



How To Improve Your Body pH Balance for Health

- Take the test, what do your results mean?
- Improve your pH balance in the long run
- Alkaline & acid food chart + other bonuses



FIRST OF ALL, **thank you so much for choosing our pH test strips.** We hope you get the results you were looking for and that this product and ebook makes you healthier and makes your life easier!

As with many businesses, product reviews are very important for us in spreading the word about us and our products. If you have a minute we would love it if you could [please leave us a review on Amazon](#). Thank you so much in advance for your support! – If you have any other questions or concerns, you can contact us at support@jnwdirect.com.

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How to use the test strips and important notes:

Test Urine:

Briefly place the pH strip in the urine mid-stream (making sure both pads are sufficiently covered), shake any excess fluid and wait 15 seconds to read your pH and compare against color chart.

Test Saliva:

Wait 2 hours after eating, drinking or brushing teeth. Fill your mouth with saliva and then swallow to remove any acidic bacteria. Then spit saliva into a spoon, dip the pH strip into the fluid and wait 15 seconds to read your pH and compare against color chart.

Results:

See next page for table.

Best practices:

Test daily 2-3 times per day consistently for at least 1 week to get an average
The first urine of the day tends to be more acidic than normal so you need to test the first and second urine of the day and note both down.

We also recommend that you test a saliva sample alongside the urine samples. We have included a 7-day results table for you that you can print out to track your pH over time.

Try and keep up this routine and measure your pH at the same time every day to maintain consistency.

Test strips are very sensitive so please store them properly to ensure their long term accuracy by:

- Never removing the desiccant packet
- Keeping the strips away from light and moisture
- Keeping the cap on tight between each use
- Storing well sealed in a cool dry place (especially not in bathroom or by water source)

If you believe the test strips to be defective or they have all turned one color please contact us and we will help you fix the problem.

Balancing your ph level with alkaline diets

Back to Basics With an Alkaline Diet:



When you choose to eat an alkaline diet, you are actually eating foods that are very similar to what man was designed to eat. If you look at what our ancestors ate, you will find a diet rich in fresh fruits, vegetables, legumes, nuts, and fish. Unfortunately, man's diet today is frequently full of foods that are high in unhealthy fats, salt, cholesterol, and acidifying foods.

How Our Diet Changed:

Although some people think that man's diet changed only recently, the shift from a largely alkaline diet to an acid diet actually began thousands of years ago. Our original diet consisted of foraged fruits, nuts and vegetables, along with whatever meat could be caught. As soon as man started to grow his own food, things started to change. Grains became a popular diet choice, especially after the development of stone tools.

Once animals were domesticated, there were dairy products added to the diet, along with an additional amount of meat. Salt began to be added, along with sugar. The end result was a diet that was still much healthier than what many people eat today, but the shift from alkaline to acid had begun.

Recent Dietary Changes:

It's no secret that our modern diet consists of many foods which are not healthy for us. Too much junk food and "fast food" has decreased the quality of our diet. Obesity has become the norm, and along with it a higher incidence of diseases such as diabetes, coronary disease, and cancer. If you want to improve your health and reduce the risk of many diseases, an alkaline diet can help get your body back to basics.

What is an Alkaline Diet?

When foods are eaten and digested, they produce either an acidifying or alkalizing effect within the body. Some people get confused because the actual pH of the food itself doesn't have anything to do with the effect of the food once it is digested.

When more alkaline foods are consumed, the body can become slightly alkaline instead of acid. Ideally, the blood pH level should be between 7.35 and 7.45. Foods such as citrus fruits, soy products, raw fruits and vegetables, wild rice, almonds, and natural sweeteners such as Stevia are all good alkaline foods.

The Alkaline Diet Myth

The alkaline diet is also known as the acid-alkaline diet or the alkaline ash diet. It is based around the idea that the foods you eat leave behind an "ash" residue after they have been metabolized. This ash can be acid or alkaline.

Proponents of this diet claim that certain foods can affect the acidity and alkalinity of bodily fluids, including urine and blood. If you eat foods with an acidic ash, they make the body acidic. If you eat foods with an alkaline ash, they make the body alkaline.

