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ULTIMATE BOOK OF ALKALINE & ACID FOOD

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BY W.M. SIMS

WHY ALKALINE?

The pH level of our internal fluids affects every cell in our body. Optimal health is entirely dependent on an internal alkaline environment.

The body will do everything it can to keep the blood and lymph in a slightly alkaline state.

Unfortunately, the modern lifestyle is extremely acidic. Processed foods, sugars, dairy, coffee and soda, alcohol, meat and stress all lead to over acidity.

The body becomes exhausted using its tiny alkaline buffer to maintain this balance.

This leads to fatigue, fuzzy thinking, weight gain (to buffer acids), aches and pains, illness and disease.

Making you feel sick and tired - And it is time to put an end to this!

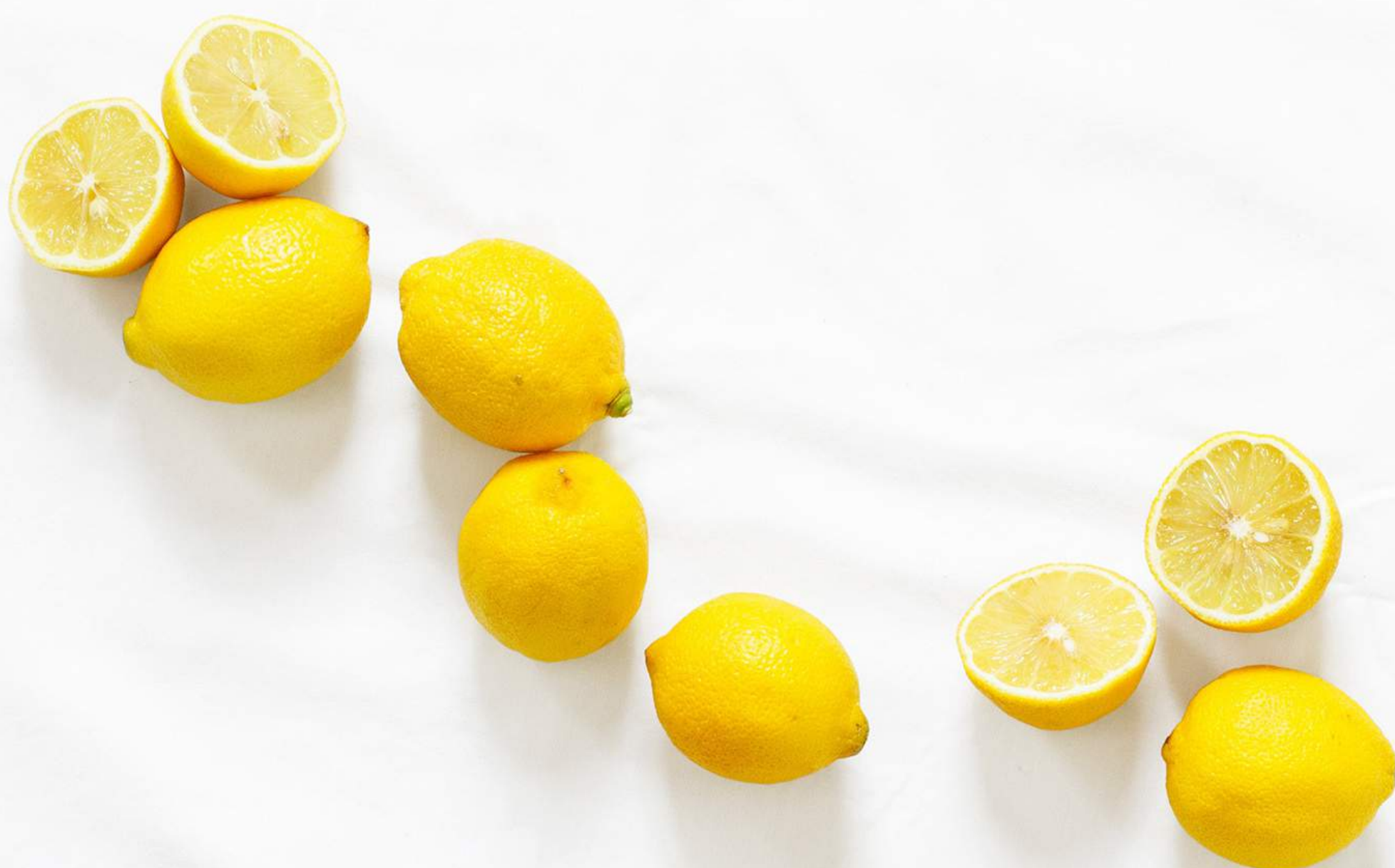
Alkaline food and water is one of the simplest and most powerful ways to flood your body with alkalinity. This offsets the acid and puts everything back into balance.

