

**Alternative Health Research** would like to thank you for choosing us! Below you will find some great dietary, lifestyle, and water intake suggestions regarding your new health quest and inflammation control. Water intake suggestions are based on daily needs, not only for proper hydration, but also what is necessary to flush the toxins from the body and restore balance. We also offer an **in-depth e-book** with fabulous recipes and much more. You can download this by visiting [www.ebookforhealth.com](http://www.ebookforhealth.com). For any additional questions, feel free to email us at: [help@ahr4health.com](mailto:help@ahr4health.com)

- Daily Water Needs: Divide your weight in half and this is how many ounces of water you need each day. If you weigh 180lbs divide by 2 = 90oz of water daily. Drinking water should come from a pure source, preferably filtered for purity and filters replaced according to manufactured suggestions. Optimal drinking water pH is 7.0
- A recent study revealed that citrate in citrus fruits (oranges, lemons, limes, grapefruit) can aid in the prevention of kidney stones. Those that suffer with inflammatory conditions tend to be predisposed to an increased risk of stone development. Calcium oxalate and uric acid can accumulate overnight. We do not recommend store bought versions of these juices due to the processing involved, which can add a host of undesirable ingredients and preservation techniques. The fruit itself also contains a healthy source of fiber. We suggest a fresh squeezed option and consume either alone or in pure water, preferably upon rising in the morning. 8oz of room temp water with fresh lemon squeeze is a GREAT and healthy start for anyone's day!
- Eat to live, don't live to eat.
- Fresh Fruits and Vegetables (preferably organic) should be a large part of your daily diet, mostly vegetables.
- Trying to avoid high temperature cooking methods as much as possible (microwave, grilling, broiling, frying anything cooked in oil) and choosing more slow indirect heat (crock pot, rotisserie, steaming, low heat baking, roasting, boiling/simmering) can make a difference in the acidity level of your food. High direct heat chemically alters the food, makes it more acidic, and can strip away most of the nutrients.
- Sour dairy products are important to include daily as a good source of friendly bacteria to the body. Cottage cheese, sour cream, and plain yogurt should be incorporated often. (The commercially fruited yogurts are packed with sugar so choosing plain and adding fresh fruit, honey or stevia for sweetening is recommended)
- Limit or eliminate sugar, sugar substitutes, white flour, synthetic oils, caffeine, table salt, non-perishable, genetically modified, and processed foods in general. Fresh, grass-fed, and organically grown is always best.
- Salt is very important to the body but the type of salt is equally as important. The salt found in processed foods is extremely high in sodium content, more than the suggested daily amounts and is not the healthy version of salt. A good quality Himalayan Rock Crystal salt is great and advantageous to your health with the proper balanced diet by avoiding processed foods and adding the good salt to your fresh whole food selections instead.
- The ph balance of your meals and pH levels of your body have a direct impact on your health; an overly acidic pH, or even an overly alkaline level, can raise many concerns. When the body is too acidic, it has to work extra hard to expel the residue or to store it and uses vital minerals such as calcium, magnesium, and potassium as a buffer to lower the body acidity. This is very stressful on the organs and depletes essential nutrients in the body. When the body is too alkaline, it has to deal with low electrolytes which can weaken the nerves and muscles, also affecting the body's functions. Generally speaking, we most often deal with overly acidic diets and ph levels. The body is constantly working overtime to achieve balance, as this balance is essential to all bodily functions and cell health. One should strive for at least a 70/30 ratio of alkaline to acidic food intake in each meal. Our typical diet is exactly the opposite and many times even worse. Ph can be tested. A healthy functioning range is around 6.5 in the AM, and 7.5 by evening. How you cook the food and what you eat together in a meal can make all of the difference and a very important one at that.

## **A List of Acidic/Alkaline Forming Foods** (list drawn from various sources)

The pH scale is from 0 to 14, with numbers below 7 acidic and numbers above 7 alkaline. This chart is intended only as a general guide to alkalizing and acidifying foods.

### **Extremely Alkaline Forming Foods - pH 8.5 to 9.0**

**9.0** Lemons **1**, Watermelon **2** **8.5** Agar Agar **3**, Cantaloupe, Cayenne (Capsicum) **4**, Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley **5**, Seedless grapes (sweet), Watercress, Seaweeds, Asparagus **6**, Endive, Kiwifruit, Fresh Unsweetened Fruit juices **7**, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Fresh Vegetable juices **8**

### **Moderate Alkaline - pH 7.5 to 8.0**

**8.0** Apples (sweet), Apricots, Alfalfa sprouts **9**, Arrowroot, flour **10**, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic **11**, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable) **12**, Spinach **7.5** Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage, Cauliflower, Carob **13**, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash **14**, Sweet corn (fresh non-GMO), Tamari **15**, Turnip, Vinegar (apple cider) **16**

### **Slightly Alkaline to Neutral pH 7.0**

**7.0** Almonds **17**, Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe **18**, Onions, Pickles **19**, (home made), Radish, Sea salt **20**, Spices **21**, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread **22**, Goat's milk and whey (raw) **23**, Horseradish, Mayonnaise (home made), Millet, Olive oil, Quinoa, Rhubarb, Sesame seeds (whole) **24**, Sprouted grains **25**, Tempeh (ONLY fermented soy products), Tomatoes (less sweet)

### **Alkalizing Spices & Seasonings**

Chili Pepper – Cinnamon – Curry - Ginger - Herbs (all) – Miso – Mustard – Himalayan Rock Crystal Salt – Tamari