Acid ash is thought to make you vulnerable to diseases such as cancer, osteoporosis, and muscle wasting, whereas alkaline ash is considered to be protective. To make sure you stay alkaline, it is recommended that you keep track of your urine using handy pH test strips.

For those who do not fully understand human physiology and are not nutrition experts, diet claims like this sounds rather convincing. However, is it really true? The following will debunk this myth and clear up some confusion regarding the alkaline diet.

But first, it is necessary to understand the meaning of the pH value. Put simply, the pH value is a measure of how acidic or alkaline something is. The pH value ranges from 0 to 14. • 0-7 is acidic • 7 is neutral • 7-14 is alkaline.

For example, the stomach is loaded with highly acidic hydrochloric acid, a pH value between 2 and 3.5. The acidity helps kill germs and break down food.

On the other hand, the human blood is always slightly alkaline, with a pH of between 7.35 to 7.45. Normally, the body has several effective mechanisms (discussed later) to keep the blood pH within this range. Falling out of it is very serious and can be fatal.

Effects of Foods On Urine And Blood pH

Foods leave behind an acid or alkaline ash. Acid ash contains phosphate and sulfur. Alkaline ash contains calcium, magnesium, and potassium.

Certain food groups are considered acidic, neutral, or alkaline.

• Acidic: Meats, fish, dairy, eggs, grains, and alcohol. • Neutral: Fats, starches, and sugars. • Alkaline: Fruits, vegetables, nuts, and legumes.



Urine pH

Foods you eat change the pH of your urine. If you have a green smoothie for breakfast, your urine, in a few hours, will be more alkaline than if you had bacon and eggs.

For someone on an alkaline diet, urine pH can be very easily monitored and may even provide instant gratification.

Blood pH

Foods you eat do not change your blood pH. When you eat something with an acid ash like protein, the acids produced are quickly neutralized by bicarbonate ions in the blood. This reaction produces carbon dioxide, which is exhaled through the lungs, and salts, which are excreted by the kidneys in your urine.

During the process of excretion, the kidneys produce new bicarbonate ions, which are returned to the blood to replace the bicarbonate that was initially used to neutralize the acid. This creates a sustainable cycle in which the body is able to maintain the pH of the blood within a tight range.

Therefore, as long as your kidneys are functioning normally, your blood pH will not be influenced by the foods you eat, whether they are acidic or alkaline. The claim that eating alkaline foods will make your body or blood pH more alkaline is not true.

Alkaline Diet and Cancer

Cancer Cells Cannot Live In An Alkaline Environment. Ever wondered why the heart never gets a cancer. The heart might get affected eventually by cancer of any other part of the body but we never hear of cancer of the heart. This is because the heart never gets cancer.

Let us understand what causes cancer and how an alkaline diet can help prevent it. Each cell in our body takes in oxygen, nutrients and glucose while throws out toxins. These cells are protected by the immune system. But as the body gets acidic the immune system gets overpowered by the toxins and the cell loses its capacity to take in oxygen and thus ferments. This cell gets cancer affected and is lost. The next question is can cancer be prevented and cured by consuming a diet with less acid and more alkaline. Cancer cells lie dormant in a pH of 7.4 but as the body gets alkalized higher and the pH level reaches 8.4 these malignant cells die off. So the answer to cancer lies in an extremely alkaline diet. With the right consumption leading to a high alkaline body pH the cancer cells cannot live in that environment and die off.

Cancer cells being anaerobic cannot live in oxygen. They can only thrive in very low oxygen conditions. When the pH of the body is maintained by consuming an alkaline diet the immune system of the body stays strong. This leads to the cells getting

enough oxygen and discarding their toxin waste. Cancer will neither thrive nor take birth under such circumstances.

How does an alkaline diet prevent cancer?

Such a diet leads to a high alkaline body pH. This high alkaline body pH results in alkaline tissues in the body. Alkaline tissues hold 20 times more oxygen than acidic tissues. Cancer cannot live in an oxygenated atmosphere. If the cells are oxygen rich they will prevent cancer. Therefore while an acidic tissue will be an ideal ground for cancer to develop as well as spread, an alkaline tissue will destroy a cancer cell. Having a lot of green vegetables and fruits along with alkaline water can save you from cancer. To give your body the best alkaline/acidic balance requires one to eat foods that are highly alkalizing while avoiding the acidifying foods.