All of this extra energy can then be used to eliminate toxins, heal and provide you with a boost of vitality, mental focus, libido and improved mood.

PLUS... An acidic body holds on to fat to store the excess acid! So, as soon as you fill your body with alkalinity, the fat starts to melt away, giving you the body you deserve!

You should aim to eat at least 70% Alkaline Foods and Drinks.

This book will help you understand which foods are ALKALINE and which are ACID.



CAN YOU ALTER YOUR PH??

There are articles claiming “You can’t alter the pH of the body, the body has strict regulating mechanisms to keep it’s pH the same – so no point eating alkaline to try and make the body alkaline”

So to understand the alkaline diet and this common misconception, read on!

The aim of the alkaline diet is NOT to try and raise the pH of the blood. The whole purpose is to prevent the body from stress with extra work.

It is true that the body will do whatever it takes to regulate the blood pH (and the pH of other cellular fluids). But the constant need to do this is what causes the problems associated with an overly acidic diet and lifestyle.

By living and eating alkaline, it relieves the body of this need to constantly regulate and thus the body thrives. Of course, it helps (and is surely no coincidence) that all of the alkaline foods are also nutrient-dense, live, fresh, healthy, high-water-content, healthy foods full of vitamins, minerals phytonutrients, antioxidants, fibre and more.

Acidic foods are often (but not always) nutrient-devoid, unhealthy, artery-clotting, sugary, and often include trans-fats. They are refined, oxidising and contribute zero nutrients to your body. Alkaline foods are the exact opposite. There is no alkaline food that is damaging.

The body has not evolved to cope with the modern world's diet. It is burdened with an acidic diet of yeasts, sugars, trans-fats, alcohol and processed foods.

You just can't neutralise this much acid, without negative side affects.



The human body creates its own acids (metabolic acids), with a small acid buffering system which can happily neutralise the acid that is caused by your internal processes and metabolism.

However, when you throw incredibly strong dietary and lifestyle acids on top of this all day long, the body goes into shock – desperately trying to keep the pH of the blood and other fluids at a slightly alkaline pH of 7.365. This is where the damage of the acidic diet occurs

"We fully understand that the body will always keep this pH of 7.365 and our aim is not to change it, but to give the body the tools it needs so that maintaining this pH is as easy as possible."

The constant consumption of over-acidic foods and an over-acidic lifestyle leads to serious problems. The body will make long-term sacrifices to your health in order to maintain your short term health by keeping the pH of those cellular fluids at 7.365.

Calcium is pulled from the bones, magnesium is pulled from the muscle, yeasts, bacteria and microform overgrowths become highly present in the digestive system – clogging your intestines and causing all manner of problems.



So the summary is this:

- The body will always retain your blood pH in a very tight range close to pH 7.365.
- Your aim is NOT to change this, it is to support the body's efforts to keep it there.
- The standard, modern diet is incredibly acidic and eating such an acidic diet puts
- constant pressure on the body to try and neutralise these acids to retain the pH at
- the slightly alkaline 7.365.
- The real damage is done to the body not in simply consuming these foods, but the
- real damage is the fallout of the body having to work dramatically hard to
- neutralise the acids and retain the pH at 7.365.

