

<p><b>STRONG ALKALINE ASH</b></p> <p>↑</p> <p>.....</p> <p><b>WEAK ALKALINE ASH</b></p>	<p>GARLIC ONION CUCUMBER CELERY BROCCOLI CABBAGE ZUCCHINI KALE ALFALFA SPIRULINA WHEAT GRASS PARSLEY BELL PEPPER EGGPLANT MUSHROOM ASPARAGUS CAULIFLOWER LETTUCE BRUSSEL SPROUT GREEN PEA SNOW PEA BEET</p>	<p>WATERMELON LIME CANTELOPE HONEYDEW RASPBERRY GRAPEFRUIT MANGO PAPAYA CHERRY PEACH APPLE PEAR LEMON STRAWBERRY GRAPES ORANGE KIWI BLUEBERRY APRICOT PINEAPPLE AVOCADO BANANA GUAVA RAISINS DATES FIGS</p>	<p>PUMPKIN SEED POPPY SEED SESAME SEED SUNFLOWER SEED ALMONDS FLAX SEED</p>		<p>WINTER SQUASH YAM POTATO PARSNIP TURNIP CARROT MILLET</p>			<p>SEA SALT DULSE SALT SEA VEGETABLE</p> <p>AEROBIC EXERCISE</p> <p>MOST HERBS</p> <p>RAW MOLASES GINGER ROOT</p> <p>MINERAL WATER DISTILLED WATER</p>	
	<b>VEGETABLES</b>	<b>FRUIT</b>	<b>NUTS + PROTEIN</b>	<b>OILS</b>	<b>BEANS + PROTEIN/STARCH</b>	<b>GRAINS * STARCH</b>	<b>DAIRY PROTEIN</b>	<b>MEAT + PROTEIN</b>	<b>MISC.</b>
<p><b>WEAK ACID ASH</b></p> <p>.....</p> <p><b>STRONG ACID ASH</b></p> <p>↓</p>	<p>SPINACH RHUBARB CHARD</p>	<p>TOMATO PLUM PRUNE DRIED FRUIT CRANBERRY POMEGRANATE</p>	<p>CHESTNUT COCONUT PISTACIO PECAN CASHEW BRAZIL HAZELNUT WALNUT</p>	<p>AVOCADO OIL PUMPKIN SEED OIL PRIMROSE OIL COD LIVER OIL OLIVE OIL LINSEED OIL SESAME OIL SUNFLOWER OIL ALMOND OIL FLAX OIL CANOLA OIL</p>	<p>STRING BEANS LENTILS FAVA BEANS LIMA BEANS KIDNEY BEANS PINTO BEANS NAVY BEANS ADZUKI BEANS WHITE BEANS BLACK BEANS GARBANZO BEANS CHICK PEA TOFU SOYBEANS</p>	<p>CORN QUINOA OATS BROWN RICE BASMATI RICE AMARANTH KAMUT TRITICALE WHEAT WHEAT GERM SPELT SEMOLINA PASTA BUCKWHEAT RYE BARLEY BREADS</p>	<p>YOGURT</p> <p>CREAM BUTTER GOAT MILK COW MILK ALL CHEESE ICE CREAM</p>	<p>CHICKEN EGGS VENISON LAMB FISH SHELL FISH CLAMS OYSTERS SCALLOPS TURKEY CHICKEN PORK VEAL LOBSTER BEEF</p>	<p>BLACK COFFEE HONEY MAPLE SYRUP</p> <p>MAYONNAISE BEER WHITE VINEGAR WHITE FLOUR PASTRIES JAMS SUGAR SOFT DRINKS CANDY CHOCOLATE CAROB WEIGHT LIFTING STRESS DRUGS CHEMICALS PRESERVATIVES ALCOHOL SMOKING</p>

- ONCE FOOD IS DIGESTED IT WILL CREATE EITHER AN ACID OR AN ALKALINE ASH EFFECT IN YOUR BODY.
- MOST DIETS ARE TOO ACIDIC AND REQUIRE MORE ALKALINE FORMING FOODS.
- OVER TIME A HIGHLY ACIDIC BODY MAY LEAD TO MANY HEALTH AILMENTS.
- \* INTESTINAL DISORDERS MAY BE IRRITATED FROM EATING TOO MUCH STARCH FOODS.
- MOST VEGETABLES SUPPLY ENZYMES AND ASSIST DIGESTION OF CONCENTRATED FOODS.
- PROPER FOOD COMBINING CAN KEEP YOU BALANCED, HEALTHY AND YOUNG!