An alkaline diet is very beneficial in fighting many diseases apart from cancer. Alkaline supplements are good ways to include alkaline food in your diet. Over cooking of vegetables leads to their nutrients being destroyed. Alkaline supplements make sure one gets enough alkalizing foods in a day. Also alkaline water is a good alternative to ordinary water.

Acidic Diet and Osteoporosis

Osteoporosis is a progressive bone disease characterized by a decrease in bone mineral content, leading to lowered bone density and strength and higher risk of a broken bone.

Proponents of the alkaline diet believe that in order to maintain a constant blood pH, the body takes alkaline minerals like calcium from the bones to neutralize the acids from an acidic diet. As discussed above, this is absolutely not true. The kidneys and the respiratory system are responsible for regulating blood pH, not the bones.

In fact, many studies have shown that increasing animal protein intake is positive for bone metabolism as it increases calcium retention and activates IGF-1 (insulin-like growth factor1) that stimulates bone regeneration. Thus, the hypothesis that an acidic diet causes bone loss is not supported by science.

Acidic Diet And Muscle Wasting:

Advocates of the alkaline diet believe that in order to eliminate excess acid caused by an acidic diet, the kidneys will steal amino acids (building blocks of protein) from

muscle tissues, leading to muscle loss. The proposed mechanism is similar to the one causing osteoporosis.

As discussed, blood pH is regulated by the kidneys and the lungs, not the muscles. Hence, acidic foods like meats, dairy, and eggs do not cause muscle loss. As a matter of fact, they are complete dietary proteins that will support muscle repair and help prevent muscle wasting.

What Did Our Ancestors Eat?

A number of studies have examined whether our pre-agricultural ancestors ate net acidic or net alkaline diets. Very interestingly, they found that about half of the hunter-gatherers ate net acid-forming diets, while the other half ate net alkaline-forming diets.

Acid-forming diets were more common as people moved further north of the equator. The less hospitable the environment, the more animal proteins they ate. In more tropical environments where fruits and vegetables were abundant, their diet became more alkaline.

From an evolutionary perspective, the theory that acidic or protein-rich diets cause diseases like cancer, osteoporosis, and muscle loss is not valid. Half of the hunter-gatherers were eating net acid-forming diets, yet, they had no evidence of such degenerative diseases.

It is worth noting that there is no one-size-fits-all diet that works for everyone, which is why Metabolic Typing is so helpful in determining your optimal diet.



Benefits of Alkaline Diet for Diabetics

Human Body Design and Alkaline Diet

The human body is, to some degree, alkaline by design. By maintaining it alkaline we allow it to run at an ideal level. Nevertheless, millions of reactions of our metabolism yield acidic wastes as end products. When we consume an excessive amount of acid-producing foods and not enough alkaline-forming foods we aggravate the body acid intoxication. If we let these acid-wastes build-up throughout the body, a disorder known as acidosis develops over time.

Acidosis will progressively debilitate our body vital functions, if we do not quickly take corrective actions. Acidosis, or body over-acidity, is in fact one of the leading causes of human aging. It makes our body highly vulnerable to the series of the deadly degenerative chronic diseases, such as diabetes, cancer, arthritis, as well as heart diseases.

For this reason, the biggest challenge we humans have to face to protect our lives is actually to find the right way to reduce the production, and to maximize the elimination of the body acidic wastes. To avoid acidosis and the age-related diseases, and to continue running at its highest level possible, our body needs a healthy lifestyle. This lifestyle should include regular exercises, a balanced nutrition, a clean physical environment, and a way of living that brings the lowest stress possible. A healthy lifestyle allows our body to keep its acid waste content at the lowest level possible.

The alkaline diet, also known as the pH miracle diet, seems to fit the best the design of the human body. This is mainly because it helps neutralize the acid wastes and allows flushing them out from the body. People should look at alkaline diet as general dietary boundaries for humans to abide by. The persons who have particular health issues and special medical diets might better accommodate those diets to alkaline diet boundaries.

Alkaline Diet Benefits for Diabetics

The miracle alkaline diet will help improve the overall health of the persons suffering from diabetes. As it does for other human beings, alkaline diet will help boost their body physiology and metabolism, as well as their immune system. This diet will allow diabetics to have a better control on their blood sugar. It is also going to help not only in reducing their weight gain and the risks of cardiovascular diseases, but also in keeping their cholesterol level low.

