

pH CHART

<p>Consume Freely Raw is Best</p> <p>Alkaline pH</p> <p>Most foods get more acidic when cooked</p>	10	High Alkaline Ionized Water		
	9.0	<ul style="list-style-type: none"> Raw Spinach Brussel Sprouts Cauliflower Alfalfa Grass Seaweeds 	<ul style="list-style-type: none"> Raw Broccoli Red Cabbage Carrots Cucumbers Asparagus 	<ul style="list-style-type: none"> Artichokes Raw Cellery Potato Skins Collards Lemons & Limes
	8.0	<ul style="list-style-type: none"> Olive Oil Raw Zucchini Sprouted Grains Raw Green Beans Mangoes Tangerines Grapes 	<ul style="list-style-type: none"> Most Lettuce Sweet Potato Raw Eggplant Blueberries Papayas Melons 	<ul style="list-style-type: none"> Borage Oil Raw Peas Alfalfa Sprouts Pears Figs & Dates Kiwi
<p>Neutral pH</p> <p>Optimum pH for HUMAN BLOOD</p>	7.0	Most Tap Water		
	6.0	<p>Municipalities adjust tap water to be +/- 7.0 Optimum pH for HUMAN BLOOD is 7.365</p>		
	5.0	<ul style="list-style-type: none"> Apples Tomatoes Tumip Bell Peppers Pineapple Wild Rice Cantaloupe Oranges 	<ul style="list-style-type: none"> Almonds Fresh Corn Olives Radish Cherries Strawberries Honeydew Grapefruit 	<ul style="list-style-type: none"> Avocados Mushrooms Soybeans Rhubarb Millet Apricots Peaches Bananas
<p>It takes 20 parts of ALKALINITY to neutralize 1 part ACIDITY in the body</p> <p>Acidic pH</p> <p>Consume sparingly or never</p>	4.0	<ul style="list-style-type: none"> Milk, Yogurt Most Grains Eggs Kidney Beans Processed Juices Brown Rice Sprouted Wheat Bread Oysters 	<ul style="list-style-type: none"> Fruit Juices Soy Milk, Goat's Milk Fish Lima Beans Rye Bread Cocoa Oats Cold Water Fish 	<ul style="list-style-type: none"> Butter, fresh, unsalt Cream, fresh, raw Milk, raw cow's Margarine Oils, except Olive
	3.0	<ul style="list-style-type: none"> Cooked Beans Sugar Potatoes w/o Skins Garbanzos Butter, salted Wheat Bran 	<ul style="list-style-type: none"> Chicken & Turkey Canned Fruit Pinto Beans Lentils Rice Cakes Rhubarb 	<ul style="list-style-type: none"> Cooked Spinach Coconut Tea Plums Spelt Rice & Almond Mill Liver Salmon, Tuna
	2.3	<ul style="list-style-type: none"> Reverse Osmosis Water Coffee Pistachies Cranberries Wheat Popcorn 	<ul style="list-style-type: none"> Distilled & Purified Water White Bread Beef Prunes Most Nuts Peanuts 	<ul style="list-style-type: none"> Beer White Rice Navy Beans Black Beans Cooked Corn Molasses
		<ul style="list-style-type: none"> Lamb Shellfish Goat Cheese Pasta Worry Tobacco Smoke Sweet N Low NutraSweet 	<ul style="list-style-type: none"> Pork Pastries Soda Pickles Lack of Sleep Chocolate Equal Processed Food 	<ul style="list-style-type: none"> Most Bottled Water & Sports Drinks Blackberries Sweetened Fruit Juices Tomato Sauce Wine Cheese Black Tea Stress Overwork Vinegar Aspartame Microwaved Foods
		2.3 Colas! (Off the Chart)		