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Developing an Alkaline Diet

Getting Started

The first step in establishing a health-promoting alkaline diet is to assess your current first morning urine pH. This is a good measure of your average body pH and is easily obtained by following these simple steps:

1. Obtain a packet of pH hydriion test paper. This test tape measures acid-alkaline states and should be marked into one-half point divisions ranging at least from 5.5 to 8.0. Should you not be able to obtain this tape locally, please call ELISA/ACT Biotechnologies LLC at (800) 553-5472 for information.
2. First thing in the morning, just before urinating, open the test tape and cut off two to three inches of the paper tape. Next, wet the tape with urine (either by urinating directly on the tape or by collecting the urine in a cup and dipping the tape into the urine).
3. As the tape is moistened with urine, it will take on a color. The color relates to the acid or alkaline state of your urine and ranges from yellow to dark blue. Match the color of your test strip with the color chart on the back of the test tape packet.
4. Jot down the number that corresponds to the color your tape has taken on. Any number below 7 means that your urine is on the acid side. The lower the number, the more acidic the condition. For example, a number of 4.5 indicates considerable acidity, while 6.0 indicates much less. A number of 7 indicates the neutral state, not acid or alkaline. As the body functions best in an alkaline state for health promotion, we would try to avoid highly acidic metabolic states. Ideally, our first morning urine pH should be 6.5 to 7.5, with an occasional, but not constant every day 7.5 reading.
5. If your reading is below 6.5, then you are advised to begin changes aimed at alkalizing your diet. Below are listed simple dietary modifications that will help alkalize your diet. In the beginning, because of the acid-forming tendency of the standard American diet, most of you will find low pH readings. On the other hand, there will be an occasional person where the initial pH readings are always highly alkaline (greater than 7.5), which is due to catabolism (the process of tearing us down). In this process, nitrogen (in the form of ammonia and alkaline amino acids such as lysine, arginine, glutamine, and asparagine) is lost and the urine becomes excessively alkaline. If constant 7.5 to 8.0 readings should occur in your case, you would do well to consult your health professional about how to stimulate the repair (anabolic) state thus reversing the catabolic cycle.

Simple Steps to Alkalinize Your Diet

Remember, your body is in essence one very complicated chemical processing plant with 60 trillion cells involved in some 6 trillion chemical reactions each second. While the chemical processes can occur amid an acid environment, such is not ideal. An alkaline internal state is required for ideal chemical functioning and for the achievement of optimal health.

If your pH readings are regularly below 6.5, you would do well to alkalinize your diet by making the following dietary changes:

1. Take a few minutes and study the chart entitled, "Food and Chemical Effects of Acid/Alkaline Body Chemical Balance." On the left side of the page, the foods and substances that are alkalizing to the body are listed. To the furthest left, are the most alkaline substances like sea salt, sea vegetables, sweet potato/yam, lentils, and fruits like lime and watermelon. Toward the middle of the sheet on the same left side are the lower alkaline substances like ginger tea, oats, brussels sprouts and oranges. The acid-forming foods are listed on the right hand side of the page. The highest acid-forming foods, including jams, ice cream, walnuts, and beef, are listed to the far

right. The lesser acid-forming foods are to the center of the page and include honey, fish, brown rice, kidney beans, and figs. This easy-to-use chart clearly details which foods make the body more alkaline and which make it more acidic.

2. As you are studying the chart mentioned above, note that most of the common standard American favorite foods and drinks are acid-forming--meats, sugar, coffee, tea, cheese and all dairy, except clarified butter. Wheat is acid-forming as are most grains. No wonder most Americans are in an acid body chemical state. We eat mostly acid-forming foods! Most fruits and vegetables are alkaline-forming and so are grains like oats, quinoa, and wild rice as well as most spices and seeds.
3. If you regularly have a first morning urine pH lower than 6.5 and are attempting to regain health, a good goal would be to strive for a diet of predominately alkaline-forming foods. For those recovering from disease, ideally the diet should be 80% alkaline-forming and only 20% acid-forming. As one regains health, 60% alkaline to 40% acid diet is generally fine. To simplify matters, let your first morning urine pH be your guide. If you are below 6.5, increase the alkaline foods. If you are 6.5 to 7, you are in a health-promoting acid/alkaline balance.
4. If you are in an acid state, the first step is to eat more vegetables and fruits. Strive for two cups of alkalinizing vegetables at both lunch and dinner. Consider a breakfast of alkaline fruits and oatmeal. Limiting flesh foods will also go a long way toward reducing acidity. In addition, the following simple changes are especially helpful for quickly alkalinizing the body:
 - (a) Drink the juice of one half a lime or lemon in water a few times during the day.
 - (b) Add yams and sweet potatoes as well as lentils to your diet on a regular basis. All these foods help to alkalinize the body quickly.
 - (c) Make it a point to eat at least two cups of alkalinizing greens (kale, mustard, turnip, collard, endive) daily.
 - (d) Learn how to prepare seaweeds in soups and other dishes and consume daily.
 - (e) Favor the alkalinizing grains like oats, quinoa, and wild rice.
 - (f) Enjoy liberal amounts of fruits. When possible, eat plenty of watermelon and its juice along with other melons and fruits and berries. If you suffer from gas, bloating, or weak digestion, favor cooked fruit and small amounts of fresh juices.
 - (g) Certain supplements like buffered vitamin C and magnesium also alkalinize and should be used in optimum doses as recommended in your LRA by ELISA/ACT® program.
5. Be patient and persistent. Remember, your pH indicates your reserve of alkaline minerals. It can take time to build up these reserves. Do not be discouraged with a slow movement toward the ideal alkaline state (pH 6.5 to 7.5). It may have taken years to decades to get where you are; a few months to sustained repair and renewal are worth the effort and attention.

