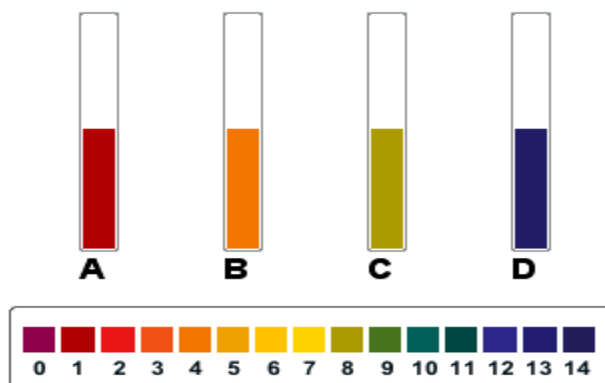


**FOODS  
THAT  
CREATE  
ACID**

**FOODS  
THAT  
TAKE IT  
AWAY**

**Essential Knowledge For Gaining And  
Maintaining A Healthy pH-Balanced Body**



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This special report is designed to help you learn more about what causes your system to become acidic and how you can help to properly balance your body's pH (and prevent disease!).

### **First, a brief chemistry lesson:**

The pH (potential of Hydrogen) is a measure of how acid or alkaline a solution is--a measure of its hydrogen ion concentration. The higher the pH reading, the more alkaline and oxygen-rich a solution is. The lower the pH reading, the more acidic or oxygen-deprived a solution is. pH values range is from 0 to 14, with the middle of 7.0 being neutral. Anything greater than 7.0 is alkaline and anything lower than 7.0 is acidic.

Human blood is slightly alkaline, with a pH of 7.35 - 7.45. If blood pH goes below 6.8 or above 7.8, our cells stop functioning and the body dies. That's why our bodies are constantly striving to balance our pH--our lives literally depend on it.

A diet rich in acid-producing foods such as animal products, sugar, coffee, soda, and processed foods puts an enormous amount of pressure on the body to regulate its pH. As the body is trying to do this, it uses up its own supply of alkaline minerals such as potassium, magnesium, sodium, and calcium, making that person prone to chronic and degenerative diseases. Minerals are literally robbed from bones and vital organs to help neutralize all that excess acid and remove it from the body.

### **Acidity causes disease and prevents healing**

Your body's pH affects your entire state of health. Research has shown that unless the body's pH is normal (slightly alkaline) it cannot heal itself. It can't effectively use vitamins, minerals and supplements. That's why a person who exists on junk food and fast food and feels it's OK because they take their daily multi-vitamin is only kidding themselves. The junk food and fast food is creating a high acid level in the body (acidosis), the body is frantically trying to neutralize itself and using up its own supply of minerals to do so (from the vital organs and bones), and it's completely unable to derive any benefit from the daily multi-vitamin because of the acidosis. Talk about a recipe for disaster.

In addition to destroying the body's ability to absorb nutrients, acidosis also decreases energy production in the cells, it decreases the body's ability to repair damaged cells, it makes tumor cells thrive and grow and makes the body more prone to illness and fatigue.

### **Below is a list of health problems that are caused or contributed to by acidosis:**

<b>Bladder problems</b>	<b>Headaches</b>	<b>Obesity</b>
<b>Cancer</b>	<b>High blood pressure</b>	<b>Osteoporosis</b>
<b>Cardiovascular disease</b>	<b>Hives</b>	<b>Premature aging</b>
<b>Chronic fatigue/low energy</b>	<b>Hormonal problems</b>	<b>Rheumatoid arthritis</b>
<b>Constipation</b>	<b>Joint pain/arthritis</b>	<b>Stomach ulcers</b>
<b>Depression</b>	<b>Kidney stones</b>	<b>Stressed out feelings</b>
<b>Diabetes</b>	<b>Lupus</b>	<b>Susceptibility to infections</b>
<b>Eye inflammations</b>	<b>Multiple Sclerosis (MS)</b>	<b>Tooth decay</b>
<b>Fibromyalgia</b>	<b>Muscle aches</b>	<b>Tuberculosis</b>
<b>GERD/acid reflux disease</b>	<b>Nasal congestion</b>	

### **The good news is this:**

The body is an amazing creation that can bounce back from the effect of bad habits. So even if you've been in a chronic acidic state for years, you can still derive great benefits (and probably live much longer) if you help your body to regulate its pH. How do you do this? **The most effective way to combat acidosis in the body** is by avoiding foods that are acid-forming to the body and properly combine all your meals. To maintain a good level of health, your diet should consist of at least 60% alkaline foods and no more than 40% acid-forming foods. Preferably 70/30. If you are in a chronic state of acidosis, in order to help restore health your diet

In addition to eating the right foods in the correct combinations, you should strive to drink at least 5-8 cups of alkaline water each day. Note that all water is not created equal, and thanks to acid rain and chemicals added by municipalities, much of our tap water is acidic. You can make your water alkaline by adding alkalizing drops (available at health food stores) or squeezing some fresh lemon juice into your water. Also, if possible try to filter your tap water—even a simple Brita filter is better than nothing. Stay away from soda, coffee, black tea, sports drinks and sweetened fruit punch or similar beverages—they are very acid-creating.