In fact, the alkaline diet allows a better management of diabetes and, as a result, it helps diabetics avoid more easily the degenerative diseases connected to their condition. So by following an alkaline diet, despite their health situation, diabetics can, at the same time, live healthier and extend considerably their life expectancy.

Diabetics Acid-Alkaline Food

The alkaline diet rule sets general nutritional guidelines. According to this diet plan, our daily food intake should be composed of a minimum of 80 percent of alkaline-forming foods, and of no more than 20 percent of acidifying food products. Additionally, the diet highlights that the more alkaline a food item is, the better it is actually; and on the other hand the more acidifying a food product is, the worse it should be for the human body.

Diabetics Top Best and Top Worst Foods

Intended for the people affected by diabetes, the 'Diabetics Acid-Alkaline Food Chart' divides foods into six categories. The list below goes from the top best to the top worst foods.

1. Alkalizing food items with GI~0. They are among the top best foods. Diabetics may eat them freely.

Asparagus; broccoli; parsley; celery; lettuce; carob; vegetable juices; mushrooms; squash; okra; zucchini; cauliflower; garlic/onions; green beans; beets; cabbage; raw spinach; lemons; avocados; limes; goat cheese; herb teas; stevia; lemon water; ginger tea; green tea; canola oil; olive oil; flax-seed oil.

2. Alkalizing food products that have a GI of 55 or less. People who have diabetes should take them with moderation, because of their glycemic index.

Barley grass; sweet potato; carrots; fresh corn; olives; peas/soybeans; tomatoes; bananas; cherries; pears; oranges; peaches; grapefruit; mangoes; kiwi; papayas; berries; apples; almonds; Brazil nut; wild rice; chestnuts; coconut; quinoa; hazelnuts; lentils; soy milk; soy cheese; goat milk; breast milk; raw honey; whey.

3. Acidifying foods with a GI~0. Diabetics should consume them with caution, being their acid-producing character.

Rhubarb; cooked spinach; pork; shellfish; liver; oysters; beef; venison; lamb; cold water fish; chicken; turkey; eggs; butter; buttermilk; cottage cheese; cheese; corn oil;

lard; margarine; sunflower oil; wine; beer; coffee; cocoa; tea; mayonnaise; molasses; mustard; vinegar; artificial sweeteners.

4. Acidifying foods having a GI of 55 or less. Considering both their acidforming feature and their glycemic index, people with diabetes will need to eat them with restraint.

Lima beans; navy beans; kidney beans; pinto beans; blueberries; cranberries; sour cherries; prunes; plums; brown rice; sprouted wheat bread; corn; oats/rye; whole wheat/rye bread; pasta/pastries; wheat; walnuts; peanuts; pistachios; cashews; pecans; sunflower seeds; sesame; yogurt; cream; raw milk; custard; homogenized milk; ice cream; chocolate.

5. Alkaline-forming foods with a GI of 56 or more. Because of their high glycemic index, these products are among the worst foods for diabetics. Therefore, people who suffer from diabetes need to avoid them.

Turnip; beetroot; tofu; potato with skins; figs; grapes/raisins; dates; melons; pineapple; watermelon; rice syrup; maple syrup; raw sugar; amaranth; millet.

6. Acid-producing foods with a GI of 56 or more. These items are too acidic and have too high-glycemic index carbohydrates. They represent the top worst foods for diabetics. Thus, diabetes sufferers need to cut them completely from their meals.

White bread; buckwheat; pumpkin; white rice; spelt; potatoes w/o skins; white sugar; brown sugar; processed honey; soft drinks.

The Alkaline Diet: A Little-Known and Powerful Weight Loss Plan

What if you knew about a weight loss program that would help you lose weight and feel younger? Would you try it? The alkaline diet and lifestyle has been around for over 60 years, yet many people aren't familiar with its natural, safe and proven weight loss properties!

The alkaline diet is not a gimmick or a fad. It's a healthy and easy way to enjoy new levels of health. In this post you'll learn about what this dietary plan is, what makes it different, and how it can produce life-changing results for you, your waistline and your health.

