

ACID AND ALKALINE ACTIVITY CHART

ACID pH = When the average pH is below 7.2 or Saliva pH is below 7.4 and Urine is below 7.0. Do the following:	ALKALINE pH = When the average pH is above 7.6 or Saliva pH is above 7.8 and Urine is above 7.4. Do the following:
1. Eat more alkaline foods from your Alkaline/Acid Food Chart. No citrus.	1. Eat more acid foods from your Alkaline/Acid Food Chart.
2. Frequently eat the "Alkaline Vegetable Broth". See recipe below.	2. Use from 1-9 tsp. of Pure Apple Cider Vinegar. Put in Water, tea or in dressings.
3. Drink 1-4 ounces of Liquid Chlorophyll daily.	3. Eat pickles, sauerkraut from Health Food Stores only to avoid preservatives, additives, etc. Read labels.
4. Take a cool bath or shower. Put one cup baking soda in bathtub and soak for 45 minutes.	4. 4 ounces Cranberry Juice. Do this only occasionally as it contains oxalic acid which binds calcium.
5. Drink these herb teas, singly or combined: Chamomile, Fenugreek, Peppermint, Hops, Red Clover, Hibiscus, Golden Seal.	5. Drink these herb teas, singly or combined: Raspberry leaf, spearmint, Mormon squaw, Peach leaf, Hyssops, Juniper Berries, Goldenrod.
6. Avoid eating more Protein Classified foods than the amount of vegetables and alkaline carbohydrates or starches you eat.	6. Put 2 cups of Pure Apple Cider Vinegar in a tub of hot water and soak for 45 minutes.
7. Do some heavy exercise, fast walking and/or trampolining.	7. Take a hot shower.
8. Do breathing exercise: Jump up and down rapidly on toes; inhale and exhale deeply and rapidly. Run, swim, or do any exercise requiring rapid regular breathing.	8. Take a walk using long strides, walk briskly, let whole food touch ground.
9. Find positive outlets for these emotions: anger, frustration, hatred, jealousy -- all negative emotions create acid pH. Read the bible and inspirational works, pray, mediate, focus on what you are grateful or blessed with in your life. Forgive others.	9. Find positive outlets for these emotions: fear, anxiety, worry or extreme or protracted delight -- all produce alkalinity pH. Read the bible and inspirational works, pray, mediate, focus on what you are grateful or blessed with in your life. Calm self. Forgive others.
10. If hyperacidity (5.5): mix 1/4 tsp. of baking soda, 1/4 tsp. sea salt, and 1 tsp. Golden seal powder in 1/2 glass (4 ounces) pure water and drink 1-4 times daily till pH improves.	10. If hyperalkalinity (8.0): mix 1/4 tsp. of baking soda, 1/4 tsp. sea salt, and 1 tsp. Golden seal powder in 1/2 glass (4 ounces) pure water and drink 1-4 times daily till pH improves.

Note: #10 is same for acid & alkaline pH as it is a "balancing" recipe.

ALKALINE BROTH: Equal parts of zucchini, celery and green beans. Lightly steamed, then blended with its cooking water and eaten.

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Remember the two most significant activities which affect your pH is the type of foods eaten (acid or alkaline) and your mental-emotional state. Start here. If your pH is not balanced within 1-2 days of daily testing, add one more activity each day until a consistent balance is noticed. After 1-2 weeks of experiencing balanced pH you will know exactly what you need to do to keep yourself balanced and you will know what you do that creates pH imbalance. Once you know that you know how to keep your pH balanced, you may stop testing your pH on a daily basis and just check it once a month (same day, same time of each month), as part of your preventative healthcare home physical examination to monitor your health for the rest of your life.

If doing all of the above faithfully for three weeks does not bring you to a consistent daily balanced pH, contact your C.C.N. for a professional food supplement to bring you to balance as quickly as possible. Then resume the above instructions to maintain that balance.

This also applies if at anytime you stay fixed in one number (regardless of its number) for seven days in a row. For example, if you stayed 7.0, 6.5, 5.5, 7.8, or any number everyday for seven days, notify your C.C.N.

WHERE CAN I FIND A LIST OF ACID AND ALKALINE FOODS?:

In your Client Handbook, you will find a Acid and Alkaline Food Chart. Use this chart as a guide to eating foods which are alkaline when your pH is acid or eating foods which are acid when your pH is alkaline. You will be surprised to learn that food families classified as acid foods are actually alkaline in your body. Therefore read this chart thoroughly so that you will know, rather than assume the acid or alkaline reaction of a food in your body.

At the end of the Acid and Alkaline Food Chart is the Seasonal pH Chart. You can determine the correct percentage of acid, alkaline, etc., foods to eat/drink according to the seasons of the year so that your pH will be acclimated to the seasonal temperatures which promotes health and puts less stress on your internal body chemistry when seasons change.

Note that Cran-Raspberry and Lemonade are balanced neutral pH - can be used when pH is acid or alkaline.