## Foods that create acid:

<b>Slightly acidic</b>	<b>Acidic</b>	<b>Very acidic</b>
Barley	Bread, pumpernickel	Artificial sweeteners
Bass	Brown sugar	Aspartame
Blueberries	Buckwheat	Bacon
Bread, rye	Catfish	Bagels
Bread, wheat	Cereal, commercial/kids'	Baked goods
Bread, whole grain	Cheese, soft (mozzarella)	Beef
Brown rice	Cherries, sour	Beer
Bulgur wheat	Chicken	Biscuits
Butter	Coffee—regular or decaf	Bologna
Buttermilk	Corn bread	Bread, white
Cereal, whole grain	Cornmeal	Brownies
Clams	Corn, processed (popcorn)	Cakes (all types)
Cocoa	Crackers, whole wheat or rye	Candy (all types)
Corn oil	Cream cheese	Carp
Cottage cheese	Duck	Cheese, hard (cow's milk)
Cream	Eggs	Chips (all types)
Curry powder	Flour—barley, rye or whole wheat	Chocolate
Fish, cold water	Fruit, canned (all types)	Coffee-espresso
Flounder	Gatorade	Cold cuts
Flour—millet or brown rice	Grits, corn	Cookies (all types)
Fruit, dried (except raisins)	Halibut	Corn chips
Fruit juice, processed	Jam	Corn syrup
Granola, sweetened	Jelly	Corned beef
Honey, processed	Ketchup	Cottonseed oil
Kasha (buckwheat groats)	Lamb	Couscous
Lard	Mahi-mahi	Crab
Margarine	Mayonnaise	Crackers, white or saltines
Millet	Milk, raw	Cranberries
Oysters	Molasses	Cranberry sauce
Pasta, whole grain	Mussels	Custard
Pike	Mustard	Deli meat
Plums	Oat bran	Donuts
Prunes	Organ meats	Equal/aspartame
Pumpkin seeds	Peanuts	Flour—white, soy, white rice
Quinoa	Peanut butter	Fruit juice, sweetened

## **Foods that create acid:** (continued)

### **Slightly acidic**

Rice, basmati  
Rice, brown  
Rice cakes  
Rice milk  
Rye  
Rye bread  
Safflower oil  
Salmon  
Sesame oil  
Sole  
Spelt  
Sunflower oil  
Sunflower seeds  
Tea, black  
Trout  
Venison  
Wild game  
Yogurt

### **Acidic**

Peanut oil  
Pecans  
Pickles, sweet  
Pine nuts  
Pistachios  
Popcorn  
Rabbit  
Raw sugar  
Relish, pickle  
Rhubarb  
Rice, white  
Sour cherries  
Sour cream  
Soybean oil  
Sports drinks  
Sugar, brown  
Sugar, raw  
Sugar, white  
Tortillas, corn  
Tuna  
Turkey  
Veal  
Vinegar  
Vitamin Water  
White rice  
White sugar  
Wine (all types)  
Walnuts

### **Very acidic**

Gravy  
Ham  
Hazelnuts  
High fructose corn syrup  
Hot dogs/frankfurters, coneys  
Ice cream  
Liquor (all types)  
Lobster  
Lunch meat  
Macadamia nuts  
Macaroni and cheese  
Matzoh  
Milk, homogenized  
Noodles, egg  
Pasta, white flour  
Pastrami  
Pie (all types)  
Pork  
Potato chips  
Processed foods (all kinds)  
Pudding (all kinds)  
Saccharin  
Salami  
Salt, iodized table  
Sausage  
Shrimp  
Soda (all types)  
Splenda  
Swordfish  
Tortillas, white (flour)

# Foods that help take acid away:

## Slightly Alkaline

Artichokes  
Avocados  
Bananas  
Beetroot  
Black beans  
Brazil nuts  
Cabbage (all types)  
Canola oil  
Carrots  
Cashews  
Cauliflower  
Cheese (goat's milk)  
Cheese (soy)  
Cherries (sweet)  
Chestnuts  
Cider, apple  
Cinnamon  
Coconut  
Coconut oil  
Cod liver oil  
Corn (fresh)  
Eggplant  
Flax seeds  
Flax seed oil  
Fruit juice, fresh  
Goat's milk  
Granola, unsweetened  
Great Northern beans  
Honey (raw)  
Horseradish  
Kidney beans  
Lentils  
Mushrooms  
Oats  
Oatmeal  
Olives  
Oranges  
Peaches  
Peas  
Pineapple  
Pinto beans  
Potato skins  
Potatoes  
Rice, wild  
Rutabaga  
Sesame seeds  
Soy cheese  
Soy milk  
Soybeans (edamame)  
Tangerines  
Tea (herbal)  
Tofu  
Tomatoes  
Turnip  
Wild rice

## Alkaline

Acorn squash  
Almonds  
Apples  
Beets  
Blackberries  
Butternut squash  
Cantaloupe  
Celery  
Dates  
Figs  
Grapes  
Green beans  
Herbs, dried & spices, except salt & curry  
Honeydew  
Kiwifruit  
Lima beans  
Maple syrup  
Melons  
Navy beans  
Okra  
Papaya  
Pears  
Pepper, black  
Pickles, dill  
Potato (sweet)  
Raisins  
Raspberries  
Rice syrup  
Soy sauce  
Spices, except salt & curry  
Sprouts  
Squash, summer  
Squash, winter  
Strawberries  
Sweet potato  
Syrup (maple)  
Syrup (rice)  
Tea (green)  
Watermelon  
Yellow squash  
Zucchini

## Very Alkaline

Asparagus  
Beet greens  
Broccoli  
Brussels sprouts  
Collard greens  
Cucumbers  
Endive  
Escarole  
Fennel  
Garlic  
Ginger root  
Ginger tea  
Grapefruit  
Greens (all types)  
Herbs, fresh  
Juice, vegetable (fresh)  
Kale  
Leeks  
Lemons  
Lettuce (all types)  
Limes  
Mandarin oranges  
Mangoes  
Mustard greens  
Olive oil  
Onions  
Parsley  
Peppers  
Radishes  
Spinach  
Swiss chard  
Tea (ginger)  
Vegetable juices (fresh)  
Watercress  
Yellow beans