

While many have heard about an acidic or alkaline body, only a few understand what this really means.

Diseases are always associated with an extremely acidic body. The **body can only be healthy** if it is alkaline.

Whether the body is acidic or alkaline mainly depends on the type of food consumed. Certain foods tend to favour an acidic condition, while other foods will add alkalinity to the body. Since the health of the body depends very largely on the type of food consumed, it is of vital importance that one should know what type of food is alkaline and what type of food is acidic. By doing so, **the body is able to work towards a perfect balance of about 80% alkaline and 20% acid.**

Various experiments have been done on animals that were alkalinized. Poisons like turpentine or viruses were later injected into them. It was found that the damage done to their bodies was very slight and they actually had a quick rate of recovery. The same was not true when the animals were acidized. When the same amount of poisons or viruses were injected into the animals, disease or death followed. Similar cases were found with patients in certain hospitals during clinical experiments. It was found that for patients with high acidity in their urine, the rate of recovery from various diseases was slow as compared to those people who had low urine acidity. It is obvious that a high alkaline body is the first line of defence against illness and death.

### ACID-ALKALINE DEFINED

Many people do not understand fully what it is meant by acid and alkaline foods. It brings further confusion when we say that a lemon is alkaline because people realise that a lemon is sour and acidic (the same goes to pineapple and apple cider vinegar etc).

When a food is called alkaline, it means that after this food is broken down, its ash is alkaline. This contributes to an alkaline condition in the body. **It is not the initial acid or alkaline condition that is of importance. It is the final end product after digestion and assimilation that is of importance to the body.** Table 1 clearly shows the list of alkaline and acid foods.

You will note that all vegetables and fruits are alkaline in nature. That is, they produce alkaline ash after being broken down by the body, therefore, creating an alkaline condition in the body.

You will also notice that all meat products are acidic in nature. That means they will develop an acid condition in the body after being broken down.

Also, all legumes, nuts, and grains are acid foods. Therefore, bread, rice, noodles, beehoon (rice vermicelli), spaghetti, macaroni, biscuits and cakes are acid producing.

Take note also that while white sugar is acid producing, raw honey is alkaline producing.

It is interesting that while citrus fruits like lemon, limes and oranges are sour and obviously acidic, yet they produce alkaline ash for the body. This fact is also true regarding pineapples and most other fruits.

While citrus fruits, cranberries, pineapple, strawberries, black currants and rhubarb are all recognised as acid fruits, most other fruits come under sub-acid classification. Rambutans, papaya, mangoes, starfruit, peaches, pears, apricots, apples, durian and even coconuts are all examples of sub-acid fruit, YET their ashes are alkaline to the body. This is true only if the fruits are plucked tree ripened. Fruits that are plucked green and which later turn yellow because they are rotting become acidic to the body. For example, it is increasingly difficult to buy tree ripened papaya. What tends to be available to us is papaya that is anaemic, not fit for consumption. Not only does this papaya not provide the proper nutrients to an individual, it is also acidic to one's body instead of being alkaline. This is true with all other fruits that are plucked green.

Some may ask, are vegetables acidic in their natural state? Yes, at least for all the vegetables which I tested. Test it yourself; you don't have to be a great scientist to do so. Just dip a piece of blue litmus paper into some vegetable juice. You will realise that the litmus paper will turn pink, indicating that the vegetables are acidic.

Let us then ponder for a while upon the purpose of our Creator, the Almighty God, in creating all **fruits and vegetables to be acidic, YET all of them are alkaline-forming to the body after they are broken down. God's design of the body is absolutely flawless.**

The body is healthy when it is in an alkaline state. The whole intestinal tract, beginning with the **stomach, is ACIDIC in medium in order for digestion and other intestinal functions to be carried out properly.** The stomach produces very strong acid (pH 1.5 to 2.3+) in order to breakdown the food which we consume. Both the small and large intestines are also acidic in medium, though not as strongly acidic as in the stomach, so the friendly bacteria can thrive in that environment. As fruits are consumed, they contribute to the acid medium of the intestinal tract, enhancing digestion, assimilation and elimination. **The ash (after digestion) of fruits are alkaline-forming to the body, which fits the Creator's design just right.**

## ALKALINE WATER

Some people think that **drinking alkaline water (hard water loaded with inorganic and dead minerals which the body cannot assimilate well)** will enhance their health. But in reality, this **contradicts the design of nature.** The argument for taking alkaline water is that since the body is healthier in an alkaline state, therefore, one should consume alkaline water. This argument is totally irrelevant. As you now understand, what is of primary importance to the body is what happens to the food and drink **after it is broken-down, not before.**

The reason behind promoting drinking alkaline water is totally wrong. Just imagine how strongly acidic a stomach is (pH 1.5 – 2.3+). By the time the alkaline water reaches the stomach, it will all be neutralized by the strong acids there. And if too much alkaline water is consumed at mealtime, digestion will be greatly affected because of reduced acidity in the stomach.