Are you enjoying a slim and sexy body today? If so, you're in the minority.



Sadly, over 65 percent of Americans are either overweight or obese. If you're overweight, you probably experience symptoms of ill-health like fatigue, swelling, sore joints, and a host of other signs of poor health.

Worse yet, you probably feel like giving up on ever enjoying the body you want and deserve. Perhaps you've been told that you're just getting older, but that simply isn't the truth. Don't buy into that lie. Other cultures have healthy, lean seniors who enjoy great health into their nineties!

The truth is, your body is a brilliantly designed machine and if you have any symptoms of illhealth this is a sure sign that your body's chemistry is too acidic. Your symptoms are just a cry for help. This is because the body doesn't just break down one day. Instead, your health erodes slowly over time, finally falling into 'dis-ease'.

What's wrong with the way you're eating now?

The Standard American Diet (S.A.D.) focuses on refined carbohydrates, sugars, alcohol, meats and dairy. These foods are all highly acid-forming. Meanwhile, despite pleas from the nutritional experts, we simply don't eat enough of the alkalizing foods such as fresh fruits, veggies, nuts, and legumes.

In short, our S.A.D. lifestyle upsets the natural acid-alkaline balance our bodies need. This condition causes obesity, low-level aches and pains, colds and flu, and eventually disease sets in.

We've lost our way. This is where an alkaline diet can help restore our health.

Alkalinity is measured on a scale. You can take a simple and inexpensive test at home to see where your alkalinity level falls, as well as to monitor it regularly. Medical researchers and scientists have known for at least 70 years this lesserknown fact....your body requires a certain pH level, or delicate balance of your body's acid-alkaline levels - for optimal health and vitality.

You might think..."I don't need to know all this chemistry. Besides, what does the proper pH balance and alkalinity matter to me?" I know these were my questions when I first heard about alkaline eating.

We'll use two examples of how acid and alkalinity plays a role in your body.

1. We all know that our stomach has acid in it. Along with enzymes, this acid is essential for breaking food into basic elements that can be absorbed by the digestive tract. What if we didn't have any acid in our stomachs? We would die from malnutrition in no time because the body couldn't utilize a whole piece of meat or a whole piece of anything, for that matter! Make sense?

2. Different parts of our body require different levels of acidity or alkalinity. For example, your blood requires a slightly more alkaline level than your stomach acids. What if your blood was too acidic? It would virtually eat through your veins and arteries, causing a massive internal hemorrhage!

While these examples demonstrate that the various parts or systems in the body need different pH levels, we don't need to worry about that.

An alkaline diet is unique. Many diets focus on the same foods that cause you to be overweight or sick in the first place. They simply ask you to eat less of those things, to eat more time per day, or to combine them differently.

In fairness to these diet's creators, they know that many of us don't want to make the bigger changes for our health. We like a diet that's focused on processed and refined foods, our meat, our sugar, alcohols and such. The diet creators are simply trying to help us make easier changes.

We've gotten used to eating this way, and it's not ALL our fault! Greedy food processing giants have a vested interest in keeping us eating this way. Profits are much higher in this sector of the food industry than in the production of your more basic foods like fruits and veggies.

Here's a partial list of foods that you can eat freely in an alkaline diet:

Fresh fruits and freshly made juices
Fresh veggies and juices
Cooked veggies
Some legumes and soy
Lean proteins and some eggs
Certain grains
Healthy fats and nuts

You may be surprised to learn that some veggies and fruits are better for you than others!

You can consume limited quantities of these foods and beverages:

Dairy
Many common grains
Refined foods and sugars
Alcohol and caffeine

What's it like to be on the alkaline diet, and what results can you expect?

Like any change in diet or lifestyle, you'll go through an adjustment period. Yet because you're burning the cleanest fuel, which your body craves, so unlike many diet plans, you won't ever need to feel hungry. Plus, you can eat all you like until you're satisfied. You also won't need to count calories. And you'll enjoy plenty of variety, so you'll never get bored with eating.

Think of an alkaline diet as a type of 'juice fast' for the body. Only it's not so extreme. You're eating nutrient-dense, easily digestible foods that your body craves. When you provide all the cells of the body that it so desperately needs, your hunger goes away. And there's no need to worry about boring veggies, since there are tons of delicious recipes found on the web and in books.

