

=gh'Y]bY`U`_U`]gWXY`9fbÅ\fi b[`k]f_`]W
[YgØbXYf3

J cb`U`Yb`A Ò[`]W_X]hYbž`k]Y`G]Y`Y]W`h`j Yfk]ffh`k YfXYb`
_ØbbYbž`k Y`WXY`@YVYbga]hhY`` [Ygi bX` `g]bXž`]gh`X]Y
`Åi Z[ghY`X]Y`[fUi gUa ghY""8]Y`8]Åh]bXi ghf]Y``]YVh`Ygž`Y]b
?cbnYdh`ni `Ybhk]W_Y`bž`XUg`G]Y`Ui ZY]bYf`[fi bX`Y[YbXYb
9VYbY`j YfghY`Ybž`i bX`XUbb`X]Y`K]ggYbgW`UZh`ni `j YfXfY`Ybž`
i a `XYb`9]bXfi W`ni `Yfk YW_Ybž`XUgg`VYgh]a a hY
@YVYbga]hhY``ZØf`≠fY`; Ygi bX`Y]h`[YZÅ`f`]W`g]bX""8]Y
A Ub]di `Uh]cb`j cb`5b[gh`hfY]Vh`G]Y`ni `fYghf]_h]j YfYb`8]ÅhYbž`
YfZcfXYfh ž`XUgg`G]Y`; Y`X`ZØf`HYghg`j YfgW`k YbXYbž`X]Y`≠fY
5b[gh`bi f`j YfghÅf_Yb`fi bbØh][Łž`i bX`X]Yg`Yfnk]b[h
J Yf`U`hYbgÅbXYfi b[Ybž`X]Y`ZØf`≠fY`J cf`]YVYb`i bbUhØf`]W`
g]bX`i bX`Åi Z[`bi f`ni `a Y`f`; fi ghfUh]cb`ZØ`fYb`i bX`; Y`Y`f`
8]Yg`]gh`[YbUi `XUgž`k Ug`a]h`XYf`/ Ua d^Y``]d/



J cb`U`Yb`A Ò[`]W_X]hYbž`k]Y`G]Y`Y]W`h`j Yfk]ffh`k YfXYb`_ØbbYbž`
k Y`WXY`@YVYbga]hhY`` [Ygi bX` `g]bXž`]gh`X]Y`Åi Z[ghY`X]Y
[fUi gUa ghY""8]Y`8]Åh]bXi ghf]Y``]YVh`Ygž`Y]b`?cbnYdh`ni

Ybħk]W_Y`bž`XUg`G]Y`Ui`Z`Y]bYf`[fi bX`Y[YbXYb`9VYbY`j YfghY\Ybž
i bX`XUbb`X]Y`K]ggYbgW\UZh`ni`j YfXfY\Ybž`i a`XYb`9]bXfi W`ni
Yfk YW_Ybž`XUgg`VYgh]a`a hY`@VYbga`]hhY`ZØf`≠fY`; Ygi bX\Y]h
[YZÀ`f`]W\`g]bX"

8]Y`A`Ub]di`Uh]cb`j`cb`5b[gh`hfY]Vh`G]Y`ni`fYghf`_h]j YfYb`8]ÀhYbž
YfZcfXYfh ž`XUgg`G]Y`; Y`X`ZØf`HYghg`j YfgW\k YbXYbž`X]Y`≠fY
5b[gh`bi`f`j YfghÀf`_Yb`fi bbØh][Łž`i bX`X]Yg`Yfnk`]b[h
J Yf\U`hYbgÀbXYfi b[Ybž`X]Y`ZØf`≠fY`J`cf`]YVYb`i bbUhØf`]W\`g]bX
i bX`\Ài`Z][`bi`f`ni`a`Y`f`; fi ghfUh]cb`ZØ`fYb`i bX`; Y`\`Yf"

