

## Are Fruits And Vegetables Acidic or Alkaline?

Continuation of "Your Internal pH and Health", reference Dr M. Ted Morter, in his lecture series titled, "Dynamic Health"

Your body is alkaline by design and acid by function. That is a very important concept. Alkaline by design; acid by function. However, there's a big difference between the acid your cells produce and the acid that you get in high-protein acid ash foods. Cellular produced acid is a lot weaker than acid from high-protein acid ash foods. And in the second place, self-produced cellular acid doesn't need to be neutralized by vital minerals before it is sent out of the body. Self-produced cellular acid is easily eliminated through your lungs when you breathe and when you talk. Do you suppose there's a connection here with the saying "full of hot air"?

You also get acid from foods, such as oranges and lemons that are acid in their own right. This acid is also different from the acid you get from ash-producing foods. And it is as easily eliminated as the acid cells produce. This concept gets a little tricky, so we'll clear it up a bit.

We have talked a lot about acid ash-producing foods that leave an acid residue after they get into the body. By now you know that acid ash foods are generally processed foods, refined sugar, cheese, high-protein meats, poultry, fish and cooked grains. Now we're talking about acid foods that are acid when they go into the body. They are naturally acid. Lemons, oranges, and grapefruit are obviously acid. In fact, they are so acid that many people can't eat them without suffering discomfort. In general, fruits and vegetables are naturally acid foods.

In their natural state, acid foods - fruits and vegetables - have more built-in acid than do high-protein acid ash-producing foods - pasta, ice cream, coffee, meat, poultry, fish and cooked beans. Fruit acid especially may be fairly strong going into your body. However, your body can get rid of fruit and vegetable acid very easily. The tag-along acid from fruits and vegetables is eliminated the same way as the acid generated by your cells. You just blow it off.

The acid from acid ash-producing foods is different. This is the kind of acid that needs to be neutralized before it is eliminated from your body. You can't just blow it off. It must be weakened and escorted by neutralizing minerals out of the body through kidneys or bowel. The acid of fruits and vegetables is no problem. The acid from the ash of refined sugar, processed foods and beverages, meats, poultry, fish, and cooked grains can be a problem.

Just as high-protein foods leave a residual ash, fruits and vegetables also leave an ash residue. However, despite the naturally acid nature of fruits and vegetables, generally, the ash they leave is not acid. There's a big difference between the ash left by fruits and vegetables and the ash left by high-protein acid ash producing-foods. **The ash left by most fruits and vegetables is alkaline. It contains minerals that help alkalize your body.**

Fruits are pretty neat additions to your body. They're not big stress producers. They are easily digested. The acid that comes in them is easily eliminated through the lungs. And the ash they leave contributes needed minerals for your body to use. For example, lemon which is an acidic fruit, is one of the best alkaline ash-producing food. No wonder when you're not feeling well it is recommended that you drink hot tea with squeezed lemon. Instead of acid fruits being a problem for your body, they contribute much needed alkalizing minerals that help keep your internal pH under control. They help clean up the neighborhood.

All national health authorities recommend eating 5 to 9 servings of fruits and vegetables every day to promote good health and reduce the risk of cancer and heart disease. Research shows that people who eat 5 or more servings of fruits and vegetables every day may decrease their risk of cancer by 50

percent and their risk of heart disease by 33 percent compared to people who eat fewer fruits and vegetables. Eating 5 A Day may also reduce risk of diabetes, osteoporosis, and other chronic diseases.

But nutrition is not the whole story. Monitoring pH can help you determine if a program of internal cleansing is working to improve your organ and cellular health. pH testing can also be used to observe and regulate the effect of an exercise program toward the optimum level.

### **Saliva pH and Health**

"When healthy, the pH of blood is 7.4, the pH of spinal fluid is 7.4, and the pH of saliva is 7.4. Thus the pH of saliva parallels the extra cellular fluid...pH test of saliva represents the most consistent and most definitive physical sign of the ionic calcium deficiency syndrome...The pH of the non-deficient and healthy person is in the 7.5 (dark blue) to 7.1 (blue) slightly alkaline range. The range from 6.5 (blue-green) which is weakly acidic to 4.5 (light yellow) which is strongly acidic represents states from mildly deficient to strongly deficient, respectively. Most children are dark blue, a pH of 7.5. Over half of adults are green-yellow, a pH of 6.5 or lower, reflecting the calcium deficiency of aging and lifestyle defects. Cancer patients are usually a bright yellow, a pH of 4.5, especially when terminal." [The Calcium Factor: The Scientific Secret of Health and Youth](#), by Robert R. Barefoot and Carl J. Reich, M.D., Gilliland Printing Inc., Arkansas City, Kansas, 1996.

### **SALIVA pH TEST**

**A simple test you can do to measure your susceptibility to cancer, heart disease, osteoporosis, arthritis, and many other degenerative diseases.**

How to Do the Saliva pH Test ?

Wait at least 2 hours after eating. Fill your mouth with saliva and then swallow it. Do this again to help ensure that the saliva is clean. Then the third time, put some saliva onto pH paper.

The pH paper should turn blue. This indicates that your saliva is slightly alkaline at a healthy pH of 7.4. If it is not blue, compare the color with the chart that comes with the pH paper. If your saliva is acid (below pH of 7.0) wait two hours and repeat the test.

***"Our lifestyle and dietary habits increases acid waste build-up in our body, the main cause of degenerative illnesses. Alkaline drinking water helps reverse it."***

***Stay Safe. Go Alkaline***



***National Cancer Institute, USA recommends eating 5 to 9 servings of fruits and vegetables every day to promote good health and reduce the risk of cancer and heart disease.***

***Greens are your best defense against acidosis, so too is alkaline anti-oxidant water***