

**Alternative Pharmacy****A Quick Intro to pH Balancing**

Acidity and alkalinity are measured on the pH scale, which ranges from 0 to 14. Water is 7, which is the median, or neutral point. Numbers from 7 to 0 represent a higher level of acid. Measurements from 7 to 14 represent alkaline.

At night the body undergoes an "alkaline tide." The body shifts into a higher state of alkalinity, which activates enzymes that sweep toxins from the bloodstream and organs. If you aren't having a healthy sleep cycle, this process is less likely to occur. Symptoms of a toxic buildup may be lower immune response, fatigue, PMS, yeast infection, or inflammation of the urinary tract.

Being over-alkaline or having a high pH may initially allow for regeneration and repair and even heightened awareness. Excess alkalinity can lead to anxiety or panic disorders that include hyperventilation.

The classic test for pH is to touch a litmus paper strip to your tongue or dip the strip in a urine specimen and compare the color to a color chart. Unfortunately, saliva is not a diagnostic tool for the pH of your blood or kidneys, and urine doesn't indicate the pH of the blood. pH is a dynamic function in the body undergoing constant adjustment.

What a litmus test may tell you is whether your saliva is sufficiently alkaline to activate your salivary enzymes to begin digesting starches in food. Test the saliva just before a meal and just after to see whether your body is capable of regulating its pH levels. Theoretically, if you measured your stomach contents simultaneously, the pH would drop as acid increased for digestion.

The other part of the paper test is the urine test. Generally, urine is acidic most of the day because the kidneys excrete acid and metabolic byproducts produced by digestion and muscle exertion. Alkaline urine an hour after a large meal shows healthy ability to counteract acid production in the stomach.

Most vegetables and fruits are alkaline-forming, a property related in part to their mineral and natural enzyme content.

Unless you are eating organic food and lots of vegetables high in minerals and natural enzymes, you are probably not ingesting adequate trace minerals or even the macro minerals. Eating large amounts of meats, proteins, or other acid-forming foods without a good balance of alkaline-forming foods such as green leafy vegetables can eventually lead to imbalance. Other ways to balance your pH include oxygenating the blood with relaxation techniques and deep breathing, eliminating excess CO₂.

So to maintain a good pH balance: deep breathe, eat organic fruits and vegetables and other alkaline-forming food, and drink ample good water. Avoid excess consumption of meats, proteins, coffee, and alcohol. And diminish stress with laughter and exercise — nature's best medicines for health and prosperity.

Some of the supplements that may be useful to rebalance the acid/alkalinity of the body systems:

Trace Mineral B₁₂ by Standard Process. One tablet daily with a meal.

Pro Greens by Allergy Research Group. A powdered vegetable mixture reconstituted with water to supply vegetables and herbs in drink form.

Green's First by Doctors for Nutrition. A powdered green food with similar benefits as the above product.

Similase by Tyler Encapsulations. Digestive enzymes that can help with protein breakdown; they also work in the intestine when the digestive pH is out of balance.

Ultra Clear pH by Metagenics. A medical food program that contains alka-



Green leafy vegetables are a good source of alkaline.

line minerals to facilitate detoxification.

—James Mattiotta, Ph.D., can be contacted at ArcanaPharmacy.com, (858) 554-2033

Depressed? Can't concentrate? Memory failing? Blame our modern diet.

According to two major studies by the Mental Health Foundation in the United Kingdom, diet changes in the last 50 years are the cause of many mental problems. The culprit is the way fast and processed foods are made, which reduces the amounts of essential fats (such as omega-3 fatty acids), vitamins, and minerals, and creates an imbalance of nutrients consumed. Add "new" substances such as pesticides, additives, and trans-fats, and the way many of us prepare and cook food (too much fat and sugar, etc.), and the stage is set for mental health trouble.

The macro- (carbohydrates, fats, protein) and micro-nutrients (vitamins, minerals, etc.) in food — and their ratio to the rest of the diet — have an immediate and lasting effect on the structure and function of the brain. The good news is that the diet for a healthy mind is the same as for a healthy body. Choose fresh whole foods such as fruits, vegetables, whole grains, legumes, nuts and seeds, and lean dairy, fish, poultry, and meat, in their natural state as often as possible.