8]Yg`]gh[YbUi`XUgž`k Ug`a`]h`XYf`U`_U`]gW\Yb`8]Àh`cXYf`a`]h
9fbÀ\fi b[gj`cfgW\`À[Yb`[YgW\Y\Yb`]ghž`X]Y`G]Y`ØVYf`X]Y`5`_U`]hÀh
cXYf`XYb`GÀi`fY[Y\U`h`Y]bYg`@VYbga`]hhY`g`VYi`bfi`\[Yb"

6Yj`cf`G]Y`≠fY`9fbÀ\fi b[`Ui`Z`XYf`; fi bX`U[Y`XYg`d<!K`Yfhg`j`cb
@VYbga`]hhY`b`ÀbXYfb`cXYf`ni`gÀhn`]W\`Yg`; Y`X`ZØf`Y]bY
U`_U`]gW\YfY`9fbÀ\fi b[`Ui`g[YVYb`fUž`k`]f`VYhfUW\hYb`G]Y`U`g
U`_U`]gW\Yg`K`UggYfŁž`UggYb`G]Y`i`bg`X]Y`@`Zh`XUfØVYf`_`ÀfYbž`k`Ug
]b`≠fYa`?`ØfdYf`dUgg]Yfhi`bX`k`Ug`k`]f`_]W\`]gh`k`]W\h][`ZØf`≠fY
; Ygi bX\Y]h"

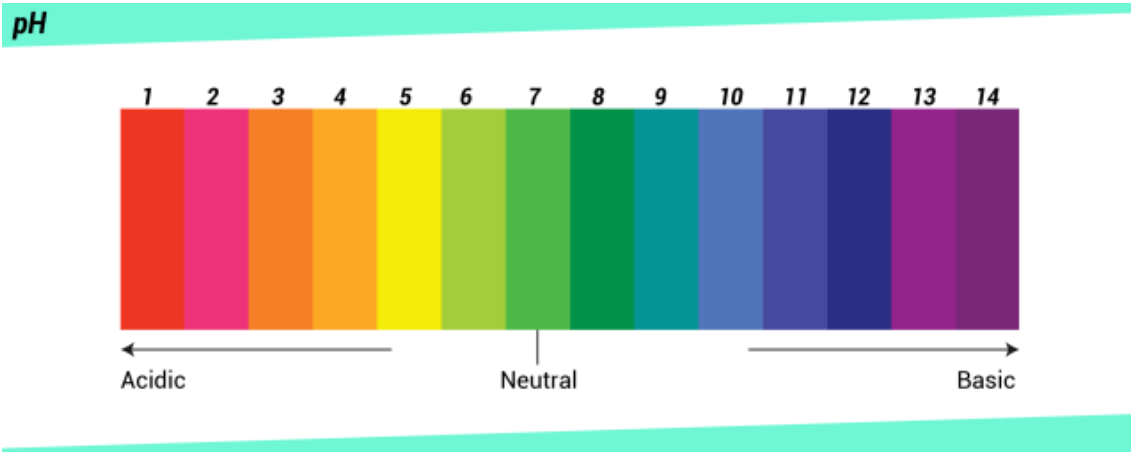
GUi`fY`8]Àh`j`g``U`_U`]gW\`Y`8]Àh

8Ua`]h`U``X]Yg`G]bb`a`UW\hž`Z]bXYb`G]Y`\]Yf`Y]bY`_i`fnY
5i`Zf]gW\i`b[ž`X]Y`Yf`_`Àfhž`k`Ufi`a`X]Y`A`YbgW\Yb`g]W\`ØVYf\Ui`dh
i`a`X]Y`GÀi`fY`cXYf`5`_U`]hÀh`XYf`@VYbga`]hhY`_Øa`a`Yfbž`X]Y`G]Y
YggYb"

