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## What is Acid/Alkaline Balance?

The Textbook of Medical Physiology by Arthur C. Guyton, M.D., probably the most recognized authority on human physiology states: "...the regulation of hydrogen ion concentration (pH or acid/alkaline balance) is one of the most important aspects of homeostasis." (Homeostasis is where the components involved seek equilibrium.)

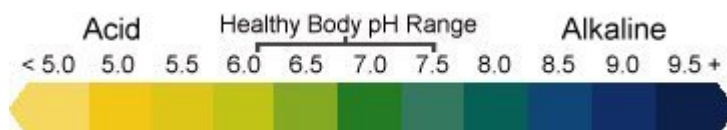
### Definitions:

ph = measure of how acid or how alkaline a substance is.

ph scale = scale of measurement for acidity and alkalinity.

### Understanding pH

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14—the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7 which is neutral. Water is the most abundant compound in the human body, comprising 70% of the body. The body has an acid-alkaline (or acid-base) ratio called the pH which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The body continually strives to balance pH. When this balance is compromised many problems can occur.



All chemical processes have an ideal pH at which they are most efficient. For example the body functions best with an internal chemistry being slightly alkaline (pH of 7.0 to 8.0). The pH of the blood is even more specific: **BLOOD ph 7.4 = Normal 7.2 = DEATH**



Our internal body chemistry functions in an alkaline environment. Our blood must maintain a pH of 7.4. If it drops below that to 7.2 we die.

The cells of the body in health are alkaline. In disease the cell pH is below 7.0. The more acid the cells become, the sicker we are and feel. The cells won't die until their pH gets to about 3.5. Our bodies produce acid as a by-product of normal metabolism. This is the result of our bodies burning or using alkaline to remain alive. Since our bodies do not manufacture alkaline, we must supply the alkaline from an outside source to keep us from becoming acid and dying.

Food is the means of replenishing the alkaline to the body. The main determining factor of alkaline is the organic minerals. One can equate organic minerals with alkaline for better understanding. Foods are of two types, acid or alkaline. This refers to the ash value of a food. (Meaning the type of residue that remains after the food is digested and processed). Is it acid, or is it alkaline? If there is an acid residue (inorganic acids), the body must neutralize this acid to keep the blood from getting acid. The acid is neutralized with alkaline. Ideally there is adequate alkaline in the diet to do this. However, if there is not, the body must extract alkaline from its cells to neutralize the acid. This, of course, causes the cells to become acid, and thus diseased. Because our bodies are an alkaline entity, in order to maintain health, the majority of our diet must consist of alkaline ash foods.

We can remain in health by consuming a diet that is 70-80% alkaline and 20-30 to normal. It is interesting to note that some foods which qualify as a real food have an acid ash reaction. This is probably nature's way of keeping a balance so that the real food consumer does not become too alkaline. Also note that the acid content of these acid ash real foods is very low and they still contain valuable nutrients which can be utilized by the body.

Below is a chart of the acid and alkaline foods:

NOTE: Foods in the Acid Ash column are listed in order of least acid to most acid; in the alkaline ash column, foods are listed in order from most alkaline to least alkaline.

**See Chart on page 3 and 4**



**Here is a chart to track the foods that you eat based on the  
Acid Alkaline values**

Most Alkaline	Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Acid	Most Acid
Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	SWEETENERS	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Aspartame, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	FRUITS	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blueberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	BEANS VEGETABLES LEGUMES	Cooked Spinach, Kidney Beans, String Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Chocolate



	Almonds	Chestnuts	NUTS SEEDS	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
Olive Oil	Flax Seed Oil	Canola Oil	OILS	Corn Oil		
		Amaranth, Millet, Wild Rice, Quinoa	GRAINS CEREALS	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			MEATS	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
	Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	EGGS DAIRY	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	Raw Milk	Cheese, Homogenized Milk, Ice Cream
Herb Teas, Lemon Water	Green Tea	Ginger Tea	BEVERAGES	Tea	Coffee	Beer, Soft Drinks