, in Green Leaves of Barley, comments, "We have become too full of acid and, as a result, are experiencing a wide range of diseases that flourish in the acid medium." Dr. Yoshihide Hagiwara, in Green Barley Essence, mentions that, "Should this balance [acid and alkaline] be upset, the cell metabolism suffers ... ."

### THE SOLUTION

Eat a diet that helps your body maintain the correct acidity-alkalinity balance. The ideal diet should have a natural ratio of three parts alkaline to one part acid. Others contend that while this a good ratio for active people (exercise creates a lot of acid), less active people can handle a diet with a ratio of two parts alkaline to one part acid. The following chart provides information that shows the contribution of various food substances to the acidifying of body fluids and ultimately, to the urine, saliva and blood. In general, it is important to eat a diet that contains foods from both sides of the chart.

**People vary, but for most, the ideal diet is 75 percent alkalizing and 25 percent acidifying foods by volume.\***

\*Allergic reactions and other forms of stress tend to produce acids in the body. The presence of high acidity indicates that more of your foods should be selected from the alkalizing group.

## ALKALIZING FOODS

### ALL HERBS

### VEGETABLES

Garlic  
Asparagus  
Fermented  
Veggies  
Watercress  
Beets  
Broccoli  
Brussel sprouts  
Cabbage  
Carrot  
Cauliflower  
Celery  
Chard  
Chlorella  
Collard Greens  
Cucumber  
Eggplant  
Kale  
Kohlrabi  
Lettuce  
Mushrooms  
Mustard Greens  
Dulce  
Dandelions  
Edible Flowers  
Onions  
Parsnips (high  
glycemic)  
Peas  
Peppers  
Pumpkin  
Rutabaga  
Sea Veggies  
Spirulina  
Sprouts  
Squashes  
Alfalfa  
Barley Grass  
Wheat Grass  
Wild Greens  
Nightshade  
Veggies

### ORIENTAL VEGETABLES

Maitake

Daikon  
Dandelion Root  
Shitake  
Kombu  
Reishi  
Nori  
Umeboshi  
Wakame  
Sea Veggies

### FRUITS

Apple  
Apricot  
Avocado  
Cantaloupe  
Cherries  
Currants  
Dates/Figs  
Grapes  
Grapefruit  
Lime  
Honeydew Melon  
Nectarine  
Orange  
Lemon  
Peach  
Pear  
Pineapple  
All Berries  
Tangerine  
Tomato  
Tropical Fruits  
Watermelon

### PROTEIN

Eggs  
Whey Protein  
Powder  
Cottage Cheese  
unpasteurized  
Chicken Breast  
Yogurt  
unpasteurized  
Almonds  
Chestnuts  
Flax Seeds  
Pumpkin Seeds  
Tempeh  
Fermented

Squash Seeds  
Sunflower Seeds  
Millet  
Sprouted Seeds  
Nuts

### OTHER

Apple Cider  
Vinegar  
Bee Pollen  
Lecithin  
Granules  
Probiotic  
Cultures  
Green Juices  
Veggies Juices  
Fresh Fruit Juice  
Organic Milk  
(unpasteurized)  
Mineral Water  
Alkaline  
Antioxidant  
Water  
Green Tea  
Herbal Tea  
Dandelion Tea  
Ginseng Tea  
Banchi Tea  
Kombucha

### SWEETENERS

Stevia

### SPICES/ SEASONINGS

Cinnamon  
Curry  
Ginger  
Mustard  
Chili Pepper  
Sea Salt  
Miso  
Tamari

## ACID FOODS

### FATS & OILS

Avocado Oil  
Canola Oil  
Corn Oil  
Hemp Seed Oil  
Flax Oil  
Lard  
Olive Oil  
Safflower Oil  
Sesame Oil  
Sunflower Oil

### FRUITS

Cranberries

### GRAINS

Rice Cakes  
Wheat Cakes  
Amaranth  
Barley  
Buckwheat  
Corn  
Oats (rolled)  
Quinoa  
Rice (all)  
Rye  
Spelt  
Kamut  
Wheat  
Hemp Seed  
Flour

### DAIRY

Cheese, Cow  
Cheese, Goat  
Cheese, Sheep  
Cheese,  
Processed  
Milk  
Butter

### NUTS & BUTTERS

Cashews  
Brazil Nuts  
Peanuts  
Peanut Butter  
Pecans  
Tahini  
Walnuts

### ANIMAL PROTEIN

Beef  
Carp  
Clams  
Fish  
Lamb  
Lobster  
Mussels  
Oyster  
Pork  
Rabbit  
Salmon  
Shrimp  
Scallops  
Tuna  
Turkey  
Venison

### PASTA (WHITE)

Noodles  
Macaroni  
Spaghetti

### OTHER

Distilled  
Vinegar  
Wheat Germ  
Potatoes

### DRUGS & CHEMICALS

Medicinal  
Psychedelic  
Pesticides  
Herbicides

### ALCOHOL

Beer  
Spirits  
Hard Liquor  
Wine

### BEANS & LEGUMES

Black Beans  
Chick Peas  
Green Peas  
Kidney Beans  
Lentils  
Lima Beans  
Pinto Beans  
Red Beans  
Soy Beans  
Soy Milk  
White Beans  
Rice Milk  
Almond Milk

### **FOOD COMBINING**

EATING TO SUPPORT  
DIGESTIVE CHEMISTRY

### **VEGETABLES LEAFY GREENS SPROUTS**

Combine well with most food.

