

Basic Dietary Rules

There are 26 suggested diets, based upon body chemistry, for normalizing the "numbers." Certain substances are not, however, compatible with good health and should be eliminated from any diet designed to promote good health.

Eliminate from the diet:

1. Caffeine, Coffee (one cup is acceptable)
2. The "Whites" white flour, white sugar, salt (including sea salt)
- 3- White potatoes (limit)
4. Alcohol (all kinds)
5. Black Teas (not herbal)
6. Carbonated Drinks
7. Ice Cream
8. Chocolate
9. Black Pepper, nutmeg
10. Oils — hydrogenated vegetable oils

Choose foods to eat in the following order of preference.

1. Fresh, whole and raw (appropriate)
2. Dried (beans, peas, fruit but not processed)
3. Frozen
4. Canned (home canned is preferred to commercially canned products)

Avoid unclean meats.

1. Pork, ham, bacon, sausage, processed lunch meats
2. Shrimp, lobster, clams, scallops, squid, octopus
3. Reptiles
4. Crab, Oyster
5. Squirrel, rabbit, duck, goose or escargot
6. Mussels
7. Scavenger and carnivorous animals - skin fish (catfish & Mackerel)

Eat only clean meats. (Best not to fry)

1. Fish-Salmon, Cod, Bass, Trout, Perch, Flounder, Sardines, Haddock, etc.
2. Poultry-Pheasant, Chicken, Turkey, Quail
3. Lamb, Beef, Venison, Buffalo

Note:

If energy level is below 70%, do not eat animal protein.

If energy level is above 70%, approximately 8 oz. of meat and 8 oz. of fish can be eaten per week.

Diet for Acid pH (Alkaline Foods)

Counter indicated *

- No buttermilk
- No citrus - Oranges and grapefruit (Lemons are not citrus)
- No pineapple or dried fruit
- No vitamin C (use foods only)

Dairy Group

- Goat's milk
- Sour milk

Fruit

- Apples #
- Apricots
- Bananas
- Berries, Black
- Cherries, Black
- Figs, Dales
- Grapes
- Lemons
- Nectarine
- Pears
- Plums
- Pumpkins
- Raisins

Grains

- Millet
- Rice
- Corn (corn brad)
- Buckwheat
- Oatmeal
- Sorghum

Melons

- Cantaloupe
- Muskmelon
- Watermelon
- Honey dew

Nuts, Seeds and Oils

- Almonds
- Coconuts
- Chestnuts

Root Vegetables (sweet soft are best)

- Beets
- Carrots
- Turnips
- Rutabaga
- Jerusalem artichokes
- Parsnips
- Sweet potatoes
- Yams
- Red skin potatoes
- Radishes
- Horseradishes

Yellow Vegetables

- Carrots
- Winter Squash
- Sweet potatoes
- Yellow hominy
- Summer squash
- Sweet corn

Vegetables

- Broccoli
- Brussels sprouts
- Celery
- Cucumbers
- Dandelion greens
- Endive
- Beans, Green, Lima
- Lettuce
- Onions
- Peas
- Potatoes - sweet
- Spinach - raw
- Tomatoes
- Watercress

Meat

- Fish

Other

- Mushrooms
- Mustard

Teas

- Alfalfa
- Rosehips
- Peppermint
- Comfrey
- Fennel
- Chamomile
- Dandelion

Miscellaneous

- Asparagus - (arsenic for the heart)
- Hominy - (potassium source)
- Celery Juice - (potassium source)
- Sauerkraut - (bowel congestion, anatomic)
- Rhubarb - (bowel congestion, anatomic)
- Lime Water - great for diarrhea)

The following items are often found on both acid and alkaline lists. Use in moderation,

Small seed fruits

- Strawberries
- Raspberries
- Blueberries
- Peaches
- Plums
- Prunes

*Some Foods considered alkaline are not recommended for a variety of reasons

Considered neutral pH

Diet for Alkaline pH (Acid Foods)

Counter Indicated - **

Peanuts
Cheese
Chocolate
Slack pepper

Benzene Family - Stimulates digestion

Radishes*
Watercress
Horseradish
Hot Chilies
Capsicum

Dairy Group

Eggs
Yogurt
Butter
Buttermilk
Cheese
Soy milk
Acidophilus for alkaline pH

Fruit

Dried
Citrus fruit
Oranges
Grape fruit
Cranberries
Pears*

Grains

Barley
Brand" Wheat
Whole Wheat Bread
Crackers
Rice - Brown
Macaroni
Spaghetti

Green Vegetables

Spinach
Collards
Turnip greens
Lentils
Kale
Swiss chard
Cabbage
Mustard greens
Salad greens
Broccoli
Cauliflower
Brussels sprouts

Gelatin folds

Beats (laxative effect)
Sour foods and Dressings
Brand Prune Juice, Vegetable fibers
Honey

Manganese Foods

(Manganese for reproductive problems)
If saliva is above 6.8 there is a manganese deficiency.
Avocado
Cucumber
Okra
Peppers-hot & sweet
Squash with seeds
Eggplant
Coin - while SL yellow
Tomatoes
Rice
Grits
Cranberries

Beans

Lima
Kidney
Great northern
Green
Navy
Pinto
Butter_

Meat

Beef
Chicken
Turkey_

Nuts

Walnuts
Macadamia
Brazil

Chaparral will put minerals in place:

Ginger root tea will bring down high pH and is a source of vitamin C-

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*Note some foods are used not for balancing the pH but for overcoming the conditions created by a high or alkaline pH.

**Considered acid, but not recommended for good health.