With all the diet plans out there, why should you consider an alternative plan like the alkaline diet?

When followed properly, you can expect to melt the fat away more easily than with traditional plans. Many testimonials exist where people report losing over two pounds each week. (And that much weight wouldn't be wise in most diet programs.) Plus your skin will become more supple again, your energy will increase and you'll feel younger.



Plus, the alkaline diet does two important things that traditional diets don't.

1. It provides superior nourishment to your body's cells.
2. It naturally helps to detoxify and cleanse the cells, too.

These two facts are behind the reason why an alkaline diet work so quickly and safely.

Choosing Alkaline Diets - Live A Healthy Lifestyle

Alkaline diets are for everyone. Each one of us should stop abusing our bodies and look at a healthy and long life by making alkaline diets a part of our life style.

The Alkaline Diet - What Can I Eat on It?

The Alkaline Diet is also known as the Alkaline Ash Diet, Alkaline Acid Diet, or the Acid Alkaline Diet.

Doctors such as Robert O. Young, N.D. are championing this diet, and believe a food can be classified as alkaline, acid, or neutral according to pH.

Generally, the diet consists of eating certain citrus, other low sugar fruits, vegetables, tubers, nuts, and legumes.

Grains, dairy products, meat, sugar, alcohol, caffeine, and fungi like mushrooms are to be avoided. By consuming such a diet, it is said that the body maintains a pH of between 7.35 and 7.45 (7.00 is neutral on the pH scale while below 7.00 is acidic).

Diet and Disease

There is some evidence that such a diet is beneficial in preventing osteoporosis and other bone health issues. However, evidence is not strong in supporting the claims that an alkaline diet may prevent or help alleviate conditions such as cancer, fatigue, obesity, or allergies.

There is, however, some evidence that cancer cells grow more quickly in an acidic environment in a laboratory setting. Therefore, a person with a predisposition to or who actually suffers from this disease may want to investigate the effects an alkaline diet have on the body.

Considering the overwhelming rise in many of these types of diseases it is easy to wonder if they are caused by the general condition of a person's internal body environment.

A wider and more scientifically vigorous examination of the Alkaline Diet is in order. However, such scientific scrutiny may be tainted from the beginning by prejudice fomented in a pharmaceutical based health care delivery system.

The theory behind the Alkaline Diet is not widely accepted by the medical community which may be one of the reasons cancer, diabetes, and any number of other terrible diseases are at epidemic levels. The Alkaline Diet, when combined with a physically active, low stress lifestyle certainly deserves more attention from the scientific community if they can keep their bias at bay.

It would be relatively simple to see if specific conditions such as blood sugar, blood pressure, cholesterol count, and a person's weight normalize when (and if) their blood pH falls into the desired range. These symptoms occur together so often that the medical community has begun calling it Syndrome X.

If this syndrome is so common, and the protocol for scientific examination so simple, why is the Alkaline Diet still such a mystery as to whether it is beneficial or not?

It may be because there is no money to be made from recommending a specific diet. Pharmaceutical companies test new drugs because there is a profit to be made if the drug makes it to market. But there is no profit in dietary recommendations therefore such research would fall to the universities and governmental agencies to conduct.

The fact that most of those researchers also work as consultants for the pharmaceutical industry may easily taint their enthusiasm and findings.

Choosing a Proper Alkaline Diet Menu

Putting together a successful alkaline diet requires consuming the proper foods and in the proper quantities. Your alkaline diet menu is crucial to the diet's success. In this article, you will learn about why alkaline diets are beneficial to our health, how you can successfully implement your diet, and which foods you should place on your alkaline diet menu.

The History of the Human Diet

Early man's diet was far different from what we consume today. Early man consumed primarily raw plant-based food with occasional, but rare, animal proteins. A typical human diet today consists of much more animal proteins. Also, we now eat a large amount of highly processed and unnatural foods, which are filled with harmful toxins to the body.

Excessive salts, fake sugars, and additives increase the acidity of our current diets. This increased intake of acid takes the body out of its natural, healthy, pH balance of 7.3, and does damage to a number of the body's vital processes.

