**PH Testing**

**Is your body pH balanced?**

You get your cholesterol tested. You get your blood pressure tested. Just like your cholesterol and blood pressure, your pH says a lot about the state of your health. It tells you how acidic or alkaline your tissues and fluids are. Your pH affects all aspects of your well-being.

**If you are too acidic:**

 · Poor digestion

· You will have low energy

 · Can’t lose weight

 · Increased aches and pain “inflammation”

 · Decreased minerals

 · Body will leach minerals out of bone to buffer blood = osteoporosis

 · Greater risk for heavy metal toxicity and increased free radicals

 · Increased colds and flu due to welcoming environment for viruses and bacteria

 · Irritates all organs it comes in contact with especially thyroid and parathyroid

When you are too acidic, you are at greater risk for heavy metal toxicity which in turn causes a downward spiral of free radicals! Calcium lines the brush border cells of the gut to prevent the absorption of heavy metals. When you are too acidic, you have lower levels of available calcium, magnesium and other trace minerals like selenium and zinc. Always remember that free radicals damage the mitochondria of the cell. Mitochondrial DNA is 10 times more sensitive to free radical damage.

**How do you measure pH?**

It is simple to measure your pH by analyzing what your body is secreting, urine.

Thanks to the kidneys, the body is constantly trying to get rid of excess acids through the urine, which can range in pH anywhere from **4.5- 8.5**. The pH of your urine is a good reflection of the pH of your internal environment. If your urine tests high in acids **(below 6.4)**, then you know your body is too acidic. You need to eat more alkaline food and less acid foods (see food list).

**Performing test:**

In the morning, upon arising, collect urine mid-stream. Dip pH strip, wait 15 seconds and match it to the pH color chart at the top of this page. Keep a record of your results each time you test.

Improving your pH is a must if you want to get out of pain and or improve your health. The average person should monitor his or her pH at least one time per week. The goal is to have your pH above 6.4.



**What are alkaline foods?**

An **alkaline diet** emphasizes **alkaline foods** such as whole fruits and vegetables and certain whole grains, which are low in caloric density. Healthy alkaline diet foods involve the ideal balance between acidifying and alkalizing foods.

The body includes a number of organ systems that are adept at neutralizing and eliminating excess acid, but there is a limit to how much acid even a healthy body can cope with effectively. The body is capable of maintaining an acid-alkaline balance provided that the organs are functioning properly, that a well-balanced alkaline diet is being consumed, and that other acid-producing factors, such as tobacco use, are avoided.

**How many Americans today follow a healthy diet and regularly engage in other health-promoting activities?**

The standard American diet is highly acid-forming, overwhelming the body's mechanisms for removing excess acid. The staples of the American diet are meat, dairy, corn, wheat, and refined sugars (all acidifying foods). At the same time, the diet is notably deficient in alkalizing fruits and vegetables.

The alkaline diet greatly reduces this acid load, helping to reduce the strain on the body's acid-detoxification systems, such as the kidneys.

**Here is a list of alkaline foods, especially high alkaline foods:**

* **Examples of Alkalizing Vegetables:** Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Cucumber, Kale, Lettuce, Onions, Peas, Peppers, Potatoes, Spinach, Turnips, Zucchini
* **Examples of Alkalizing Fruits:** Apple, Avocado, Banana, Berries, Cantaloupe, Grapes, Melon, Lemon, Lime, Orange, Peach, Pear, Tomato, Watermelon
* **Alkalizing Protein:** Almonds, Chestnuts, Lima Beans, Lentils, Tofu
* **Alkalizing Spices:** Garlic, Cinnamon, Curry, Ginger, Mustard, Sea Salt, Cayenne Pepper

**Fresh water fish is okay in moderation, as well as brown rice and sprouted grain bread/pasta.**

**Note:** A food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalinizing effect in the system.

**Unhealthy Acidic Foods - Try to Avoid:**

* Meat (Beef, Pork, Veal, Ocean Fish), Poultry (Chicken, Turkey, Eggs), Milk and Milk products (Hard cheese, Ice cream, Cream), Fructose, Chocolate, White bread, Artificial Sweeteners, White sugar, Ketchup, Mayonnaise, Mustard, Margarine, Coffee, Soda and Alcohol. Try to avoid all microwaved, processed and canned foods.