—Deborah Kesten

Health Research Pty Ltd[Click here to go back to Recommended Books](#)**Summary Food Chart**[Click here to view PDF version of Food Chart to print](#)

Use this food chart to see at a glance the mineral balance of a variety of common foods grown or produced Australia or the United Kingdom.

Each food was analysed by chemists, who measured the number of grams of each major mineral present per 1 representative sample of the food. Our Phosphorous rating is derived from this.

In the chart, foods are ranked by the dominance of this very active and elusive acidic mineral, and accordingly colored yellow or green.

RED means excessive phosphorus, **YELLOW** means an elevated level, and **GREEN** is balanced, making the food safe to eat in quantity.

Phosphorus in the diet is an important consideration because too much in food or drink may be very unhelpful to health. Using the chemists' official data, we took the weight of phosphorus and divided by the sum of all the alkali minerals for each food, and expressed this as a percentage, based on advice from Percy Weston, author of the book, *Cancer & Cure* (Bookbin Publishing).

[Some foods appear more than once in the chart with different ratios, usually within the same colour range. This varying mineral content according to preparation or country of origin. Also mineral content of any food can be extremely vary according to seasonal factors, growing method (commercial or organic) and how processed. More detailed tables giving the country of origin will be published in the second edition of *Cancer? Fighting Foods* later this year.

Percy recommends that people with cancer and arthritis:

* Avoid foods coded red [82 ? 100%] which have excessive phosphorus (or lack enough balancing alkali minerals).

* Be wary of over-consuming foods coded yellow [80 ? 83%].

* Consciously develop a preference for the "safe" foods coded green [3 ? 76%].

Other suggestions:

Phosphorus is mostly eliminated in the urine, so drink as much warm water as possible on arising. Fasting cuts off the intake of phosphorus and should be part of any treatment plan. Percy Weston recommends taking a double dose of his formula for the first week. Take rhomanga tablets, based on Percy's powder, daily after meals and at least once before bedtime. If swallowing is a problem, you can convert a rhomanga tablet to a pleasant drink by soaking it for 10 minutes in a glass of water or lemon juice.

Ratio 100%+

Coca-Cola
cake (packet mix)
pudding, self-saucing

Ratio 100%

arrowroot
beef, corned
beef, corned & cereal
biscuit, bran
biscuit, chocolate
biscuit, wheatmeal
braam
butter
cake, chocolate
camp pie
chicken roll
cod
crabmeat
cracker, Jatz, Ritz
crumpet, wholemeal
dairy blend
devon' fritz
doughnut, cinnamon
drop scone (pikelet)
dumplings
egg yolk, raw
egg, fried rice
eggs, scrambled
flour, potato
frankfurters
garlic roll
ham & chicken roll
honeycomb
ice cream cone
infant cereal, rice, dry
instant soup powder
Jelly Babies, Pastilles
kabana
liverwurst
margarine, Becel
mayonnaise
mortadella
Oat Bran Flakes
oat bran, raw
oatmeal, quick cook
offal, lamb' call' chicken
omelette
pasta, macaroni
pasta, noodles, egg
pasta, spinach
pate de foie
popcorn
prawns
quiche, ham' cheese
rabbit
rice, brown
rice, polished, boiled
rice, white, flour
sago, raw
salami
sausage, beef or pork

The lower the ratio of phosphorus the safer the food

Phosphorus ratings*

saveloy
scone, plain
scones, fruit
scones, wholemeal
scotch eggs
sesame, seeds
snapper
spaghetti, white
Special K, Kellogg's
sponge, Swiss roll
tapioca
whiting

Ratio 93%

All-Bran, Kellogg's
almonds, blanched
anchovies
bacon
baking powder
baklava
bean sprouts, mung
beef
biscuits, wide selection
Bonox
Bovril
braised steak & onion
Bran Flakes, Kellogg's
bread, mixed grain
bread, pumpemickel
bread, rye
bread, white
bread, wholemeal
bun, fruit, glazed
cashew nuts
champignon
cheese
cheese sauce
cheesecake
chicken, roasted
Coco Pops, Kellogg's
com snacks
crab
crackerbiscuits
crispbread
croissants
custard powder
doughnuts, ring
dressing, French
dripping, beef
duck, roasted
Farax
fish paste spread
flake
flathead
flour, rye, whole
flour, wheat

