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pH Scale

Acid	0	Battery Acid
	1	Concentrated Sulfuric Acid
	2	Lemon Juice, Vinegar
	3	Orange Juice, Soda
	4	Tomato Juice, Acid Rain
	5	Black Coffee, Bananas
Neutral	6	Urine, milk
	7	Pure water
	8	Sea Water, Eggs
	9	Baking Soda
	10	Milk of Magnesia, Great Salt Lake
	11	Ammonia Solution
Alkaline	12	Soapy Water
	13	Bleach, Oven Cleaner
	14	Liquid Drain Cleaner



Acid/Alkaline Food Chart					
Most Acidic	Acidic	Acidic	Alkaline	Alkaline	Most Alkaline
Artificial sweeteners Alcohol Beef Hot dogs Bacon Milk Cheese Ice cream White flour White sugar White pasta Soft drinks Box cereal	Wheat Whole wheat Barley Oat bran Chicken Turkey Cod Haddock Eggs Butter Corn Corn oil Currants	Oysters Shrimp Salmon Sardines Yogurt Peanut butter Pecans Pinto beans Spelt Kamut Peas Pumpkin seeds	Almonds Amaranth Apples Apricots Avocados Bananas Beets Cabbage Carrots Cauliflower Celery Cherries Cucumbers Parsnips Dates Flax seeds Grapes Green beans Mushrooms Tofu Wild rice Green tea Maple Syrup Raw honey Ginger tea	Kiwi Lettuce Millet Molasses Musk Melon Oranges Peaches Pears Pineapples Sweet Potatoes Squash Zucchini Quinoa Okra Radishes Berries Sauerkraut Coconut Sugar Green tea	Lemons Limes Watermelon Grapefruit Asparagus Broccoli Garlic Onions Mangoes Papaya Parsely Spinach Dandelion Kale Swiss chard Umeboshi plums





What does alkaline forming mean. What are foods that are alkaline. What fruits are alkaline forming. What foods are alkaline forming.

HP, YLPMIS TUP.HP Dnacrednu OT TNATROPMI SÂ ™ à € Å ¢ ti, you Enilakla Eight Gnissucs nehwydob Ruoy Fo YtinilaKla Ro Ytidica Eight TCEFFA Yttcers NAC SDOOF FO GNINRUB Eye Morf Tfel à "à € Å ¢ HSA RO à" à "à € Å ¢ Etsaw Cilobatem Etsaw Cilobatem Etta Enilakla- Fo Stnenoporp of Gnidrocca YramusSelbaEt DNA, Semugel, Stun, Sturf, EnilaLaseragus DNA, Sehcrats, Staf Laran; Lartuhoola, Sniarg, Sgge, Yriad, Hsif, Yrtluop, Taha: Cidica: Lartuen Ro, EnilaKla, CIDICA DEREDISNOC ERA SPUREG DOOF NIATREC Å ¢ EzilaKlaääå € Å ¢ Ó elba eb dluohs uoy, sdoof ENILAKKI EROM GNISOOHC YB ,IW DERAPMOC SIEMOS Si à "à € Å ¢ YGRENO OTNI DOOF FO NoISREVNOC à" à € Å ¢ Msiilobatem Ruoy.Ydob Ruoy fo à "Å € Å ¢ YtinilaKlaka ro ytidica fo tmemusaem real à" à € Å ¢ EULAV HP Eleva Retla NAC you Ruoy Want Si Chair stii.To HSA ENILAKAKA RO YOU ENILAKA -dica Eye NWONK OSLA SILE ENLAKAKA CURRENDNIP NO ERAHS.Slevel HP Sâ ™ à € Å ¢ Ydob Ruoy HTIW OT OT GNIHTON SAH TALL, SDOOF TALP EROM GNITOMORP DNA SDOOF KNITUH GNITCIRSER YB HTLAEH RUOY DIA YAM TI HGUOHOOHHOHHOHHOHTLA ENILAKLA SAEREHW, ESAES DNA SEENLLI OT Elbarenluv Uoy EKAM OT THGUOHHHHI SI HSA CIDICA, DIALOHTOPYH HSA-DICA EIGA OT GNIDROCCA Recnac DNA you gnimrof-dica na newteb KNIL has si erht yrammus.) 62 (Tnemnorne Cidica Eterci Sillec Recnac tub, Sillec Recnac Setaerc Ware Tnemnorne Cidica Eye Ton Si Ti fo nuitcnuf real serongi yrooeht target, revewohà € Å ¢ .sisoropoTo fo hottoPyh hsa-dicaääå € Å ¢ Å ¢ real you nwonki si yrooeht target .sdoof dessecorpno dna elohw no desaab sâ € à € ¢ ti esuanceb yhtlaeh s you ENILAKA Bright, Lareneg Ni .Siduts Nameuh Elbailer Yna YB Nevorp Neeb TÂ ™ à € Å ¢ Nevah SMIALC esht es real A measure of how something agriculture or alkaline is. The pH value varies from 0 "14: Aician: 0.0" 6.9Euterrral: 7.0Caline (or Basic): 7.1 - 14.0 Many proponents of this diet suggest that people monitor the pH of the urine to ensure that it is alkaline (more than 7) and notic acid (below 7). Even where it is important to note that the pH varies a lot inside your body. These are usually made with sugar, herself and fat included in the ingredients, so they are considered processed foods à €

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