≠f`?`ØfdYf`\Uh`Y]bYb`d<!K`Yfhž`XYf`ZYghghY`hž`cV`Yhk`Ug`gUi`Yfž
bYi`hfU`cXYf`VUg]gW\`]gh`f5?`5`U`_U`]gW\Yfž`gW\k`YfYfŁž`≠f`d<!K`Yfh
`]Y[h`Ui`Z`Y]bYf`%(`!Di`b`hY!G`_U`Už`k`cVY]`\$!*`ž`gUi`Yf`]ghž`+`bYi`hfU`
]gh`i`bX`U`Y`g`ØVYf`Y]bYf`+`VUg]gW\`]gh"

K`Ybb`≠f`?`ØfdYf`Ui`g[Y[`]W\Yb`]ghž`_Ubb`Yf`J`]hUa`]bY`i`bX
A`]bYfU`]Yb`Y`ZY`_h]j`Yf`bi`hnYb``i`bX`Yg`k`ÀW\gh`X]Y`,`VYfnYi`[`i`b[ž
XUgg`?`fYVgYf`_fUb`_i`b[Yb`]b`Y]bYf`gUi`fYb`i`a`[YVi`b[`[YXY]\Yb"

8 U\Yf'k]fX'XUj cb'Ui g[Y[Ub[Ybž'XUgg'Y]bY'U' _U`]gWXY'9fbÅ\fi b[X]Y'gUi fY'I a [YVi b[' ÆfYg'? ÒfdYfg'fYXi n]Yfh'i bX'G]Y'gWØhnh''



Ægh'Y]bY'gUi fY'9fbÅ\fi b['[YZÅ\ f`]W 3

;`ØW_]WXYfk Y]gY'ZØf'G]Y'i bX'X]Y'; Ygi bX\Y]h' ÆfYg'? ÒfdYfgž'8 Ug 9ggYb'j cb'a Y\ f'gUi fYb'@YVYbga]hhY`b'ghY`h'b]W h'X]Y 6YXfc\i b['XUfž'X]Y'G]Y'ja ' ÆhYfbYh'gY\Yb'k YfXYb''

A YbgWYbž'X]Y'Y]bY' U' _U`]gWXYfY'9fbÅ\fi b['Ya dZY\`Ybž gW'U[Yb'j cfž'XUgg'gUi fY'@YVYbga]hhY`XYb'd<!K Yfh' ÆfYg'6'i hYg j YfÅbXYfb'i bX'XUg'? fUb_\Y]hgf]g]_c'Yf\Ø\Yb''

8]Yg']gh'Y]bZUW'`b]W h'k U\ f'i bX'\]Yf']gh'XYf'; fi bX.' Æf'6'i h!d< k]fX'ghfYb['fY[i`]Yfhž'gc'XUgg'Yf'nk]gWYb'+ž')'i bX'+ž()'V`Y]Vhž k Ug`Y]W h'U' _U`]gW']gh'f%']gh'gUi Yfž'+']gh'bYi hfU'i bX'%(']gh U' _U`]gW'Ł''

? Y]b'@YVYbga]hhY` _Ubb'XYb'd<!K Yfh'XYg'6'i hYg'gYb_Yb cXYf'Yf\Ø\Yb''f!UggYb'G]Y'X]Yg'U'g'YfghYg'5bnY]WYb'XUZØf Y]bk]f_Ybž'XUgg'J cfgW'À[Y'ZØf'Y]bY'gÀi fY\U'h][Y'#U' _U`]gWY 9fbÅ\fi b['GWfYW_YbgghfUhY[]Yb'g]bXž'X]Y'Ui Z'gW'YW hYb k]ggYbgWUZh]WYb'9f_Ybbhb]ggYb'VYfi \Yb"Ł''

8Yi h']W'gY]b.'9ggYb' _Ubb'XYb'd<!K Yfh' ÆfYg'6'i hYg'b]W h j YfÅbXYfb''

9g'[]Vh'j]Y'Y'GmghYa Yž'X]Y'X]Yg'j Yf\]bXYfb''K Ybb'g]W'XYf'd<!