flour, wheat, brown
flour, wheat, white SR
fruit cake, wholemeal
gemfish
gravy, instant
pastries, Greek
herring
hummus
infant cereal, mixed
lamb
lemon meringue pie
lobster
macadamia nuts
margarine, Becel
marzipan
milk, evap., whole
morwong
muesli
muffin, fruit
mullet
mulwong
mussels
mustard
nuts, mixed
oil, canola
Ovaltine powder
pancake
pasta
peanut butter
peanuts
peas
pecan nuts
pie, fruit, apple/apricot
pizza
popcorn
pork chops
porridge
pudding, plum
quiche, cheese & egg
Rice Krispies
rice, white, easycook
sardines, in oil
sausages, pork
savory rice
Shredded Wheat
snapper
soup with croutons
soup, chicken
soup, chicken noodle
soy sauce
spaghetti
Special K, Kellogg's
steak & kidney pie
Sultana Bran, Kellogg
sweetcorn
tahini paste

EXCESSIVE
ELEVATED
BALANCED

tofu
tortilla chips
trout, brown
tuna
turkey
veal, cutlet
Weetabix
wheat bran
wheat, puffed
wheatgem
yeast, baker's

Ratio 90%

almonds, with skin
beans, blackeye
beans, broad
beans, kidney
beans, mixed
beans, soya
beer, low alcohol
biscuit, carob-coated
biscuit, marshmallow
biscuit, polyunsat.
Bounty bar
bread, 90% w' meal
butter, regular
buttermilk, cultured
cake, fruit, light
cauliflower
champagne
cheese, neufchatel
chicken curry
chocolate nut spread
chocolate, milk
chocolate, white
cocoa powder
Coffee Mate
Corn Flakes, Kellogg's
cornish pastie
cream cheese
cream
cucumber
custard
dairy blend, regular
drinking chocolate
fish cakes
fish fingers, in oil
flaky pastry, raw
garlic powder
gravy, instant
hazelnuts
hot cross buns
icecream, dairy
lasagne
lentils
malt bread

margarine, cooking
margarine, polyunsat.
milk ice confection
milk powder, all types
milk, fluid
mousse, fruit
mushrooms
nuts, mixed
onion sauce, milk
Ovaltine + whole milk
Oxo cubes
pastry, wholemeal
peas, split
pistachio nuts
pitta bread, white
pizza
pork
rice pudding
sauce, white
shortcrust pastry
So Good soy drink
soup, cream of veg.
soup, pea and ham
soup, seafood
sour cream dip
soy beverage
soybeans
stuffing, sage/onion
tofu, mori-nu, silken
tofu, nigari, firm
trifle
Vegemite
white sauce
whiting
yogurt, fruit
yogurt, all types
Yorkshire pudding

Ratio 86%

asparagus
baked beans
beans, adzuki
beans, broad
beans, haricot
beans, mung
beans, red kidney
beans, soya, dried
beer, ale/ lager/ draught
beer, stout
biscuit, fruit & nut
biscuit, ginger
bolognese sauce
broccoli
cauliflower
cheese, fruit
chick peas
chilli con carne
Christmas pudding
cream, light (<18% fat)
cream, sour
crumble, fruit pudding
currant bread
fish paste

* The ratio, rounded, is based on mineral content of common foods as determined by The Royal Society of Chemistry, UK, and Dept of Community Services & Health, Australia. Derived from grams of P / Na+K+Ca+Mg+Fe+Cu+Zn per 100g edible portion of each food.

flour, corn
fruit cake, plain
garlic, raw
goat's milk, fluid
honey
Irish stew
loaf, fruit
mousse, chocolate
mushrooms
oil, soyabean
omelete, no egg yolk
Ovaltine
oxtail soup, dried
papadums, fried in oil
passion fruit
pastry, wholemeal
peanuts & raisins
pickles, mustard
potato, mashed + milk
ravioli, tomato sauce
salmon, Atlantic
shepherd's pie
soup, cream of veg.
soya drink, plain
soya flour
spaghetti, meat sauce
spirulina powder
tofu, mori-nu, silken
vegetables & steak
vegetables, sausages
vinegar
yogurt, all types

