

FOOD EFFECT ON BODY CHEMISTRY BALANCE: A SERVICE OF THE ELISA/ACT FAMILY

For the Health of It, Eat to the Left.

HIGH	ALKALINITY	LOW	CATEGORY	LOW	ACIDITY	HIGH	
BAKING SODA GENSENG SALT UNEBOSHI	SPICES GRAIN BEVERAGES MINERAL WATER SOY SAUCE SEA SALT	APPLE CIDER VINEGAR MUTTEA SAKE FRUIT WINE GREEN TEA	SULFITE ALGAE SUCCANANT MOLASSES	OTHER ITEMS	MAPLE SYRUP HONEY ASPARTAME COFFEE	BENZOATE TARTROCA VANILLA ALCOHOL BLACK TEA	PUDDING SUGAR COCOA WHITE VINEGAR JAM/HELLY
			DAIRY PROCESSED COW GOAT SHEEP HUMAN	GOAT CHEESE SHEEP CHEESE	AGED CHEESE GOAT MILK	CASEIN 30-DAY CHEESES	PROC. CHEESE MILK/ACE CREAM
			ELEPH MEAT EOWL GAME SHELL FISH MOLLUSKS	GELATIN/ORGAN MEATS WILD DUCK WILD VENISON FISH CRAB	LAMB GOOSE TURKEY SHELL FISH MOLLUSKS	PORK CHICKEN	MUSCLE CARP
WAKAME PUMPKIN BURDOCK CURRY LOTUS	POPPY CINNAMON CHESTNUT PEPPER GINGER	PRUNOSE OIL SPROUTS SESAME SEED ALMOND COD LIVER OIL	NUTS SEEDS OILS ROOTS	SESAME OIL GRAPE SEED OIL SUNFLOWER OIL PINE NUT	ALMOND OIL SESAME CASHEW SAFFLOWER TOFU	PISTACHIO CHESTNUT LARD PECAN	COTTONSEED HAZELNUT WALNUT BRAZIL HYDROGENATED
			GRAINS CEREAL GRASS	TRITICALE MILLET KASIA AMARANTH BROWN RICE	BUCKWHEAT WHEAT SEMOLINA FARINA WHITE RICE	MAIZE GROATS CORN RYE	BARLEY
LENTILS YAM NORI ONION DAIKON BRASSICA HIJIKI	KIHOI RABI PARSNIP GARLIC KALE ENDIVE MUSTARD GREEN PUMPKIN TARO	FUNGI MUSHROOM CAULIFLOWER RUTABAGA SALSIFY NIGHTSHADE PUMPKIN COLLARD GREEN	BRUSSEL SPROUT BEET CHIVE OKRA TURNIP GREEN SQUASH LETTUCE	VEGETABLES LEGUMES PULSES BEANS	SPINACH FAVA KIDNEY STRING/MAX NAVY/RED AZUKI LIMA CHARD	GREEN PEA PEANUT SNOW PEA CHICK PEA CARROTS LEGUMES	SOYBEAN CAROB
NECTARINE PERSIMMON RASPBERRY WATERMELON	CANTELOUPE HONEYDEW CITRUS OLIVE STRAWBERRY LOGANBERRY MANGO	PEAR PINEAPPLE APPLE BLACKBERRY CHERRY PEACH PAPAYA AVOCADO	APRICOT BANANA BLUEBERRY CURRANT RAISIN GRAPE STRAWBERRY	FRUITS	PLUM PRUNE	CRANBERRY	

Prepared by Dr. Russell Jaffe for Scrammune Physicians Lab., 311 Maple Ave. West, Suite E1, Vienna, Va. 22180
 from sources including Food & Nutrition Encyclopedia; Nutrition Applied Personality, by M. Walczak; Acid & Alkaline by H. Aihara.
 Food growth, transport, storage, processing, preparation, combination, & assimilation influence effect intensity.