## **DISTILLED WATER**

The best water that we should drink is distilled water. Some people who are selling other forms of water argue that distilled water is not good for health because it is acidic. This argument is a bit deceptive and needs to be clarified.

Distilled water, being the only form of pure water (H<sub>2</sub>O), is by nature neutral. That is, it is neither acidic or alkaline, with the pH value of 7. However, after distilled water is exposed to air which contains oxygen, nitrogen and carbon dioxide, the dissolved carbon dioxide becomes carbonic acid, which is mildly acidic. The water then has a slightly acidic reading of <pH7. When health authorities say that it is not good to drink acidic water, what they mean is water that has been turned acidic through the pollutants from the atmosphere, which they call acid rain. These pollutants are poisonous and therefore the water is not fit for consumption. Other forms of water may or may not be slightly acidic, depending on other contaminants contained in it (again, this is due to the pollution in the atmosphere, not the original rain water itself, for rain water comes from God's perfect creation of water purification/ distillation through nature's hydrological cycle of evaporation and condensation, as we see in nature through the sun and clouds, and distillation follows this same cycle). For example, if water was contaminated by chemicals that were alkaline, the amount of carbonic acid in the water produced by dissolving carbon dioxide from the air would hardly affect the strong alkaline state of the water. Therefore, the water may read alkaline or neutral. This would not necessarily indicate that pH7 means pure water, or that it is fit for drinking. The acidity due to the desolution of carbon dioxide in distilled water is so mild that you cannot even pick it up by the litmus paper test. You may test it by dropping a piece of blue litmus paper into the distilled water. You will notice that the colour hardly changes. But if you use the blue litmus paper and put it in contact with a peeled banana, the blue litmus paper will immediately turn into a beautiful pink. What does that tell you?

## **ACID-ALKALINE BALANCE**

Returning to our previous discussion of acid-alkaline foods, by examining the chart you will realize that a normal Asian meal contributes mainly to an acidic body. Unless one consciously moves towards more alkaline foods, he will be building a diseased body. By following the NewLife diet, as suggested in our Body Detoxification and Rejuvenation Program (DRP) booklet, a person can definitely move towards building an 80% alkaline and 20% acid body balance.

**Table 1**  
**Acid Food Chart**

<b>Acid Food Chart</b>		
<b>Meat Products</b>	<b>Starchy Food</b>	<b>Others</b>
Beef Buttermilk Chicken Clams Cottage Cheese Crab Duck Eggs Fish Goose Jello Lamb Lobster Mutton Nuts Oyster Pork Rabbit Turkey Turtle Veal Yogurt Etc.	Barley Beans (dried) Bread Cereals Chestnuts Corn Grains Corn Meal Crackers Corn Starch Lentils Marcaroni Millet Nuts Oatmeal Peanuts Peanut Butter Peas (dried) Rice Rye Flour Seeds Tapioca Wheat Products Etc.	Raw Sugar

**Alkaline Food Chart**

<b>Non-Starchy Food</b>	<b>Fruit</b>	<b>Starchy Fruit</b>
Alfalfa Asparagus Beans (Long/ Short) Beets Beet Leaves Broccoli Cabbage Carrots Carrot Tops Cauliflower Celery Coconut	All Berries Apples Apricots Avocados Cantaloupe Cherries Cranberries Currants Custard Apples Dates Durian Figs	Bananas Potatoes (Sweet) Potatoes Pumpkin Squash

Young Corn Cucumbers Dandelions Eggplant (Brinjal) Garlic Horseradish Kale Leek Lettuce Mushrooms Okra (Ladies Fingers) Onions Parsley Peas (Fresh) Peppers (Sweet) Soybean (Products) Spinach Sprouts Turnips Watercress Etc.	Grapes Grapefruit Lemon Limes Mango Oranges Papaya Peaches Pears Persimmons Pineapple Plums Prunes Raisins Rambutan Tomatoes Starfruit Etc.  Raw Honey	
--	---	--