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Alkaline Food Chart by Degree

| **Highly Alkaline** | **Moderately Alkaline** | **Low Alkaline** | **Very Low Alkaline** |
| --- | --- | --- | --- |
| baking soda | apples | almonds | alfalfa sprouts |
| chlorella | apricots | apple cider vinegar | avocado oil |
| lemons | arugula | artichokes  | banana |
| lentils | asparagus | avocado | beet |
| limes | beans (fresh green) | bell pepper | blueberry |
| mineral water | broccoli | blackberry | Brussels sprouts |
| nectarine | cantaloupe | brown rice vinegar | celery |
| onion | carrots | cabbage | chive |
| persimmon | cashews | cauliflower | cilantro |
| pineapple | cayenne | cherry | coconut oil |
| pumpkin seed | chestnuts | collard green | cucumber |
| raspberry | citrus | egg yolks | currant |
| sea salt | garlic | eggplant | duck eggs |
| seaweed | ginger (fresh) | green tea | flax oil |
| spirulina | ginseng tea | herbs | grapes |
| sweet potato | grapefruit | honey (raw) | lettuces |
| tangerine | herbal tea | leeks | oats |
| vegetable juices | herbs (leafy green) | mushrooms | okra |
| watermelon | honeydew | nutritional yeast | olive oil |
|   | kale | papaya | orange |
|   | kombucha | peach | quinoa |
|   | kiwi | pear | raisin |
|   | mango | pickles (homemade) | sprouted seeds |
|   | mustard green | potato | squashes |
|   | olive | pumpkin | strawberry |
|   | parsley | quail eggs | sunflower seeds |
|   | parsnip | radishes | Tempe |
|   | passion fruit | rutabaga | turnip greens |
|   | peas | sesame seed | wild rice |
|   | pepper | sprouts |   |
|   | raspberries | watercress |   |
|   | soy sauce |   |   |
|   | sweet corn (fresh) |   |   |
|   | turnip |   |   |

Acidic Food Chart by Degree

| **Very low acidic** | **Low acidic** | **Moderately acidic** | **Highly acidic** |
| --- | --- | --- | --- |
| black-eyed peas | aged cheese | basmati rice | artificial sweeteners |
| brown rice | almond oil | chicken | beef |
| butter | balsamic vinegar | coffee | beer |
| canola oil | buckwheat | corn | brazil nuts |
| coconut | cow milk | cottage cheese | breads |
| cream | game meat | cranberry | brown sugar |
| curry | goat milk | egg whites | cocoa |
| dates | kidney beans | fructose | flour (white) |
| dry fruit | lamb | garbanzo beans | fried foods |
| figs | lima beans | green peas | fruit juices with sugar |
| fish | milk | honey (pasteurized) | hazelnuts |
| gelatin | mollusks | ketchup | ice cream |
| goat cheese | navy beans | mussels | jelly |
| grape seed oil | pinto beans | mustard | liquor |
| guava | plum | nutmeg | lobster |
| honey | red beans | oat bran | pasta (white) |
| maple syrup | safflower oil | olives (pickled) | pickles (commercial) |
| pine nuts | semolina | other legumes | processed cheese |
| pumpkin seed oil | sesame oil | palm kernel oil | seafood |
| rhubarb | shellfish | pasta (whole grain) | soft drinks |
| spinach | soy cheese | pastry | soybean |
| string beans | tapioca | peanuts | sugar |
| sunflower oil | tofu | pecans | table salt |
| vinegar | tomatoes | pistachio seeds | walnuts |
| zucchini | turkey | pomegranate | white bread |
|   | vanilla | popcorn | white vinegar |
|   | wheat | pork | whole wheat foods |
|   | white beans | prunes | wine |
|   | white rice | rye | yeast |
|   |  | snow peas | yogurt (sweetened) |
|  |  | soy milk |   |
|  |  | squid |   |
|  |  | veal |   |
|  |  |  |  |

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