

ALKALINE-FORMING FOODS

Abalone	3	Lamb (lean)	3
Anchovies	4	Lard	5
Artichokes	3	Lentils	4
Asparagus	3	Liver	4
Avocados	2	Lobster	2
Bacon (crisp)	3	Meat (red, lean, including veal)	3
Bananas	1	Milk (2%)	1
Barley	1	Milk (skim)	0
Beans	3	Milk (whole)	2
Bechamel sauce	3	Millet	1
Beef Broth (homemade)	3	Mozarella cheese (skim)	2
Brains	5	Olive Oil	3
Brussels	4	Olives	1
Buckwheat	1	Oysters	3
Butter	4	Peas	3
Buttermilk	0	Perch	2
Carrots	1	Pollock	3
Catfish	2	Potatoes (deep-fried)	2
Celery	1	Poultry breast (without skin)	2
Cheese (fresh)	U	Poultry (w/skin)	2
Chicken Broth (lean, clarified)	1	Red meat (lean, including veal)	3
Clams	3	Rice, brown	1
Cod	1	Rice, cakes	0
Coffee (decaf)	0	Ricotta cheese (low-fat)	2
Corn	2	Rye	1
Corn Oil	1	Safflower oil	1
Cottage Cheese (1%)	0	Salmon (pink)	3
Cottage Cheese (2%)	1	Salmon (red)	4
Cottage Cheese (whole)	2	Salmon roe (caviar)	4
Crab	2	Salt	4
Crayfish	2	Sardines	3
Cream	U	Scallops	3
Cream-type soups	3	Scrod	1
Eggplant (deep-fat fried)	2	Shrimp	2
Eggs (poached, boiled)	1	Sole	1
Essene bread	1	Soy Sauce	U
Ezekial bread	1	Spare Ribs	4
Flounder	1	Spinach	2
Frankfurters	3	Sweet breads	4
Fruits (non-citrus)	U	Tea (decaf)	0
Haddock	2	Tea (herbal)	0
Half-n-Half	3	Tofu	3
Ham (lean)	2	Tongue	3
Heart (any variety)	4	Trout	2
Heavy cream	4	Tuna (albacore, fancy white)	2
Herrings	3	Tuna (dark meat)	3
Honey	U	Turbot	1
Hot Dogs	3	Vegetables	U
Ice cream	3	Yogurt (2%)	1
Kidney	4	Yogurt (whole)	2

Alkaline Vit-Min-Elements

Bismuth
Boron
Chlorine
Chromium
Fluorine
Folic Acid
Iron
Lithium
Niacin
Nickel
Pantothenic acid
Potassium
Rutin
Sodium
Vitamins B1-B2-K
Zinc

Alkaline Symptoms

Arteriosclerosis
Arthritis (rheumatoid)
Bacterial infections
Blood pressure (low)
Constipation
Degenerative conditions
Depression
Diabetes
Eyes (protruding)
Heartbeat (irregular)
Migraines
Organ dysfunction
Pain on empty stomach/early a.m. or p.m.
Radiation
Seizures / Convulsions
Sleepiness, Drowsiness
Surgery (acidic then system alkaline)
Temperature (low)
Urination (frequent)
Virus (chronic)

Alkaline Hormones

Cortisone
Desoxycorticosterone
Insulin
Stilbesterol

Alkaline Miscellaneous

Cocaine
Codeine
Heroin
Morphine
Penobarbital
Phenobarbital
Cholesterol
Glycerol
Ammonium Acetate
Lipesters
Lipaldehyde
Sodium thiosulfate
PUFA
Selenium perselinde
Sodium Bicarbonate