

# ACID AND ALKALINE FORMING FOODS

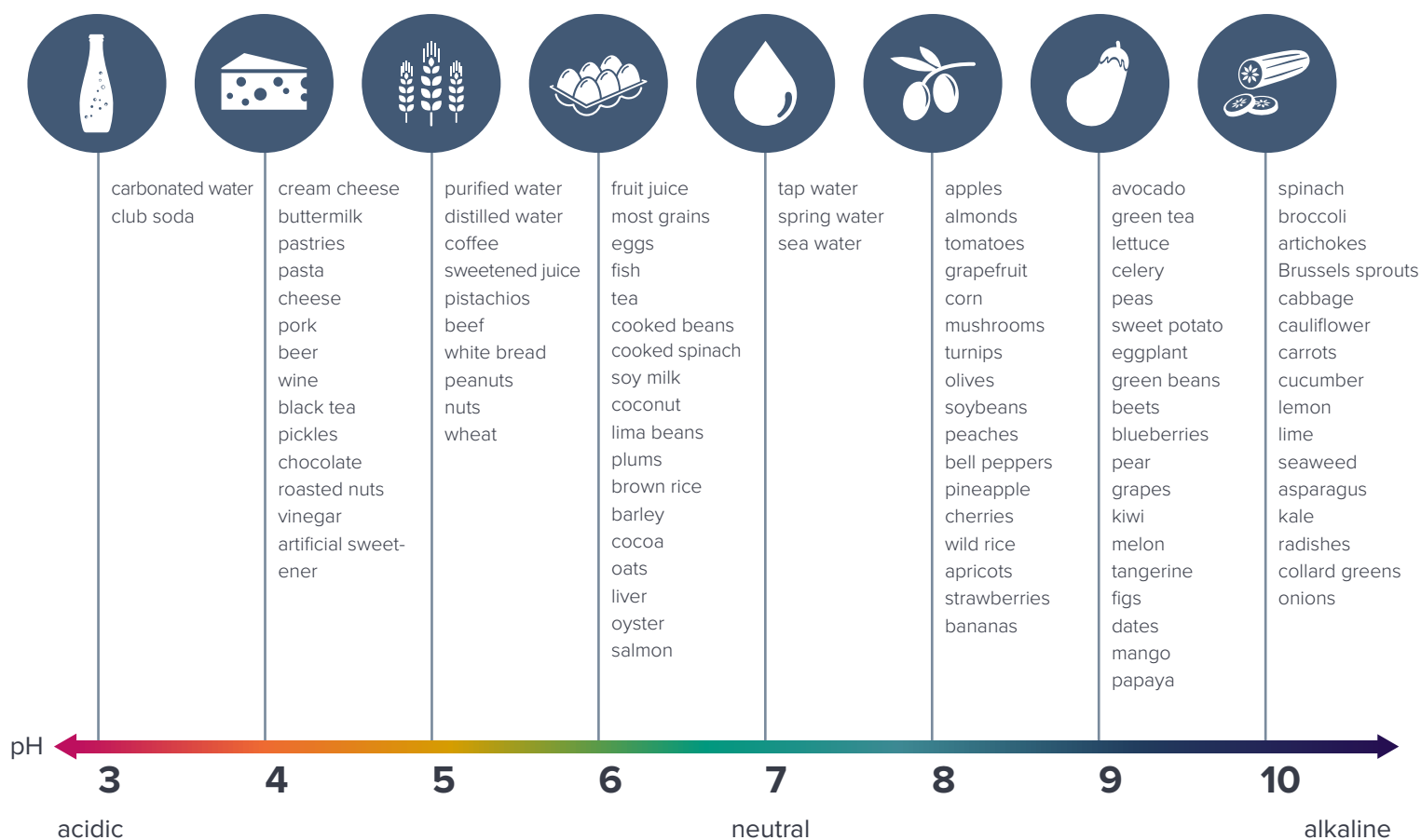
The pH of human blood is regulated to stay within the narrow range of 7.35-7.45, which is slightly alkaline (or basic). Falling below 7.35 is too acidic, and disease thrives in an acidic environment. Rising above 7.45 is too alkaline.

The sweet spot is in between. Our bodies help to control our acid-base balance primarily through our respiratory and urinary systems. However, it's also helpful to monitor and control the acidic and alkaline composition of our bodies through the foods we eat.<sup>1</sup>



Foods either produce an acid or alkaline product after they're digested and broken down. The actual pH of the food doesn't impact whether a food is acidic or alkaline forming in the body. For example, lemon is very acidic, but is alkaline forming in the body. In general, meat, eggs, dairy and refined carbohydrates are acid forming, and most fruits and vegetables are alkaline forming. Cooked foods are generally more acidic than raw foods.

Look and see the effects these common foods have on your body!



1. Robert O. Young and Shelley Redford Young's *The pH Miracle: Balance Your Diet, Reclaim Your Health*