AT A GLANCE

FOOD LIST

Highly Alkaline

- Alkaline Water
- Asparagus
- Broccoli
- Cucumber
- Celery
- Grasses
- Green Drinks
- Kale
- Kelp
- Parsley
- Spinach
- Sprouts (Mung, Alfalfa)

Moderately Alkaline

- Artichokes
- Aubergine / Eggplant
- Beetroot
- Brussels Sprouts
- Cauliflower
- Cabbages
- Courgette / Zucchini
- Coconut
- Fresh Coconut
- Himalayan Salts
- Leeks
- Lemon
- Lime
- Papaya
- Spring Onion
- Tomato
- Watermelon
- Coconut Oil
- Udos Oil

Neutral

- Almond Milk
- Black Beans
- Chick Peas
- Kidney Beans
- Seitan
- Cantaloupe
- Grapefruit
- Nectarine
- Plum
- Sweet Cherry
- Pomegranate
- Watermelon
- Brown Rice
- Buckwheat
- Lentils
- Millet
- Oats / Oatmeal
- Carrot
- Peas
- Pumpkin
- Rhubarb
- Swede
- Squash
- Tofu
- Watercress
- Rice / Soy / Hemp Protein
- Soybeans
- Brazil, Pecan, & Hazel Nuts
- Olive Oil
- Sunflower Oil
- Grapeseed Oil
- Avocado Oil

Highly Acidic

- Alcohol
- Coffee / Black Tea
- Processed Foods
- Honey
- Jam / Jelly
- Mustard
- Vinegar
- Dried Fruit
- Meat, Shellfish, Dairy
- Mushrooms
- Artificial Sweeteners

Moderately Acidic

- Apple
- Apricot
- Banana
- Dates
- Grapes
- Mango
- Mangosteen
- Orange
- Peach
- Pear
- Prunes
- Raisins
- Coat's Cheese
- Vegan Cheese
- Rye Bread
- Wheat
- Wholemeal Bread
- Wild Rice
- Soy Sauce

AT A GLANCE

ALKALINE

FRUITS

- Avocado
- Papaya
- Fresh Coconut
- Lemon
- Lime
- Tomato
- Watermelon

GRAINS & BEANS

- Chia / Salba
- Kamut
- Mung Beans
- Pinto Beans
- Quinoa
- Red Beans
- Runner Beans
- Snowpeas

GRASSES

- Barley Grass
- Dog Grass
- Kamut Grass
- Oat Grass
- Shave Grass
- Wheatgrass

VEGGIES

- Asparagus
- Basil
- Beetroot
- Broad Beans
- Broccoli
- Brussels Sprouts
- Cabbage
- Capsicum/Pepper
- Cauliflower
- Celery
- Chard
- Chilli
- Chives
- Collards
- Coriander
- Courgette/Zucchini
- Cucumber
- Dandelion
- Eggplant/Aubergine
- Garlic / Ginger
- Green Beans
- Kale
- Kelp
- Lettuce
- Mint
- Onion
- Parsley
- Peas
- Pumpkin
- Radish
- Runner Beans
- Snowpeas
- Spinach
- Squashes
- String Beans

SPROUTS

- Alfalfa Sprouts
- Amaranth Sprouts
- Broccoli Sprouts
- Fenugreek Sprouts
- Kamut Sprouts
- Mung Bean Sprouts
- Quinoa Sprouts
- Radish Sprouts
- Soy Sprouts
- Spelt Sprouts

NUTS & SEEDS

- Almonds
- Coconut
- Flax Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

BREADS & OILS

- Breads:
- Sprouted Bread / Wraps
- Gluten Free Breads /Wraps
- Yeast Free Breads /Wraps
- Oils:
- Avocado Oil (Mildly Alkaline)
- Coconut Oil
- Flax Oil
- Udo's Oil
- Olive Oil (Mildly Alkaline)

