

	<u>ACIDIC</u>	
Alcohol	Sugar	Animal Protein
Dairy	Wheat	Canned Fruit
<u>SPECIFIC</u>	<u>ACIDIC</u>	<u>FOODS</u>
Bacon	Eggs	Peas, Dried
Barley	Fish	Pepper
Beef	Flour, White	Poultry
Black Pepper	Flour, Wheat	Pike
Bran, Wheat	Haddock, Fish	Plums
Bran, Oats	Honey	Pork
Bread, White	Ice Cream	Processed Cereals
Bread, Wheat	Lamb	Prunes
Butter	Legumes	Refined Sugar
Catsup	Lentils, dried	Rice, Brown
Cheese	Lobster	Rice, White
Chicken	Milk, Cow	Salmon
Chocolate	Macaroni	Sausage
Cocoa	Meat	Scallops
Coffee	Mustard	Shrimp
Cod Fish	Nuts	Spaghetti
Corn	Noodles	Soft Drinks
Corn Starch	Oatmeal	Squash, Winter
Corn Oil	Olive Oil	Sunflower Seeds
Corn Syrup	Olives	Tea, Black
Coconut	Organ Meats	Turkey
Corned Beef	Oysters	Veal
Crackers, Soda	Peanut Butter	Vinegar, Distilled
Cranberries	Peanuts	Walnuts
Currants	Pasta	Wheat Products
		Wheat Products

	<u>ALKALINE</u>	
Fresh Fruit	Sea Vegetables	
Fresh Vegetables	Millet	Sprouts
<u>SPECIFIC</u>	<u>ALKALINE</u>	<u>FOODS</u>
Almonds, Raw	Figs, Fresh	Parsnips
Amaranth	Grapefruit	Peaches
Apples	Grapes	Peppers
Apple Cider Vinegar	Green Beans	Pears
Apricots	Green Kale	Pineapple
Avocados	Green Peas	Potatoes, Sweet
Bananas	Kelp	Potatoes, White
Beet Greens	Leeche Nuts	Quinoa
Beets	Lemons	Radishes
Blackberries	Lettuce	Raisins
Blueberries	Lima Bean, Dried	Raspberries
Broccoli	Lima Bean, Green	Rhubarb
Brussels Sprouts	Limes	Rutabagas
Brazil Nuts	Mangos	Sauerkraut
Cabbage	Maple Syrup	Soy Beans, Green
Cantaloupe	Melons	Spinach, Raw
Carrots	Milk, Goat	Sprouts, All
Cauliflower	Millet	Squash
Celery	Molasses	Strawberries
Chard Leaves	Mushrooms	Tangerines
Cherries, Sour	Mustard Greens	Watercress
Chestnuts	Nectarines	Watermelon
Collard Greens	Okra	Yams
Corn, Fresh	Onions	
Cucumbers	Oranges	
Dates, Dulse	Parsley	

ACIDIC AND ALKALINE FOOD GROUPS

To get an idea to which foods are acidic and which are alkaline, please refer to the two groups above. Remember, 80% of the food we take in should be alkaline and 20% should be acidic.

GOLDEN RULES OF HEALTH

By Dr. Jack Ritchason

1. Stop Putting Poisons into Body
2. It takes 5-7 times the normal amount of nutrition to rebuild and repair than to maintain.
3. Nothing heals in the human body in less than 3 months (add one month for every year you've had health problems).
4. Have all moderation in all things.
5. Make peace with nature.
6. Live closer to God.
7. You must take responsibility for yourself and your health.
8. Eat as much raw food as possible.
9. Exercise regularly the rest of your life.
10. Practice and learn to understand completely Herrings Law of Care. "All cure starts from within-out. From head down and reverse order as symptoms.

ACIDOSIS – Causes the following problems:

1. Corrodes Arteries, Veins and Heart Tissues
2. Accelerates Free Radical Damage – Premature aging
3. Causes weight gain, Diabetes and Obesity
4. Causes Cholesterol Plague to form
5. Disrupts Blood Pressure
6. Disrupts Critical Lipid and Fatty Acid Metabolism
7. Inhibits Metabolism of Stored Energy Reserves
8. Inhibits Cellular Regeneration & DNA – RNA Synthesis
9. Inhibits Oxygen Getting to the Tissue
10. Inhibits Life giving Electrolyte activity

GET ALKALINE – GET HEALTHY

Xooma “Changing the Health of a Generation”