How Alkaline Diets Work

By consciously controlling the acid to alkaline balance in your body, you are able to benefit from a wide range of health benefits. Increased energy and weight loss will be immediately noticeable to someone who is recently returning to balance from an overly acidic body. By composing your diet of approximately 75% alkaline foods and only 25% acidic foods, you can return your body to its healthy, natural state. Also, preparing the acidic foods with alkaline water can greatly reduce their acidifying effect on the body. An alkaline diet works to reduce the stress placed on your liver, kidneys, and other organs by having an overly acidic (toxic) body.

Your Alkaline Diet Menu

Below are lists of different foods which are our top recommendations for having an alkaline diet. While foods which are acidic must be ingested for a healthy diet, they are to be lowered back to the levels which our bodies originally adapted to.

Alkaline Fruits:

Apples

Bananas

Blackberries

Dates
Oranges
Pineapple
Raisins

Alkaline Vegetables:

Broccoli
Cabbage
Carrots
Cauliflower
Celery
Eggplant
Mushrooms
Squash
Turnips
Brussels
Sprouts
Collard greens
Kale
Kohlrabi
Bok Choi
Mustard Greens

Other raw vegetables to try on your alkaline diet are:

Avocado
Tomato
Red Beets
Lima Beans
Red and black radishes
Rutabaga
Asparagus
Artichoke
Lettuce
Endive
Cucumber
Peppers
Zucchini
Spinach
Peas
Parsnips
Onions

Healthy Fruit - The best fruit to consume on the alkaline diet includes:

Unripe bananas

Sour cherries

Fresh coconut

Figs (either raw or dried)

Fresh lemon

Lime

Acidic foods should make up no more than 25% of your diet. Listed below are the types of food which are acidic. Keep in mind that every category listed below has foods which are horribly acidic, but also some which are much more on the alkaline side.

Acidic Foods:

Meat

Cheese

Legumes

Grains

Nuts

Select fruits

Select vegetables

Final Thoughts:

It is true that many people who have switched to an alkaline diet see significant health improvements. However, do bear in mind that other reasons may be at work:


Most of us do not eat enough vegetables and fruits. According to the Center for Disease and Prevention, only 9% of Americans eat enough vegetables and 13% enough fruits. If you switch to an alkaline diet, you are automatically eating more vegetables and fruits. After all, they are very rich in phytochemicals, antioxidants, and fiber which are essential to good health. When you eat more vegetables and fruits, you are probably eating less processed foods too.

Eating less dairy and eggs will benefit those who are lactose-intolerant or have a food sensitivity to eggs, which is rather common among the general population.

Eating less grains will benefit those who are gluten-sensitive or have leaky gut or an autoimmune disease.

7-day chart to record your body pH:

Weekdays	Morning Urine pH	Morning Saliva pH	Second Urine pH
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



JNW
150
pH
TEST STRIPS
FOR SALIVA & URINE
Acid → Alkali
MAINTAINING LIFE HEALTHY

Alkaline Bodies Are Full of Life & Energy!

Sources:

*We compiled this information as an overview of the pH diet and surrounding topics. We gathered the info from various sources from the internet which we will link down below. If you want to know more, please do more research. We have also included some personal favorite recipes for you to check out.

Thank you so much for reading, we hope you found this information helpful and if you would like to contact us for any reason regarding this e book or the test strips we provided, please email us: support@jnwdirect.com.

Links:

<https://www.healthline.com/nutrition/the-alkaline-diet-myth>

<https://draxe.com/alkaline-diet/>

https://en.wikipedia.org/wiki/Alkaline_diet

<https://www.avocadoninja.co.uk/pages/list-of-alkaline-foods>

<https://www.betterbones.com/alkaline-balance/alkaline-forming-foods/>

<https://livewell.jillianmichaels.com/list-alkaline-fruits-vegetables-5566.html>

<http://vividlife.me/ultimate/4948/the-healthiest-choice-top-10-alkaline-foods-for-yourdiet/>

<https://www.phmiracleliving.com/t-food-chart.aspx>

Recipes:

<http://www.alkalinesisters.com/sample-recipes/>

<http://www.thenewpotato.com/2016/01/26/7-day-alkaline-diet-meal-plan-for-beginners/>

<http://www.sarahwilson.com/2012/04/3-killer-recipes-to-alkalise-your-body/>

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