

## GETTING STARTED

A recent study demonstrated that increasing the alkalinity of the diet decreased bone loss of those at risk for osteoporosis. An overly acid body chemistry is characteristic of many health problems. The by-products of many immune reactions are acid.

The first step in developing a healthy alkaline diet is to test your current pH. An important measure is the pH of the first morning urine.

### Testing Urine Acidity/Alkalinity

1. Obtain a packet of pH hydriion test paper from a local pharmacy or other source. The paper obtained should have a range of 4.5 to 7.5 in one-half point increments.

2. Cut off two to three inches of the test tape in the morning before urinating. Wet the tape with urine, either directly or after collecting it in a cup.

3. The test tape takes on a color which reflects the acidity or alkalinity of the urine. Jot down the color which matches the color of your urine strip.

### Reading Below 7? What does this Mean?

Any number below 7 means that the urine is on the acid side. The lower the number the more acid the urine is. An ideal morning reading would be between 6.5 and 7.0.

### Reading over 7.5? What do I do?

Some people will have readings over 7.5. This is a highly alkaline condition. It usually means that the body is in a catabolic state (being torn down). The extreme alkalinity is the result of the appearance of ammonia in the urine. Muscle wasting can take place under these circumstances.

### Reading below 6.5? What do I do?

If the reading is below 6.5, increasing the intake of alkaline foods and decreasing the intake of foods that contain acid can be beneficial.

## WHAT FOODS HAVE ACID?

As a general rule, grains, meats, fatty foods and refined sugars have a lot of acid in them. Most Americans eat highly acidic diets and experience the health consequences.

## PROPER ALKALINE RANGE

A diet which is 60% alkaline and 40% acid is generally adequate to keep a person's urine in the proper alkaline range.

## FIXING ALKALINE DEFICIT

If the tissues have accumulated an alkaline deficit, restoration to a normal condition is facilitated by a diet which is 80% alkaline and 20% acid.

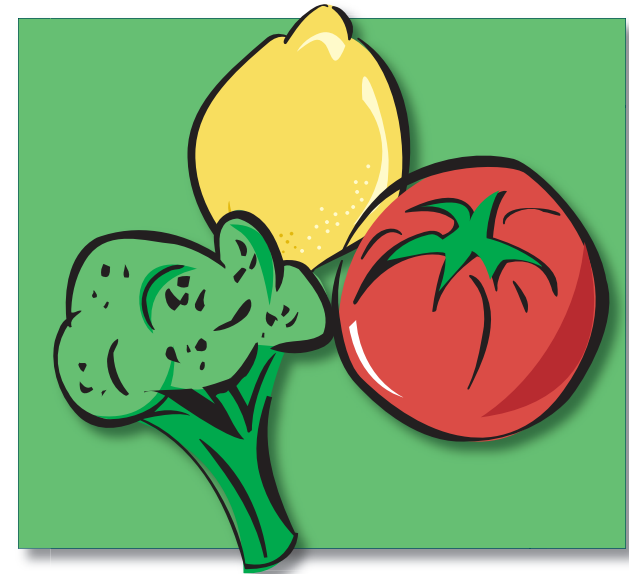
## ALKALINE BODY CHEMISTRY

1. Drink the juice of one-half lime or lemon in water several times a day.
2. Add yams, sweet potatoes, & lentils to the diet.
3. Eat at least one cup of dark greens a day (preferably two).
4. Learn to prepare seaweeds in soups & dishes.
5. Replace acid wheat and rye with alkaline oats, quinoa, and wild rice.
6. Add whole fruits to the diet. Avoid fruit juices as they concentrate too much sugar to be ingested at one time.
7. Trace mineral supplementation and calcium increase alkalinity. The U.S. recommendation for calcium is 1,200 to 1,500 mg/day while in the third world it is only 400 mg/day. The difference is that most diets in the third world are highly alkaline.
8. Be patient. Your pH reflects trace mineral reserves. In some instances it can take months to build up adequate reserves.