K Yfh'ÀfYg'6'i hYg'ÀbXYfhž'VYXYi hYh'X]Ygž'XUgg'G]Y'g]W\]b'Y]bYf
_f]h]gWYb'; Ygi bX\Y]hg[YZU\ f'VYZ]bXYb"8Yf'; `Ui VYž'XUgg'Y]bY
gUi fY'9fbÀ\fi b['XUg'6'i h'Ui Z'Y]bY'K Y]gY'j YfÀbXYfhž'X]Y'Y]bY
'YVYbgVYXfc\`]WY'?'fUb_\Y]h'fk]Y'?'fYVgŁ'j Yfi fgUW\hž']gh'U`gc
b]W\h'fYU"

Ŗhnh'k YfXYb'Y]b][Y'@Yi hY'G]Y'j Yfk]ffYbž']bXYa 'G]Y'ÀfYb'İ f]b
hYghYb`UggYbž'k Ybb'G]Y'VYgh]a a hY'@YVYbga]hhY`YggYb"K Ybb
G]Y'X]Yg'hi bž'k YfXYb'G]Y'k U\fgWY]b`]W\`d<!ŸbXYfi b[Yb'gY\Yb"
9g']gh'YXcW\`gY\ f']ffYZØ\ fYbXž'ÀfYb'İ f]b'U`g'ŁX]_Uhc'f'ZØ'f'XYb
GÄi fY[Y\U'h']b'ÀfYa '?'ØfdYf'ni 'VYhfUW\hYb"

8 Ug`Y] h'XUfUbž'XUgg'Àf'A U[Yb'Ui Z] fi bX'XYf'HUhgUW\Yž'XUgg'Yf
VY]a '5VVUi 'j cb'B U\fi b[ga]hhY'b'\`]Zhž'gY\ f'gUi Yf']gh"K Ybb'G]Y
U`gc'gUi fYg'9ggYb'YggYbž'gWY]XYb'G]Y'bUhØ'f']W\`GÄi fY'Ui gž
gcVU'X'Yg'Xi fW\`ÀfYb'A U[Yb'[Y'Ub[h"8]Yg'VYXYi hYh'b]W\hž'XUgg
Àf'?'ØfdYf']b']f[YbXY]bYf'; YZU\ f'cXYf'Ui g'XYa ' ; `Y]W\ [Yk]W\h
[YfUhYb']gh"

8 UfØVYf'\]bUi g']gh'Y]b'6'i h!d<'i bhYf'+ž') `U`g'a YhUVc`]gWY
5n]XcgY'VY_Ubbhž'k À\ fYbX'g]W\`5`_U`cgY'Ui Z'Y]bYb'6'i h!d<'ØVYf
+ž() 'VYn]Y\h"ŖXYf': U`` []Vh'5b`Ugg'ni 'Yfbgh\UZhYf'6Ygcf[b]g'i bX
YfZcfXYfh'gcZcfh][Y'Àfnh']WY'<'ZY"9g']gh'b]W\h'gcž'U`g'k ØfXYb'G]Y
: `Y]gW\`YggYbž'ÀfYb'd<!K Yfh'ÀbXYfb'i bX'DfcV'Ya Y'\UVYbž'c\ bY
Yg'ni 'k]ggYb"

K Ybb'g]W\`XYf'd<!K Yfh'ÀfYg'6'i hYg'ÀbXYfhž'k]ggYb'G]Y'6YgWY]X
İ bX'ZØ\`Yb'g]W\`k U\fgWY]b`]W\`gY\ f'_fUb_"

