

ALKALINE FOODS

There is a growing number of people that believe eating a good portion of alkaline food is important to our health. Most health practitioners recommend a balance of 80% alkaline and 20% acidic food. **Alkaline water** is an important step to balancing the acid in our bodies.

Why alkaline water? Alkaline water, tends to be rich in *active* hydrogen, which is believed to be good for us as it **detoxifies** our body. Alkaline water is known to help regulate blood pressure, alleviate constipation and reduce gastrointestinal fermentation.

<ul style="list-style-type: none"> Artificial Sweeteners Beef, Beer, Breads Brown Sugar Carbonated Drinks Chocolate Cigarettes, Tobacco Coffee, Deer, Fish Flour, Jams, Lamb Pork, Poultry Seafood, Sugar Table Salt, Tea White Bread Whole Wheat Foods Wine, Yogurt 	<ul style="list-style-type: none"> Green Bananas Barley, Blueberries Bran, Butter, Cereals Cheeses, Egg Whites Fructose, Ketchup Maple Syrup, Molasses, Most Nuts Oats, Pasta, Potatoes Prunes, Soy Sauce Brown Rice Wheat 	<ul style="list-style-type: none"> Butter (unsalted) Cow's Milk Whey Margarine Oils Yogurt 	<ul style="list-style-type: none"> Almonds Artichokes Brussle Sprouts Cherries Coconut Cucumbers Eggplant Leeks Mushrooms Onions Chestnuts Goat's Milk Olive Oil Soy Beans Tofu 	<p>Anti-Oxidant Water</p> <ul style="list-style-type: none"> Apples Bananas Garlic, Lettuce Peaches Peas, Beans Alfalfa Sprouts Apricots Beets, Broccoli Cabbage Bell Peppers Lettuce, Turnip Oranges Potatoes Sweet Corn Apple Cider 	<ul style="list-style-type: none"> Celery Dates Mango Melons Papaya Limes s/l Grapes Watercress Asparagus Fruit Juices Kiwi Fruit Pears Pineapple, Vegetable Juices Passion Fruit Raisins 	<ul style="list-style-type: none"> Watermelon Lemons
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