Ratio 83%

aniseed
beef burgers
beer, draught
beer, pale ale, bottled
cake, fruit, dark
coconut
dressing, Thousand Is.
fruit cake, rich, iced
fruit pie, pastry
ham steak, grilled
instant potato powder
lychees in syrup
meringue
oil, maize (corn)
oil, safflower
oil, sunflower
oil, vegetable blends
potato oven chips
salad, vegetable
salsify, boiled
soft drink, lemon flavor
somasas, vegetable
soup, minestrone
soup, vegetable
spaghetti, tomato
sauce
tofu (made with CaSO₄)
veal, schnitzel
wine, white, dry

Ratio 80%

artichoke heart in brine
asparagus
beer, keg
brussels sprouts
cabbage, savoy, raw
egg, scrambled
Italian dressing
leeks
lychees
margarine, Flora Light
ministrone soup
mixed vegetables
mustard & cress
onions
parsnips
tofu, fried
tofu, okara
vegetable soup

Ratio 76%

blackberries, raw
blueberry in syrup
cabbage
chicory, raw
codliver oil
curry sauce
Eccles cake
endive, raw
French dressing
fruit cake, rich
gerkins, pickled
gooseberries
green beans
horseradish sauce
human milk, mature
potato powder
lychees in syrup
marrow
minestrone soup
oil, coconut
oil, corn
oil, cottonseed
oil, olive
oil, palm
oil, peanut
oil, rapeseed
oil, wheatgerm
onions
potato chips fried in oil
raspberries, raw
sherry, dry
soup, french onion
soup, tomato
soup, vegetable, dry
wine, red

Ratio 72%

apple chutney
aubergine in corn oil
beans, runner
beetroot

blackcurrants in juice
carrots, baby
cherry pie filling
chestnuts
crumble, fruit pudding
dairy blend
fruit cocktail
juice, grape, dark
marmalade
old potatoes, mashed
paprika
peaches
peppers/ capsicum
raspberries
strawberries
sweet potato
tomato sauce
topping, chocolate
zucchini

Ratio 69%

cabbage
coffee/chicory essence
cordial, citrus juice 25%
French dressing
juice, grapefruit
mandarin oranges
nectarines
okra
potato crisps
raspberries
seaweed: wakame
sorbet, lemon
soup, beef, dry mix
strawberries
tomato chutney
tomato soup, dried
turnips
watercress, raw
wine, rosé

Ratio 66%

artichokes, globe
bamboo shoot
barbecue sauce
clementines
currants, dried
dill seed
ginger, ground
guava
kiwifruit
lettuce
olives
oranges
peaches
pears
plantain
potato crisps
potatoes
satsumas
stuffing mix

Ratio 60%

blackcurrants
cherries
cream of tomato soup
egg white, raw
fruit pie filling
jam, berry
jam, stone fruit
mango chutney, oily
plums
prunes
sultanas
tomatoes

Ratio 50 - 54%

apples
avocados
bilberries
carrots
cherries
chutney, fruit
cider, vintage
coffee, instant
currants, black
curry powder
dates
fruit salad
grapefruit
grapes
guava
jelly, made with water
juice, grapefruit
juice, orange
mangoes
margarine, M/Lea Lite
olive, green, stuffed
pasta sauce, tomato
pears
pickle, sweet
plums, stewed
potato crisps
prunes in juice
pumpkin
Ribena, undiluted
sauce, pasta, tomato
swedes
tangerines
tomato
watermelon

Ratio 45 - 48%

apples, cooking
apricots
artichokes, Jerusalem
barbecue sauce
cordial, black currant
cordial, citrus juice 60%
cordial, lime juice
figs
juice, tomato
juice, vegetable

lemons
loganberries
mint sauce
plantain
prunes
radish, red
raisins
rhubarb
soup, tomato
sultanas
tomato ketchup
tomato paste
topping, fruit flavored
wine, white, dry
yams

Ratio 3 - 42%

agar
apples
apricots
bananas
beetroot
cabbage
, red
celery
coleslaw
cophera
damsons
dates
egg white, hard-boiled
figs
ghee, butter
juice, apple & rosehip
juice, apple
juice, blackcurrant
juice, lemon
juice, pineapple
juice, tomato
margarine, Sundew
melon, cantaloupe
melon, honeydew
mineral water + citrus
mineral water, natural
oil, sesame seed
onions
oxtail soup
parsley
paw paw
pineapple
pumpkin
raisins

Ratio 3%

molasses
Ribena
rosehip syrup
sauce, Worcestershire
spinach
syrup, golden
treacle, black
tea, Indian, infusion
tomato puree