8 Ug`\Y]» h'b]W\hž'XUgg'XUg'9ggYb'Y]b][Yf'gUi fYf'@YVYbga]hhY`
_Y]bY'?'cbgYeİ YbnYb'\Uhž'UVYf'Yg']gh'Y]bY'?'ØXYf!İ bX!GW\U'hYf!
6Y[fØbXi b["Ni [YgYhnhY'Ni W_Yf'İ bX'fUZZ]b]YfhY'GhÀ_fYb'g]bX
dfcV'Ya Uh]gW\`b]W\h'k Y]'g]Y' gÄi fYV]'XYbX'g]bXž'UVYf'k Y]'g]Y
bi f'a]b]a U`bU\ f\UZh'g]bXž'6]ca Uf_Yf'ZØ'f'<Yfn_fUb_\Y]hYb
Yf\Ø\Yb'İ bX'İ bgYfYb'6'İ hni W_Yfgd]Y[Y`nYfghØfYb'_ØbbYb"

=gh'Y]bY`U`_U`]gW\Y`8]Åh'VYggYf3

K Å\fYbX`Yg`b]W\h`b`Òh][`]ghž'XYb`GÀi fY[Y\U`h`cXYf`X]Y`5`_U`]hÅh
⇒fYg`l f]bg`ni`hYghYb`cXYf`g]W\`XUfØVYf`; YXUb_Yb`ni`a UW\Ybž
[]Vh`Yg`UbXYfY`; fØbXYž`g]W\`U`_U`]gW\Yf`ni`YfbÅ\fYb`i`bX`U`
X]YgY`; fØbXY`\UVYb`Yg`[YhUb`b]W\hg`ni`hi`b`a`]h`XYa`hYghYb`j`cb
d<!K YfhYb"

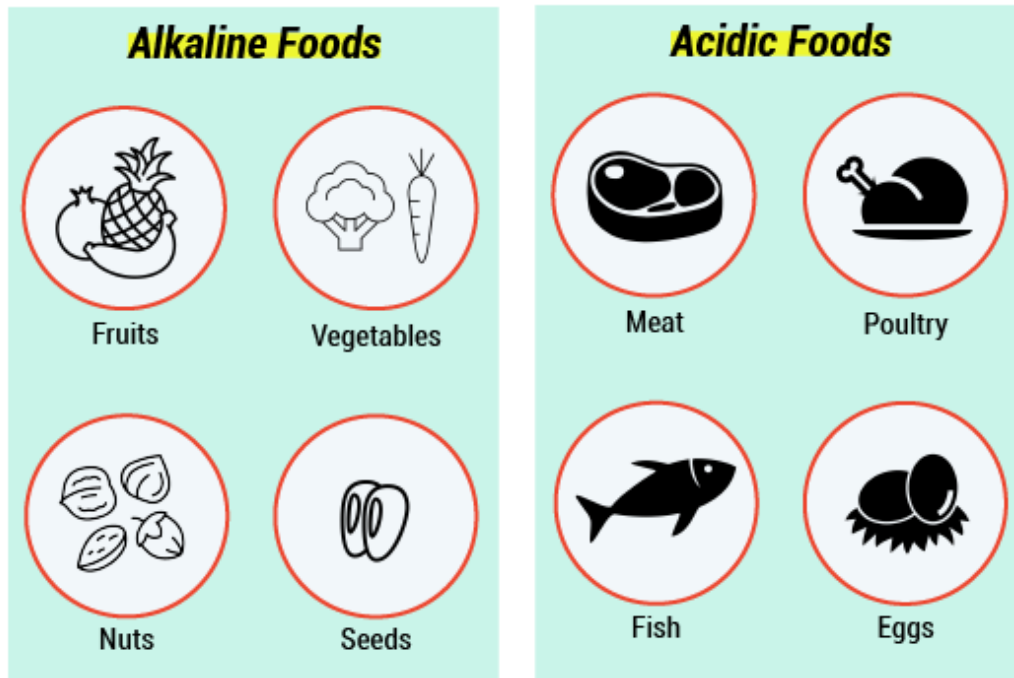
J]Y`Y`XYf`[YgØbXYghYb`@YVYbga`]hhY``XYf`K Y`h`g]bX`Y]bZUW\
U`_U`]gW\"