AT A GLANCE

ACIDIC

FRUITS

- Apple
- Apricot
- Currants
- Dates
- Grapes
- Mango
- Peach
- Pear
- Prunes
- Raisins
- Tropical Fruits
- Cranberries
- Orange
- Pineapple

Sauces & Sweetners

- Mayonnaise
- Ketchup
- Mustard
- Soy Sauce
- Pickles
- Vinegar
- Tabasco
- Tamari
- Wasabi
- Saccharine
- Sucrose
- Sucralose
- Honey
- Maple Syrup
- Artificial Sweeteners
- Corn Syrup
- Fructose
- Processed Sugar

MEAT, DAIRY, FISH

- Bacon
- Beef
- Corned Beef
- Lamb
- Organ Meats
- Venison
- Oyster
- Pork
- Rabbit
- Sausage
- Turkey
- Veal
- Butter
- Cheese
- Milk
- Whey
- Yogurt
- Cottage Cheese
- Ice Cream
- Sour Cream
- Soy Cheese
- Eggs
- Clams
- Lobster
- Mussels
- Scallops
- Shellfish
- Shrimp
- Tuna

OILS

- Cooked Oil
- Canola Oil
- Solid Oil (Margarine)
- Oil Exposed to Heat, Light or Air

DRINKS

- Alcohol
- Black Tea
- Coffee
- Carbonated Water
- Carbonated Soft Drinks
- Cocoa
- Colas
- Pasteurized Juice
- Energy Drinks
- Sports Drinks
- Tap Water
- Milk
- Decaffeinated Drinks
- Flavoured Water

OTHERS

- Peanuts
- Mushrooms
- Miso
- Balsamic Vinegar
- Butter
- Margarine
- Ketchup
- Mayonnaise
- White Breads, Pastas, Rice & Noodles
- Soy Sauce
- Corn Syrup
- Honey
- Maple Syrup
- Chocolate
- Chips
- Pizza
- Biscuits
- Processed Meals
- Candy!

THE ULTIMATE BOOK OF ALKALINE & ACID FOOD



ALKALINE & ACID FOOD CHART

Vegetables	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Artichokes		●			
Asparagus	●				
Aubergine		●			
Barley Grass	●				
Beans (Black / Kidney)			●		
Beans (Lima)			●		
Beans (Mung)			●		
Beans (Navy)			●		
Beetroot		●			
Beet Greens	●				
Bell Pepper (Capsicum)	●				
Broccoli	●				
Brussels Sprouts		●			
Burdock Root	●				
Cabbage (Chinese)		●			
Cabbage (Red)		●			
Cabbage (White)		●			
Cantaloupe			●		
Carrots			●		
Cauliflower		●			
Celery	●				
Chards (Swiss)	●				
Chinese Cabbage	●				
Chicory		●			
Collard Greens	●				
Corn (Fresh)			●		
Cucumber	●				
Daikon Radish	●				

ALKALINE & ACID FOOD CHART

Vegetables	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Dandelion Greens	●				
Dill Weed		●			
Eggplant		●			
Endive	●				
Garlic			●		
Ginger	●				
Hops					●
Jerusalem Artichokes		●			
Kale	●				
Kelp	●				
Kohlrabi	●				
Leek		●			
Lentils			●		
Lettuce	●				
Leaf Lettuce	●				
Lotus Root	●				
Mushrooms					●
Mustard Greens	●				
Okra		●			
Onions			●		
Other Grasses	●				
Paprika			●		
Parsley	●				
Parsnips			●		
Peas			●		
Pinto Beans			●		
Potatoes (with Skin)			●		
Radishes			●		

ALKALINE & ACID FOOD CHART

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ALKALINE & ACID FOOD CHART

Fruits	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Apples					
Apricots					
Apricots (Dried)					
Avocado					
Bananas					
Berries (Black)					
Berries (Blue)					
Berries (Raspberry)					
Cherries (Sour)					
Coconuts (Fresh)					
Cranberries					
Cranberries (Dried)					
Currants					
Dates					
Dates (Dried)					
Figs (Dried)					
Grapefruit					
Grapes					
Guava					
Kiwi Fruit					
Lemons					
Limes					
Mandarins					
Mangos					
Olives (Green)					
Olives (Ripe)					
Oranges					
Papayas					