KARL J. MINCIN
 CLINICAL NUTRITIONIST
 (360) 770-8486

Acid-Alkaline Balance

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THE BODY NEEDS TO KEEP A BALANCE BETWEEN ACIDS and bases in the blood. The blood is kept to a pH which is slightly alkaline (basic) with a pH 7.3-7.45. (pH is the balance between acids and alkalines as expressed on a scale of 0-14 with a pH of 7 being neutral. The more the number is below 7, the more acidic it is and the more above 7, the more alkaline it is.) The pH of the blood would change dramatically as we eat different foods, except for the fact that the body has a buffering mechanism. Different foods when metabolized leave an ash with a pH ranging from very acidic to neutral to very alkaline. If the body wasn't able to counter the effect of different foods, the pH of blood would bounce all over the place. The buffer system has a tendency to resist changes in pH; it releases the type of charged particle needed to bring the pH back to normal. We have four main buffering systems: the bicarbonate-carbonic acid system, the hemoglobin-oxyhemoglobin system, proteins and the phosphate system. If there are excessive acids in the system, they are disposed of through the lungs or the kidneys. The kidneys, reacting slowly to changes in the blood pH, eliminate acid products through urine, resulting in urine's slightly acidic nature (pH 5.5-6.6). The lungs react quickly to blood pH changes by discharging excess acid through expiration of gases.

The body is able to deal with an excess of acid or alkaline ash from food in the short run but, if over a long period of time you eat a diet which produces an excessive amount of acid or alkaline ash, the body gradually uses up its reserve of acid or alkaline buffers. If the alkaline reserve is used up, a condition known as acidosis results. This condition may also result from starvation or the inability to metabolize food properly which happens sometimes in diabetes. Alkalosis occurs when the acid reserve is used up.

Some nutritionists believe that many people have a shortage of alkaline reserve which they link to many chronic diseases. I do not know if this is as common as some of these nutritionists think, but people eating the typical American diet are getting an excess of acid ash. This is because meat, eggs, cheese and most grains are acid forming foods and eating a diet rich in these foods will upset the balance. Where the balance should lie between acid and alkaline is not clear. Paavo Airola reports that Doctor Berg feels that we should eat about eighty percent of alkaline foods and about twenty percent acid forming foods, but I have not seen any data which indicates what is correct. However, it is important for people who eat many acid ash foods to move their diet in an alkaline direction. This is not to say, as some nutritionists have stated, that the acid ash foods are bad. The only issue here is the balance of the body. Too much alkalinity is as bad as too much acidity.

Rules For Keeping Your Diet More Alkaline

Try to have millet and buckwheat often, in place of some other grains. Eat less meat and eggs. Substitute yogurt and kefir partially for cheese. Eat lots of vegetables and fruits. When eating nuts, favor almonds and chestnuts.

Note: these rules are to alter the balance between foods, not to eliminate foods.

Acid-Alkaline Foods

ALKALINE

Very alkaline — figs, soy beans, lima beans, apricots, spinach, most dark green leafy vegetables, raisins.

Moderately alkaline — almonds, carrots, dates, celery, cucumber, cantalopes, lettuce, watercress, potatoes, pineapples, cabbage, grapefruit, tomatoes, peaches, jams and jellies, honey, molasses, chestnuts.

Slightly alkaline — apples, grapes, bananas, watermelon, millet, coconut, buckwheat, milk, cream, buttermilk.

Neutral — Butter, margarine, fats and oils, arrowroot, corn-starch, sugar.

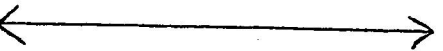
Slightly acidic — peanuts, lentils, brazil nuts, filberts, walnuts, corn.

Moderately acidic — cheese, nuts, bread, cakes and cookies, rice, grains (except buckwheat and millet), eggs, meat, chicken, fish, shellfish, cranberries, plums, prunes, pasta.

Very acidic — oysters.

Notes: All fruits are alkaline, except cranberries, plums and prunes. All vegetables are alkaline except corn and lentils. Sprouted seeds and grains are more alkaline than non-sprouted ones.

ACID



KARL J. MINCIN
CLINICAL NUTRITIONIST

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