### **Alkalizing Other**

Alkaline Antioxidant Water - Bee Pollen - Fresh Fruit Juice - Green Juices - Lecithin Granules - Mineral Water Molasses, blackstrap - Probiotic Cultures - Soured Dairy Products – Fresh Veggie Juices

### **Alkalizing Minerals**

Calcium: pH 12 - Cesium: pH 14 - Magnesium: pH 9 - Potassium: pH 14 - Sodium: pH 14

**Alkaline producing activities/emotions:** Meditation, Prayer, Peace, Happiness, Kindness, Love

**Neutral pH 7.0 - Healthy Body Saliva pH Range is between 6.4 to 6.8** (on your pH test strips) Butter (fresh unsalted), Cream (fresh & raw), Margarine **26**, Milk (raw cow's) **27**, Whey (cow's), Yogurt (plain)

### **Slightly Acid to Neutral pH 7.0**

**7.0** Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries **30**, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk and most dairy products, Molasses (unsulphured organic **31**, Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds(pumpkin & sunflower), Walnuts, Blueberries, Brazil nuts, Butter (salted), Cheeses (mild & crumbly) **28**, Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo) **29**, Dry coconut, Egg whites, Goats milk, Olives (pickled), Pecans, Plums **30**, Prunes **30**, Spelt

### **Moderate Acid - pH 6.0 to 6.5**

6.0 Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined), Shellfish, Wheat germ, Whole Wheat foods **32**, Wine **33**, Yogurt (sweetened) 6.5 Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Peanuts, Potatoes (with no skins), Popcorn (air-popped not microwave- with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)

### **Extremely Acid Forming Foods - pH 5.0 to 5.5**

5.0 Artificial sweeteners 5.5 Beef, Carbonated soft drinks & fizzy drinks **38**, Cigarettes (tailor made), Drugs, Flour (white wheat) **39**, Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) **40** Beer **34**, Brown sugar **35**, Chicken, Deer, Chocolate, Coffee **36**, Custard with white sugar, Jams, Jellies, Liquor **37**, Pasta (white), Rabbit, Semolina, Table salt refined & iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).

**Acid producing activities/emotions:** Overwork, Anger, Fear, Jealousy & Stress

There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the acidic side of the chart and sometimes to the alkaline side. Remember, you don't need to adhere strictly to the alkaline side of the chart, just make sure the majority percentage of the foods you eat come from that side.

Asparagus - Brazil Nuts - Brussel Sprouts – Buckwheat – Chicken – Corn - Cottage Cheese – Eggs – Flax Seeds Green Tea - Herbal Tea – Honey – Kombucha - Lima Beans - Maple Syrup – Milk – Nuts – Organic Milk (unpasteurized) - Potatoes, white - Pumpkin Seeds – Sauerkraut - Soy Products - Sprouted Seeds - Squashes - Sunflower Seeds – Yogurt

### **Match with the numbers found next to the foods on the preceding lists.**

- 1.** Excellent for *EMERGENCY SUPPORT* for colds, coughs, sore throats, heartburn, & gastro upsets.
- 2.** Good for a yearly fast. For several days eat whole melon, chew pips well & eat also. Super alkalizing food.
- 3.** Substitute for gelatin, more nourishing.
- 4.** Stimulating, non-irritating body healer. Good for endocrine system.
- 5.** Purifies kidneys.
- 6.** Powerful acid reducer detoxing to produce acid urine temporarily, causing alkalinity for the long term.
- 7.** Natural sugars give alkalinity. Added sugar causes juice to become acid-forming.
- 8.** Depends on veggies's content and sweetness.
- 9.** Enzyme rich, superior digestibility.
- 10.** High calcium content. Corn flour substitute.
- 11.** Elevates acid food 5.0 in alkaline direction.
- 12.** Vegetable content raises alkalinity.
- 13.** Substitute for coca; mineral rich.
- 14.** Winter squash rates 7.5. Butternut & sweeter squash rates 8.0.
- 15.** Genuine fermented for 1½ years otherwise 6.0.
- 16.** Raw unpasteurized is a digestive aid to increase HCL in the stomach (1 tablespoon, plus honey & water before meals)
- 17.** Soak 12 hours, peel skin to eat.
- 18.** Sundried, tree ripened, otherwise 6.0.
- 19.** Using sea-salt and apple cider vinegar.
- 20.** Contains sea minerals. Dried at low temperatures.
- 21.** Range from 7.0 to 8.0.
- 22.** Sprouted grains are more alkaline. Grains chewed well become more alkaline.
- 23.** High sodium to aid digestion.
- 24.** High levels of utilizable calcium. Grind before eating.
- 25.** Alkalinity and digestibility higher.

- 26. Heating causes fats to harden and become indigestible.
- 27. High mucous production.
- 28. Mucous forming and hard to digest.
- 29. When sprouted dry beans rate 7.0.
- 30. Contain acid-forming benzoic and quinic acids.
- 31. Full of iron.
- 32. Unrefined wheat is more alkaline.
- 33. High quality red wine, no more than 4 oz. daily to build blood.
- 34. Good quality, well brewed - up to 5.5. Fast brewed beers drop to 5.0.
- 35. Most are white sugars with golden syrup added.
- 36. Organic, fresh ground-up to 5.5.
- 37. Cheaper brands drop to 5.0, as does over-indulgence.
- 38. Leaches minerals.
- 39. Bleached - has no goodness.
- 40. Poison! Avoid it.

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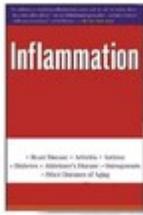


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