

**Fats (Fresh, Cold-Pressed Oils)**

Sunflower oil.....	-6.7
Ghee .....	-1.6
Coconut milk .....	-1.5
Olive oil .....	+1.0
Borage oil .....	+3.2
Flax seed oil.....	+3.5
Evening primrose oil.....	+4.1
Marine lipids .....	+4.7

**Nuts and Seeds**

Wheat kernel .....	-11.4
Walnuts.....	-8.0
Pumpkin seeds .....	-5.6
Sunflower seeds.....	5.4
Macadamia nuts .....	-3.2
Hazelnuts.....	-2.0
Flax seeds.....	-1.3
Brazil nuts.....	-0.5
Sesame seeds .....	+0.5
Cumin seeds .....	+1.1
Fennel seeds .....	+1.3
Caraway seeds .....	+2.3
Almond .....	+3.6

**Water**

Distilled water.....	(neutral)
Fresh coconut water...	+9.04

**Fish**

Freshwater fish.....	-11.8
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**WARNING**

**Common sources of toxins include:**

Tap Water (full of medication, bacteria, chlorine and fluoride), air pollution, tobacco smoke, food additives, and preservatives personal care products, cosmetics, antibiotics from indirect and direct sources. Drink **Vitallee™** 9.5pH Alkaline Water and eat more alkaline vegetables and fruits.

Toxins are generated wherever there is infection in your body which weakens immune response as a result of weakened nervous system.

**CAUTION**

**Sugar feeds negative microforms like gasoline feeds a fire.**

Microforms love all forms of sugar. Microforms do not live well in the presence of oxygen as cancer cell do not live well in alkaline body. A wide variety of symptoms can be caused by artificial sweeteners (NutraSweet, Saccharin, Sweet & Low, Splenda to name a few), including headaches, migraines, dizziness, vertigo, seizures, depression, fatigue, irritability, increased heart rate, heart palpitations, insomnia, vision problem, hearing loss, ringing in the ears, weight gain, numbness, muscle spasms, joint pain, breathing difficulties, anxiety attacks, slurred speech, and a loss of taste. Artificial sweeteners can also trigger or worsen arthritis, chronic fatigue, diabetes, lupus, mental retardation, birth defects, and thyroid disorders. Safer sweeteners to use would be natural plant sources such as herb Stevia or chicory, which you can find in your natural food store.



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**Know your Health ABC's...**

- A** is for Acid
- B** is for Blood
- C** is for Candida (Latin word for yeast)
- D** is for Digestion
- E** is for Energy and eating right

*Imagine one single natural supplement that can help...*



World Health Organization

According to the World Health Organization, "Health is more than the absence of disease. Health is a state of optimal wellbeing." Optimal well-being is a concept of health that goes beyond the curing of illness to one of achieving wellness.

## Increase your pH in your diet by detoxifying your body for better health.

A relationship between acid and base is essentially quantified on a scale of 1 to 14 known as pH, on that scale 7 is neutral, below 7 is acid and above it alkaline.

pH reflects the concentration of the Hydrogen ions (positively charges molecules) in any given solution. The single measurement most important to your health is the pH of your blood and tissues. Different areas of the body have different pH level, but blood pH is known to be most telling of all.

The pH level of our internal fluids affects every cell in our bodies. Over acidic corrodes body tissue, and if left unchecked will interrupt all cellular activities. When acid waste build up in the body and enter the blood stream, the circulatory system will try to get rid of them in liquid form, through the lungs or the kidneys. This process of waste breakdown and disposal is the beginning of aging process.

Following list of pH of fruits and food is put together by nationally and internationally renowned microbiologists and nutritionists\* to help you in choosing the right food to stay healthy.

\*Dr. Robert Young

### RELATIVE pH OF FRUIT

The following is a list of common foods with an approximate, relative potential of acidity (-) or alkalinity (+), as present in one ounce of food.

Rose hips .....	-15.5	Orange .....	-9.2
Strawberry .....	-5.4	Red currant.....	-2.4
Pineapple .....	-12.6	Mango.....	-8.7
Blueberry .....	-5.3	Fig juice powder .....	-2.4
Mandarin orange .....	-11.5	Tangerine.....	-8.5
Raspberry .....	-5.1	Grapefruit.....	-1.7
Banana, ripe .....	-10.1	Currant.....	-8.2
Yellow plum .....	-4.9	Watermelon .....	-1.0
Pear .....	-9.9	Gooseberry, ripe.....	-7.7
italian plum.....	-4.9	Coconut, fresh.....	+0.5
Peach.....	-9.7	Grape, ripe .....	-7.6
Date .....	-4.7	Cherry, sour .....	+3.5
Apricot .....	-9.5	Cranberry .....	-7.0
Cherry, sweet.....	-3.6	Banana, unripe .....	+4.8
Papaya.....	-9.4	Black currant .....	-6.1
Cantaloupe.....	-2.5		

### RELATIVE pH OF FOOD

The following is a list of common foods with an approximate, relative potential of acidity (-) or alkalinity (+), as present in one ounce of food.