## IMAGE AWARENESS WELLNESS INSTITUTE

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# THE IMPORTANCE OF ACID/ALKALINE BALANCE



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# FOOD & CHEMICAL EFFECTS ON ACID/ ALKALINE BODY CHEMICAL BALANCE

<u>Most Alkaline</u>	<u>More Alkaline</u>	<u>Low Alkaline</u>	<u>Lowest Alkaline</u>	<u>Food Category</u>	<u>Lowest Acid</u>	<u>Low Acid</u>	<u>More Acid</u>	<u>Most Acid</u>
• Baking Soda	Spices/Cinnamon Valerian Licorice • Black Cohash	• Herbs (most): Amica, Bergamot, Echinacea, Chrysanthemum, Ephedra, Fevefew, Goldenseal, Lemongrass	White Willow Bark Slippery Elm Artemesia Annua	Spice/Herb	Curry	Vanilla Stevia	Nutmeg	Pudding/Jam/Jelly
Sea Salt Mineral Water	• Kambucha  Molasses Soy Sauce	• Green or Mu Tea  Rice Syrup Apple Cider Vinegar	Sulfite Ginger Tea  • Sucanat • Umeboshi Vinegar	Preservative Beverage  Sweetener Vinegar	MSG Kona Coffee  Honey/Maple Syrup Rice Vinegar	Benzoate Alcohol Black Tea  Balsamic Vinegar	Aspartame Coffee  Saccharin	Table Salt (NaCl) Beer; 'Soda' Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar
• Umeboshi Plum		• Sake	• Algae, Blue-Green	Therapeutic		Antihistamines	Psychotropics	Antibiotics
			• Ghee (Clarified Butter) Human Breast Milk	Processed Dairy	Cream/Butter	Cow Milk	• Casein, Milk Protein, Cottage Cheese	Processed Cheese
				Cow/Human Soy Goat/Sheep	Yogurt	Aged Cheese Soy Cheese	New Cheese Soy Milk	Ice Cream
		• Quail Egg	• Duck Egg	Egg	Chicken Egg			
				Meat Game Fish/Shell Fish	Gelatin/Organs • Venison Fish	Lamb/Mutton Boar/Elk/•Game Meat Shell Fish/Mollusks	Pork/Veal Bear • Mussel/Squid	Beef  Lobster
				Fowl	Wild Duck	Goose/Turkey	Chicken	• Pheasant
			Oat 'Grain Coffee' • Quinoa Wild Rice Japonica Rice	Grain Cereal Grass	• Triticale Millet Kasha • Amaranth Brown Rice	Buckwheat Wheat • Spelt/Teff/Kamut Farina/Semolina White Rice	Maize Barley Groat Corn Rye Oat Bran	Barley Processed Flour
Pumpkin Seed	Poppy Seed Cashew Chestnut Pepper	Primrose Oil Sesame Seed Cod Liver Oil Almond • Sprout	Avocado Oil Seeds (most) Coconut Oil Olive/Macadamia Oil Linseed/Flax Oil	Nut Seed/Sprout Oil	Pumpkin Seed Oil Grape Seed Oil Sunflower Oil Pine Nut Canola Oil	Almond Oil Sesame Oil Safflower Oil Tapioca • Seitan or Tofu	Pistachio Seed Chestnut Oil Lard Pecan Palm Kernel Oil	• Cottonseed Oil/Meal Hazelnut Walnut Brazil Nut Fried Food
Hydrogenated Oil								
Lentil Broccoli • Seaweed: Nori Kombu Wakame Hijiki Onion/Miso • Daikon/• Taro Root • Sea Vegetables (other) • Burdock/• Lotus Root Sweet Potato/Yam	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Mustard Greens Ginger Root Broccoli	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Rutabaga • Salsify/• Ginseng Eggplant Pumpkin Collard Greens	Brussel Sprout Beet Chive/Cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Lettuce Jicama	Bean Vegetable  Legume Pulse Root	Spinach Fava Bean Kidney Bean Black-eyed Pea String/Wax Bean Zucchini Chutney Rhubarb	Split Pea Pinto Bean White Bean Navy/Red Bean Aduki Bean Lima or Mung Bean Chard	Green Pea Peanut Snow Pea  Legumes (other) Carrot Chick Pea/Garbanzo	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Grapefruit Cantaloupe Honeydew Citrus Olive • Dewberry Loganberry Mango	Lemon Pear Avocado Apple Blackberry Cherry Peach Papaya	Orange Apricot Banana Blueberry Pineapple Juice Raisin, Currant Grape Strawberry	Citrus Fruit   Fruit	Coconut Guava • Pickled Fruit Dry Fruit Fig Persimmon Juice • Cherimoya Date	Plum Prune Tomato	Cranberry Pomegranate	

• Therapeutic, gourmet, or exotic items

Italicized items are NOT recommended.