### **FRUITS**

Best eaten alone during the day.  
Avoid as a bedtime snack.

### **MELONS**

Best eaten alone.  
Do not combine with other foods.

### **PROTEIN**

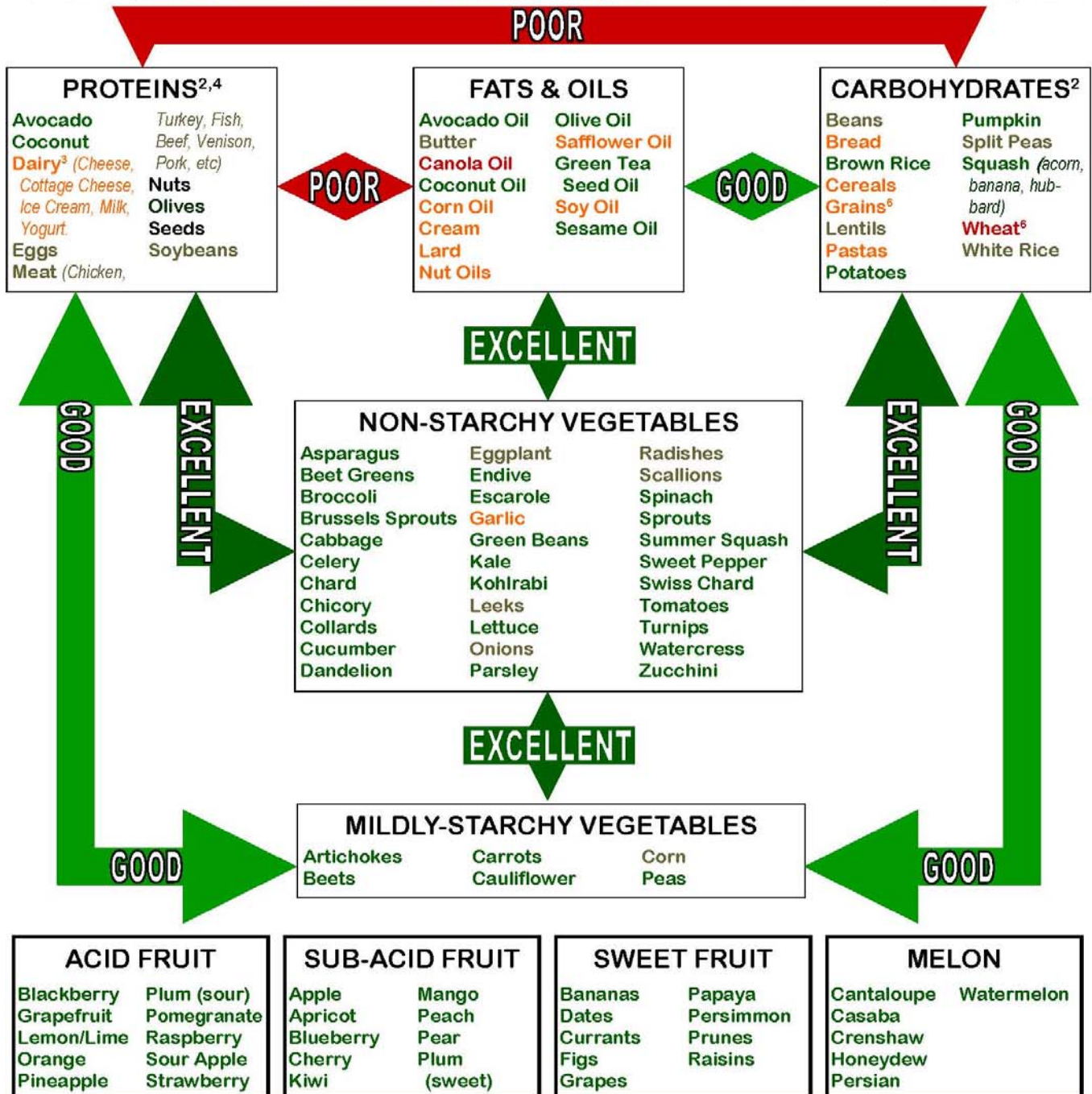
Best combined with vegetables and  
green salads. Do not mix with sugars  
and starches.

### **STARCHES**

Best combined with vegetables and  
green salads. Do not mix with protein  
and fruit.

# Food Combinations & Choices

Color-coding: **Green** means recommended, **red** means discouraged. Shades between indicate points on sliding scale.



**FRUITS** are best when eaten **alone**, as a meal, when the stomach is empty of other foods, such as for breakfast. Each fruit group should be eaten separately from other fruit groups, especially melons and sweet fruits.

## NOTES

1. **ALSO REFER TO ALKALINE/ACID FOODS CHART**
2. Carbohydrates and Proteins should never be eaten together, or during the same meal period.
3. Milk and other dairy products are discouraged for human consumption (*Exception: mother's breast milk is highly recommended for babies of the same species!*)

4. Concentrated proteins are unnecessary. Use as a condiment, not as main course. In any case, eat **no more than** one each meal.
5. Garlic has been reported to produce adverse side effects, and should be considered for medicinal use only.
6. **Good** when sprouted to vegetable state before consumption.
7. "All things in moderation, including moderation." Socrates
8. This information may be copied and distributed freely.