



# *ACID* *Vs.* *ALKALINE*

We should eat only 20% acid foods. We should eat 80% alkaline foods.

The following table of foods is taken from Ragnar Berg of Germany. Foods preceded by the letters "AL" are alkaline forming. Foods preceded by the letters "AC" are acid forming.

<b>Column No. 1</b>	<b>Column No. 2</b>	<b>Column No. 3</b>
<b><u>Non-starch foods</u></b>	<b><u>Proteins and Fruits</u></b>	<b><u>Starchy foods</u></b>
AL Alfalfa	AC Beef	AL Bananas
AL Artichokes	AC Buttermilk	AC Barley
AL Asparagus	AC Chicken	AC Beans (Lima)
AL Beans (String)	AC Clams	AC Beans (White)
AL Beans (Wax)	AC Cottage Cheese	AC Bread
AL Beets (Whole)	AC Crab	AC Cereals
AL Beet Leaves	AC Duck	AC Chestnuts
AL Broccoli	AC Eggs	AC Corn
AL Cabbage (White)	AC Fish	AC Corn Meal
AL Cabbage (Red)	AC Goose	AC Crackers
AL Carrots	AL Honey (Pure)	AC Corn Starch
AL Carrot Tops	AC Jello	AC Grapenuts
AL Cauliflower	AC Lamb	AC Gluten Flour
AL Celery Knobs	AC Lobster	AC Lentils
AL Chicory	AC Mutton	AC Macaroni
AL Coconut	AC Nuts	AC Maize
AL Corn	AC Oyster	AC Millet Rye
AL Cucumbers	AC Pork	AC Oatmeal
AL Dandelion	AC Rabbit	AC Peanuts
AL Eggplant	AC Raw Sugar	AC Peanut Butter
AL Endive	AC Turkey	AC Peas (Dried)
AL Garlic	AC Turtle	AC Potatoes (Sweet)
AL Horseradish	AC Veal	AL Potatoes (White)
AL Kale		AL Pumpkin
AL Kohlrabi	AL All Berries	AC Rice (Brown)
AL Leek	AL Apples	AC Rice (Polished)
AL Lettuce	AL Apricots	AC Roman Meal
AL Mushrooms	AL Avocados	AC Rye Flour
AL Okra	AL Cantaloupes	AC Sauerkraut
AL Olives (Ripe)		AL Squash (Hub'd.)
AL Onions	AL Cranberries	AC Tapioca
AL Oysterplant	AL Currants	
AL Parsley	AL Dates	
AL Parsnips	AL Figs	
AL Peas (Fresh)	AL Grapes	
AL Peppers (Sweet)	AL Grapefruit	
AL Radishes	AL Lemons	
AL Rutabagas	AL Limes	
AL Savory	AL Oranges	
AL Sea Lettuce	AL Peaches	
AL Sorrel	AL Pears	
AL Soybean (Products)	AL Persimmons	
AL Spinach	AL Pineapple	

AL	Sprouts	AL	Plums
AL	Summer Squash	AL	Prunes
AL	Swiss Chard	AL	Raisins
AL	Turnips	AL	Rhubarb
AL	Watercress	AL	Tomatoes

For people with weak digestion it is best to make food combinations as simple as possible. Follow the suggestions on how to combine foods. Combine foods found in columns one and two; also columns one and three. Never combine columns two and three. All foods in column one will combine with all foods in column two.

### Fruits

Citrus fruits cause alkalinity. Citrus fruits, when broken down, release an alkaline ash, which develops an alkaline condition in the body. Sometimes these acid fruits stir up the acids so rapidly that their effect is considered to be a bad one. This may be quite the reverse of the real truth. Should the eating of fruit cause you distress, you may be sure you are misinterpreting your symptoms. In any case like that, I would say you are very ill and require the aid or advice of a specialist in Natural healing.

But in general, remember that fruit should be eaten in a natural harmony. This means, oranges and grapefruits and tangerines and lemons as the acid fruits mentioned go very nicely with other acid fruits like cranberries, pineapple and strawberries. They do not combine well with the sweet fruits or the dried ones we mentioned, like prunes, figs, raisins, dates or grapes. Berries and melons should always be eaten alone. There is no disagreeable surprise for your stomach, for example, than watermelon eaten in conjunction with another food.

The sub-acid fruits mentioned, such as apples, persimmons, pears, plums, peaches, apricots combine fairly well with the acid fruits, but we do not recommend the combinations. The safest procedure is the simplest one. You can use cream, if you must, but never sugar. White sugar is actually a poison to your system, no matter how much energy you seem to get from it, and brown sugar is like gilding the lily. The fruit itself is plentiful with sugar – you do not need to put sugar on your sugar.

In general, too, remember that sweet milk goes best with the acid fruits, while sour milk, like clabber, yogurt or even cottage cheese, goes best with the sub-acid fruits. In other words, a glass of milk at orange juice time is a permissible combination. Again, keep your diet simple.

Fruits also can be classed in three columns:

<b>Column No. 1</b>	<b>Column No. 2</b>	<b>Column No. 3</b>
<b><u>Acid Fruits</u></b>	<b><u>Sub-Acid Fruits</u></b>	<b><u>Sweet or Dried Fruits</u></b>
Oranges	Apples	Dates
Lemons	Pears	Figs
Grapefruit	Plums	Raisins
Limes	Peaches	
	Grapes	
	Apricots	

Columns one and two will combine very nicely; also columns two and three. Columns one and three never mix. Do not combine acid fruits with sweet dried fruits. Berries and melons are best eaten alone.

### Acid/Alkaline Balance General Test

Use Nitrazine paper to determine the pH of the fluids of the body. A reading of 7.0 is neutral on a scale of 1.0 to 14.0. The normal pH of the body is slightly acid 6.3 to 6.8.

### Procedure for Testing

1. Take urine or saliva sample and test before meals or at least two hours after eating.
2. Check color of test strip with chart supplied with the Nitrazine paper and determine the pH.

### Interpretation of Test

1. If reading is above 6.8, the body is too alkaline and the person should be put on a diet of more acid-forming foods.
2. If reading is below 6.3, then the person is too acid and should be put on a diet including more alkaline foods.