

Pounds Away! Detoxify! Weight Management Made Easy!!!

The current typical Western diet is largely composed of acidic, high fat or acidifying elements (proteins, cereals, sugars). Alkaline foods such as vegetables are eaten in much smaller quantities; their alkaline content is insufficient to neutralize surplus acids.

Many foods are alkaline-producing by nature, but manufactured processed foods are mostly acid-producing. It is important to balance each meal with 75% alkaline-producing to 25% acid-producing to maintain proper glycemic index and good health. We need plenty of fresh fruits and particularly vegetables (alkaline-producing) to balance our necessary protein intake (acid-producing). And we need to avoid processed, sugary or simple-carbohydrate foods, not only because they are acid-producing but also because they raise blood sugar level too quickly, are nutrient-lacking and may be toxic to the body.

By eating foods high in alkaline values it will induce your body to produce antioxidants that are high on the pH alkaline scale providing the means to detox, burn fat and may help with aging. By doing so you can rejuvenate your skin, hydrate your cells, and energize your mind. Remember, the perfect pH is 7.4 (test your saliva regularly first thing in morning)...

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming. It is important that your daily dietary intake of food naturally acts to balance your body pH.

Why are acidic lemons alkaline-producing?

The answer is simply that when we digest the food, it produces alkaline residue. That's why we classify it as an alkaline food. When we digest a food it is chemically oxidized ('burned') to form water, carbon dioxide and an inorganic compound. The alkaline or acidic nature of the inorganic compound formed determines whether the food is alkaline or acid-producing. If it contains more sodium, potassium or calcium, it's classed as an alkaline food. If it contains more sulphur, phosphate or chloride, it's classed as an acid food.

FOOD CATEGORY	High Alkaline	Alkaline	Low Alkaline	Low Acid	Acid	High Acid
BEANS, VEGETABLES, LEGUMES	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Barley Grass	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Cauliflower, Turnip, Beetroot, Potato Skins, Olives, Soybeans, Tofu	Cooked Spinach, Kidney Beans, String Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	
FRUIT	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb, Canned Fruit	Blueberries, Cranberries, Prunes, Sweetened Fruit Juice
GRAINS, CEREALS			Amaranth, Millet, Lentils, Sweetcorn, Wild Rice, Quinoa	Rye Bread, Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Bread, Pastries, Biscuits, Pasta
MEAT				Liver, Oysters, Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
EGGS & DAIRY		Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese, Cream	Raw Milk	Cheese, Homogenized Milk, Ice Cream, Custard
NUTS & SEEDS		Almonds	Chestnuts, Brazils, Hazelnuts, Coconut	Pumpkin, Sesame, Sunflower Seeds	Pecans, Cashews, Pistachios	Peanuts, Walnuts
OILS	Olive Oil	Flax Seed Oil	Canola Oil	Corn Oil, Sunflower Oil, Margarine, Lard		
BEVERAGES	Herb Teas, Lemon Water	Green Tea	Ginger Tea	Tea, Cocoa	Coffee Water Distilled Water Purified Water Many Bottled Waters! Wine	Beer, Liquor, Soft Drinks
SWEETENERS, CONDIMENTS	Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	Processed Honey	White Sugar, Brown Sugar, Molasses, Jam, Ketchup, Mayonnaise, Mustard, Vinegar	Artificial Sweeteners, Chocolate

For more information on Whole Foods, pH Test Strips, “The Direction For Perfection” Plan & The Fat Trap-

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