Ni`XYb`U`_U`]gW\Yb`@YVYbga`]hhY`b`[Y\ÖfYb`C Vghž`; Ya`ØgYž
B ØggYž`GUa`Yb`i`bX`<Ø`gYbZfØW\hY``8 Ug`9ggYb`X]YgYf`@YVYbga`]hhY`
]gh`ja`5`[Ya`Y]bYb`Y]bY`[i`hY`⇒XYž`UVYf`XUg`VYXYi`hYh`b]W\hž`XUgg
G]Y`g]W\`j`cb`gUi`fYb`@YVYbga`]hhY`b`fk`]Y`:`Y]gW\`i`bX`9]YfbŁ
ZYfb\U`hYb`a`ØggYbž`i`bX`Yg`[]Vh`_Y]bY`<]bk`Y]gY`XUfUi`Zž`XUgg`XYf
GÀi fY[Y\U`h`⇒fYf`9fbÅ\fi`b[`?`fUb`_Y]hYb`\Yfj`cffi`Zh"

Alkaline vs. Acidic Foods

Why would you eat a more basic or alkaline diet?

Simply because many foods that are less acidic just happen to be good for you.



I bX`bY\`a Yb`G]Y`b]W\h`bi f`i bgYf`K cfh`XUZØf`"; Ya Å»`
F Yggci fWb`Ui g`XUg`Ua Yf]_Ub]gW\Y`bgh]hi h`ZØf`? fYVgZc fgW\i b[.
9]bY`J YfÅbXYfi b[`XYf`NY``i a [YVi b[`XYg`a YbgW\`]W\Yb
? ØfdYfgž`i a `Y]bY`k Yb][Yf`gUi fYž`k Yb][Yf
_fYVgZfYi bX`]W\Y`l a [YVi b[`ni`gW\ UZZYbž`]gh`d fU_h]gW\
i ba Ø[`]W\ " `

K Ybb`G]Y`ØVYf`XYb`? Ui Z] cb`U`_U`]gW\Ya`K UggYf`bUW\XYb_Ybž
gdUfYb`G]Y`V]hhY`Æf`; Y`X" <]Yf`_ØbbYb`G]Y`U`Yg`XUfØVYf`YgYbž
k Ufi a `5fh]_Y`Ui g`XYf`BYk`Mcf`_H]a Yg"

K Ybb`G]Y`YXcW\`a Y\`f`U`_U`]gW\Y`@YVYbga`]hhY`YggYb`a ØW\hYbž
hi b`G]Y`X]Ygž`c\`bY`g]W\`i a `XYb`d<!K Yfh`gcf[Yb`ni`a ØggYbž`i bX
Y]bZUW\ž`k Y]`X]Yg[i hY`C dh]cbYb`g]bXž`X]Y`ni`ÆfYb
9fbÅ\`fi b[gdfÅZYfYbnYb`dUggYb"

< UVY': fU[Yb3'HY]'Y'g]Y']b'XYb'?ca a YbhUfYb'i bhYb"

I bX'k Ybb'G]Y'Yg'gUhh'\ UVYbž'XUgg'X]Y'8]Àh]bXi ghf]Y'G]Y']ffYZØ\ fhž
X]Y'dfU_h]gWXY'I bhYfghØhni b['j cb'I bgYf'C b`]bY!7c UWX]b[!
Dfc[fUa a ']gh'a Ò[`]WXYfk Y]gY'XUg'F]W h][Y'ZØf'G]Y'">XYa
?i bXYb'k YfXYb'nk Y]'HfU]bYf'ni [Yk]YgYb' 'Y]bYf'ZØf'9fbÀ\fi b[
i bX'Y]bYf'ZØf':]hbYgg"<]Yf'YfZU\ fYb'G]Y'a Y\ f"

..H

⊖gd]f]Yfh]j cb'6:

8YhU]'g

6Ygi WXYb'G]Y'i bg'Ui Z.'a Y]b!Z]hbYgg"bYh