ALKALINE & ACID FOOD CHART

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ALKALINE & ACID FOOD CHART

Grains & Cereals	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Barley (Whole)					
Barley Flour					
Bran (Cereal)					
Bran (Oats)					
Brown Rice					
Buckwheat Flour					
Buckwheat Whole					
Corn (Processed)					
Hemp Seed Flour					
Malt					
Millet					
Oat Bran					
Oat Flour					
Whole Oats					
Quinoa					
Rice (Brown)					
Rice (White)					
Rice Flour					
Rye					
Soy Flour					
Wheat Flour (White)					
Wheat Flour (Whole)					

ALKALINE & ACID FOOD CHART

Nuts & Seeds	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Almonds		●			
Amaranth Seeds			●		
Cardamom Seeds		●			
Cashews			●		
Celery Seeds			●		
Chestnuts			●		
Coriander Seeds			●		
Cumin Seeds		●			
Dill Seeds			●		
Fennel Seeds		●			
Flaxseed		●			
Hazelnuts			●		
Macadamia Nuts			●		
Peanuts					●
Pecans			●		
Pine Nuts			●		
Pistachio Nuts			●		
Pumpkin Seeds		●			
Quinoa Seeds			●		
Sesame Seeds			●		
Soy Nut			●		
Sunflower Seeds			●		
Walnuts			●		

ALKALINE & ACID FOOD CHART

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ALKALINE & ACID FOOD CHART

Oils & Sauces	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Almond Butter		●			
Apple Cider Vinegar			●		
Avocado Oil			●		
Balsamic Vinegar					●
Butter (Grass Fed)			●		
Butter (Regular)					●
Canola Oil				●	
Coconut Oil		●			
Cranberry Sauce					●
Flaxseed Oil		●			
Ketchup					●
Macadamia Oil			●		
Margarine					●
Mayonnaise					●
Miso				●	
Mustard (Prepared)			●		
Olive Oil			●		
Peanut Oil					●
Salad Dressing (From shop)				●	
Sesame Oil			●		
Sriracha Sauce					●
Soy Sauce				●	
Soybean Oil			●		
Sunflower Oil			●		
Tahini Sauce			●		
Tomato Paste (Natural)			●		
Tomato Sauce				●	
Vegetable Oils (Most)				●	

ALKALINE & ACID FOOD CHART

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ALKALINE & ACID FOOD CHART

Fish & Other Seafood	ALKALINE HIGH MODERATE	NEUTRAL	ACIDIC MODERATE HIGH
Bass			
Chlorella			
Clams			
Crab			
Flounder			
Herring			
Lobster			
Mackerel			
Mussels			
Nori Seaweed			
Oysters			
Perch			
Salmon			
Scallops			
Seaweed			
Shrimp			
Snapper			
Spirulina			
Swordfish			
Trout			
Tuna			
Whiting			

ALKALINE & ACID FOOD CHART

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ALKALINE & ACID FOOD CHART

Dairy & Cheese	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Butter (Regular)					
Butter (Grass-Fed)					
Camembert Cheese					
Cheddar Cheese					
Coconut Milk					
Coconut Cream					
Coconut Yoghurt					
Cottage Cheese					
Cream					
Cream (Sour)					
Cream Cheese					
Egg (Whole)					
Egg (White Only)					
Ghee					
Gouda					
Hard Cheese (Most)					
Milk (Cow's Skim)					
Milk (Cow's Whole)					
Mozzarella					
Soft Cheese					
Soy Yoghurt					