Food & Chemical Effects on Acid / Alkaline Body Chemical Balance™

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
Baking Soda Mineral Water	Spices/Cinnamon Valerian Licorice Black Cohosh Agave	Herbs (most): Arnica, White Willow Bark Bergamot, Echinacea Slippery Elm Artemesia Annua	White Willow Bark Slippery Elm Artemesia Annua	Spice/Herb	Curry	Vanilla Stevia	Nutmeg	Pudding/Jam/Jelly
Sea Salt	Kambucha	Sulfitte Ginger Tea	Sulfitte Ginger Tea	Preservative Beverage	MSG Kona Coffee	Benzoate Alcohol Black Tea	Aspartame Coffee	Table Salt (NaCl) Beer, 'Soda' Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar
Umeboshi Plum	Molasses Soy Sauce	Rice Syrup Apple Cider Vinegar Sake	Sucanot Umeboshi Vinegar Algae, Blue Green Ghee (Clarified Butter)	Sweetener Vinegar Therapeutic	Honey/Maple Syrup Rice Vinegar	Balsamic Vinegar Antihistamines Cow Milk	Saccharin Red Wine Vinegar Psychotropics Casein, Milk Protein, Cottage Cheese	Antibiotics Processed Cheese
		Human Breast Milk	Human Breast Milk	Processed Dairy	Cream/Butter			
	Quail Egg	Duck Egg	Duck Egg	Cow/Human Soy Goat/Sheep Egg	Yogurt Goat/Sheep Cheese Chicken Egg	Aged Cheese Soy Cheese Goat Milk	New Cheese Soy Milk	Ice Cream
				Meat Game Fish/Shell Fish	Gelatin/Organs Venison Fish	Lamb/Mutton Boar/Elk/Game Meat Mollusks Shell Fish (Whole)	Pork/Veal Bear Mussel/Squid	Beef Shell Fish (Processed) Lobster
				Fowl	Wild Duck	Buckwheat Wheat	Chicken Maize	Barley Processed Flour
				Grain Cereal Grass	Millet Kasha Brown Rice	Speil/Teff/Kamut Farinal/Semolina White Rice	Barley Groat Corn Rye Oat Bran	
				Nut Seed/Sprout Oil	Pumpkin Seed Oil Grape Seed Oil Sunflower Oil Pine Nut Canola Oil	Almond Oil Sesame Oil Safflower Oil Tapioca Saitan or Tofu	Pistachio Seed Chestnut Oil Lard Pecan Palm Kernel Oil	Cottonseed Oil/Meal Hazelnut Walnut Brazil Nut Fried Food
				Bean Vegetable	Spinach Fava Bean Kidney Bean Black-eyed Pea String Wax Bean Zucchini Chutney Rhubarb	Split Pea Pinto Bean White Bean Navy/Red Bean Aduki Bean Lima or Mung Bean Chard	Green Pea Peanut Snow Pea	Soybean Carob
				Legume Pulse Root			Legumes (other) Carrot ChickPea/Garbanzo	
				Citrus Fruit	Coconut Guava Pickled Fruit Dry Fruit Fig Persimmon Juice Cherimoya Date	Plum Prune Tomato	Cranberry Pomegranate	

Italicized items are NOT recommended
 *Therapeutic, gourmet, or exotic items
 Prepared by Dr. Russell Jaffe, Fellow, Health Studies Collegium. Reprints available from Health Studies Collegium, 2 Pidgeon Hill Drive, #410 Sterling, VA 20165, 703-786-5126. Sources include USDA food data base (Rev 9 & 10), Food & Nutrition Encyclopedia, Nutrition Applied Personally, by M. Walczak, Acid & Alkaline by H. Alhara. Food growth, transport, storage, processing, preparation, combination, & assimilation influence effect intensity. Thanks to Hank Liers for his original work. [Rev 7/07]