#### Root Vegetables

Corn .....	-9.6
Stored potatoes .....	+2.0

#### Meat, Poultry, and Fish

Pork .....	-38.0
Veal .....	-35.0
Beef .....	-34.5
Ocean fish .....	-20.0
Chicken .....	-18.0 to -22.0
Eggs .....	-18.0 to -22.0
Oysters.....	-5.0
Liver.....	-3.0
Organ meats .....	-3.0

#### Milk and Milk Products

Hard cheese .....	-18.1
Quark .....	-17.3
Cream .....	-3.9
Homogenized milk .....	-1.0
Buttermilk .....	+1.3

#### Bread, Biscuits (Stored Grains/Risen Dough)

White bread .....	-10.0
White biscuit .....	-6.5
Whole-meal bread .....	-6.5
Whole-grain bread .....	-4.5
Rye bread .....	-2.5

#### Dried sugar cane juice

(Sucanat) .....	-9.6
Fructose.....	-9.5
Turbinada sugar.....	-9.5
Barley malt syrup .....	-9.3
Brown rice syrup .....	-8.7
Honey .....	-7.6

#### Nuts

Pistachios .....	-16.6
Peanuts .....	-12.8
Macadamia .....	-11.7
Cashews .....	-9.3

#### Condiments

Vinegar .....	-39.4
Soy sauce .....	-36.2
Mustard .....	-19.2
Mayonnaise .....	-12.5
Ketchup .....	-12.4

#### Fats

Margarine .....	-7.6
Corn oil .....	-6.5
Butter.....	-3.9

#### Beverages

Liquor.....	-28.6 to -38.7
Fruit juice sweetened with white sugar .....	-33.4
Tea (black) .....	-27.1
Coffee .....	-25.1
Beer .....	-26.8
Wine .....	-16.4
Fruit juice, packaged, natural .....	-8.7

#### Sweets

Artificial sweeteners....	-26.5
White sugar (refined cane sugar) .....	-17.6
Beet sugar .....	-15.1
Molasses .....	-14.6
Dr. Bronrier's Barley Malt Sweetener .....	-9.8

#### Vegetables and Low-Sugar Fruits

Celery .....	+13.3
Peas, ripe .....	+0.5
Tomato .....	+13.6
Asparagus .....	+1.1
Cabbage lettuces, fresh .....	+14.1
Artichokes .....	+1.3
Endive, fresh .....	+14.5
Comfrey .....	+1.5
Carrot .....	+9.5
Avocado .....	+15.6
Horseradish .....	+6.8
Leeks (bulbs) .....	+7.2
White /Green cabbage .	+3.3
Red radish .....	+16.7
March harvest .....	+2.0
Cayenne pepper .....	+18.8
Watercress .....	+7.7
Lettuce .....	+2.2
Straw grass .....	+21.4
Onion .....	+3.0
Shave grass .....	+21.7
Cauliflower .....	+3.1
Dog grass .....	+22.6
White radish (spring) ...	+3.1
Dandelion .....	+22.7
Lime .....	+8.2
Lemon .....	+9.9
Rutabaga .....	+3.1
Fresh red beet .....	+11.3
French cut beans.....	+11.2
Lima beans .....	+12.0
Green beans .....	+11.2
Soybeans, fresh .....	+12.0
Kamut grass .....	+27.6
Barley grass .....	+28.7
Spinach. March harvest ....	+8.0
Soy sprouts .....	+29.5
December harvest .....	+4.0

Sprouted radish seeds ....	+28.4
Savoy cabbage .....	+4.5
Sprouted chia seeds ..	+28.5
Turnip .....	+8.0
Lamb's lettuce .....	+4.8
Alfalfa grass .....	+29.3
Peas, fresh .....	+5.1
Cucumber, fresh .....	+31.5
Kohlrabi .....	+5.1
Chives .....	+8.3
Wheat grass .....	+33.8
Zucchini .....	+5.7
Summer black radish .	+39.4
Red cabbage .....	+6.3
Rhubarb stalks .....	+6.3

#### Non stored Organic Grains & Legumes

Brown rice .....	-12.5
Wheat .....	-10.1
Buckwheat groats .....	-0.5
Millet .....	-0.5
Spelt .....	-0.5
Lentils .....	+0.6
Soy flour .....	+23
Tofu .....	+3.2
Lima Beans.....	+12.0
White beans (navy beans) .....	+12.1
Sorrel .....	+11.5
Granulated soy.....	+13.1
Spinach (other than March) .....	+13.1
Garlic .....	+13.2
Soy nuts (soaked soybeans, then air dried) .....	+26.5
Soy lecithin, pure .....	+38.0
Ground soy beans.....	+12.8
Sunflower oil .....	-6.7