ALKALINE & ACID FOOD CHART

Processed Foods	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Baked Beans					
Beans (Canned)					
Burritos (Beef)					
Burritos (Chicken)					
Cacao (Raw)					
Chicken Nuggets					
Chicken Sandwich					
Chicken Soup					
Chips (Fried)					
Chocolate (Dark >80%)					
Coleslaw (w/o Sugar)					
Corn Chips					
Corned Beef					
Couscous (White Flour)					
Crackers (Rye)					
Crackers (White Flour)					
French Fries					
Fruit Pies					
Hash Browns					
Hot Dogs					
Hummus (Homemade)					
Jam					
Lasagna (Beef)					
Liverwurst					
Macaroni					
Miso					
MSG					
Noodles (Most)					

ALKALINE & ACID FOOD CHART

Processed Foods	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Pancakes					
Pastrami					
Peanut Butter					
Pepperoni					
Pickle Relish					
Pizza (Most)					
Popcorn (Salted)					
Popcorn (Sweet)					
Pork Sausage					
Potato Chips (Baked)					
Potato Chips (Fried)					
Preserves (Most)					
Puddings					
Sauerkraut					
Spaghetti					
Sweet Pickles					
Tacos					
Tempeh (Fermented)					
Tofu (Fermented)					
Tomato Paste (Natural)					
Tortilla (Fried)					
Waffles					

ALKALINE & ACID FOOD CHART

Baked Products and Cakes	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Apple Pie					
Bagels					
Baked Potato					
Baking Soda					
Biscuits (Most)					
Bread Sticks (White)					
Brownies					
Carrot Cake					
Cheese Cake					
Cookies					
Croissants					
Danish Pastry					
Donuts					
Ice Cream (All Flavors)					
Pita (White Flour)					
Pita (Whole Flour)					
Pretzels					
Puff Pastry					
Pumpernickel					
Rye Bread (Whole)					
Sprouted Breads					
Tortillas					
White Bread					
Whole Wheat Bread					

ALKALINE & ACID FOOD CHART

Drinks / Beverages (Non-Alcoholic)	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Almond Milk			●		
Apple Cider Vinegar			●		
Apple Juice					●
Berry Juice Blend					●
Black Tea (w/ Milk)					●
Black Tea (w/o Milk)				●	
Carbonated Drinks				●	
Carrot Juice (Fresh)			●		
Chamomile Tea			●		
Coconut Milk			●		
Coconut Water (Natural)		●			
Coffee (Decaf)					●
Coffee (Espresso)				●	
Cola					●
Cow's Milk					●
Espresso				●	
Filtered Water (Standard)			●		
Filtered Alkaline Water	●				
Fruit Juice (Fresh)				●	
Fruit Juice (Processed)					●
Ginger Tea			●		
Ginseng Tea			●		
Goat's Milk			●		
Grape Juice				●	
Grapefruit Juice			●		
Green Juice (No fruit)	●				
Green Juice (w/ fruit)			●		
Green Smoothie (No fruit)	●				

ALKALINE & ACID FOOD CHART

Drinks / Beverages (Non-Alcoholic)	ALKALINE		NEUTRAL	ACIDIC	
	HIGH	MODERATE		MODERATE	HIGH
Green Smoothie (w/ fruit)			●		
Green Tea			●		
Herbal Tea		●			
Instant Coffee					●
Lemon Juice			●		
Lemon Water			●		
Lime Water			●		
Milk Shake					●
Orange Juice				●	
Pear Juice				●	
Pineapple Juice					●
Rice Milk (Unsweetened)			●		
Root Beer					●
Soft Drinks (Carbonated)					●
Soy Milk (Unsweetened)			●		
Soy Milk (Sweetened)				●	
Tap Water (Unfiltered)				●	
Tea (Black)				●	
Tea (Green)			●		
Tea (Herbal)		●			
Tomato Juice (Homemade)			●		
Vegetable Juice (Fresh)	●				
Water (Standard Filtered)			●		
Water (Alkaline Mineral)	●				
Water (Most Bottled)			●		
Water (Reverse Osmosis)					●
Water (Tap)				●	
White Tea				●	

ALKALINE & ACID FOOD CHART

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