

The pH of the saliva should be slightly more alkaline than that of the urine. A healthy pH *for saliva* fluctuates somewhere between 6.6 - 7.0. *Urinary* pH is always more acidic than the saliva. A normal urinary pH reading in the morning should be somewhere between 6.0-6.4 while in the evening hour a healthy range is considered to be somewhere between 6.4 - 6.8.

You need narrow range pH paper measuring pH 4.5 to 7.5 or pH 4.5 to 8.5. One source is Micro Essential Laboratory Inc., Brooklyn, N.Y. 11210 telephone 718-338-3618. See also Phion Nutrition, [<http://www.ph-ion.com/>] 7741 E Gray Rd Suite 9. Scottsdale, AZ 85260, 1-888-744-8589 See Manufacturers on the Cesium Chloride page on Alternative Cancer Treatments [<http://alternativecancer.us/cesiumchloride.htm#Man>]

WARNING (from Essense of :Life) - People who use an alkalizing diet often take cesium chloride to further increase alkalizing of their body. Cesium chloride can deplete your body of potassium. Many of these people take potassium supplements while taking cesium chloride. Some people eat bananas to increase their potassium intake. One medium banana has about 450 mg. The amount of potassium you need may vary, but athletes who sweat a lot need up to 4000 mg a day of potassium. This is a lot of potassium so you may want to consider purchasing the liquid form [<http://www.essense-of-life.com/info/potassium.htm>] ** distributed by Essense-of Life which seems to be the highest concentration available.

Potassium deficiency causes:

- Fatigue
- Mental confusion
- Irritability
- Heart disturbances

Potassium is used in the body for:

- Water balance and distribution
- Acid-base balance
- Muscle and nerve cell function
- Heart function
- Kidney and adrenal function

Cancer and pH

Cancer begins when a cell reproduces for no obvious reason and is not receptive to the normal signal to stop reproducing. This unchecked growth spreads through the body and interferes with the ability of the body and its cells, organs, and other structures to perform their normal functions.

Otto Warburg won a Nobel prize for showing that cancer thrives in anaerobic (without oxygen), or acidic, conditions. Research by Keith Brewer, PhD ** and Tullio Simoncini **, has shown that raising the pH (oxygen content) range of a cell to 8.0 creates a deadly environment for cancer. The pH scale ranges from 0 to 14, with numbers below 7 representing an acidic condition and above 7 representing an alkaline, or oxygenated, condition. High pH therapy raises the pH, or oxygen content, of the cancer cell. The cells that die are absorbed and eliminated by the body. **[see papers under the category "Papers on nutrition and the importance of pH balance (using diet, bicarbonate of soda, hydrogen

peroxide - H2O2)" on <http://www.REBprotocol.net>]

High pH Therapy has been used as an alternative or complementary cancer treatment or therapy for breast cancer, lung cancer, prostate cancer, colon cancer, pancreatic cancer, liver cancer, skin cancer, ovarian cancer, stomach cancer, cervical cancer, brain cancer, kidney cancer, testicular cancer, bone cancer, throat cancer, thyroid cancer, gastrointestinal cancer, cancers of the bladder and gallbladder, metastatic melanoma, and cancers in animals including feline, canine, and equine cancer.

ALKALINE/ACID FOOD LIST

Acidifying Foods (Avoid)

Alcohol including wine.
Dairy except organic unpasteurized milk and Cottage cheese.
Grains except millet.
Meat including fish except for white meat chicken and eggs.
Nuts except for almonds and chestnuts.
Oils including olive oil.
Natural and artificial Sweeteners except Stevia

Alkalizing Foods (Good)

Fruits except Cranberries.
Vegetables except potatoes
White meat chicken and eggs.
Spices including salt and all herbs.

Sources

The lists are a compilation of information taken from two web sites:
The Wolfe Clinic web site at:
<http://www.thewolfeclinic.com/index.html>
and the Essense-of-Life web site at:
<http://www.essense-of-life.com/index.htm>

PH Range and Significance:

- 7.0 to 7.5+ is healthy
- 6.0 to 6.5 could develop disease
- 4.5 to 5.5 disease may be present

WARNING - an alkalizing diet will deplete your body of potassium. You must take potassium supplements while on this diet. The amount of potassium you need may vary, but athletes who sweat a lot need three or four grams (1000 mg) a day of additional potassium.

Extremely Alkaline

Lemons, Watermelon

Strongly Alkaline

Asparagus, Cantaloupe, Cayenne, Celery, Dates, Figs, Fruit Juices, Grapes (sweet), Kelp, Kiwifruit, Limes, Mango, Melons, Papaya, Parsley, Passionfruit, Pears (sweet), Pineapple, Raisins, Seaweeds, Seedless Grapes (sweet), Umeboshi Plums, Vegetable Juices, Watercress

Moderately Alkaline

Alfalfa Sprouts, Apples (sour), Apples (sweet), Apricots, Avocados, Bananas (ripe), Beans (fresh, Beets, Bell Peppers, Broccoli, Cabbage, Carob, Cauliflower, Currants, Dates, Figs (fresh), Garlic, Ginger (fresh), Grapefruit, Grapes (less sweet), Grapes (sour), green), Guavas, Herbs (leafy green), Lettuce (leafy green), Lettuce (pale green), Nectarine, Oranges, Peaches (less sweet), Peaches (sweet), Pears (less sweet), Peas (fresh, Peas (less sweet), Potatoes (with skin), Pumpkin (less sweet), Pumpkin (sweet), Raspberries, Sea Salt (vegetable), Squash, Strawberries, Sweet Corn (fresh), sweet), Turnip, Vinegar (apple cider)

Slightly Alkaline

Almonds, Artichokes (Jerusalem), Brussel Sprouts, Cherries, Chestnuts (dry, Coconut (fresh), Cow's Milk and Whey (raw), Cream (fresh, Cucumbers, Eggplant, Eggs, Goat's Milk and Whey (raw), Honey (raw), Leeks, Margarine, Mushrooms, Neutral Butter (fresh, Oils (except olive), Okra, Olive Oil, Olives (ripe), Onions, Pickles (homemade), Poultry (white meat), Radishes, raw), roasted), Sea Salt, Sesame Seeds (whole), Soy Beans (dry), Soy Cheese, Soy Milk, Spices, Sprouted Grains, Tofu, Tomatoes (less sweet), Tomatoes (sweet), unsalted), Vinegar (sweet brown rice), Yeast (nutritional flakes), Yogurt (plain)

Moderately Acidic

Adzuki, Bananas (green), Barley (rye), Beans (mung, Dry Coconut, Fructose, garbanzo), Blueberries, Bran, Butter, Cereals (unrefined), Cheeses, Crackers (unrefined rye, Cranberries, Goat's Milk, Honey (pasteurized), Ketchup, kidney, Maple Syrup (unprocessed), Milk (homogenized), Molasses (un-sulfured and organic), Most Nuts, Mustard, Oats (rye, Olives (pickled), organic), Pasta (whole grain), Pastry (whole grain and honey), pinto, Plums, Popcorn (with salt and/or butter), Potatoes, Prunes, Rice (basmati and brown), rice and wheat), Seeds (pumpkin, Soy Sauce, sunflower), Wheat Bread (sprouted organic)

Extremely Acidic

Artificial Sweeteners, Beef, Beer, Breads, Brown Sugar, Carbonated Soft Drinks, Cereals (refined), Chocolate, Cigarettes and Tobacco, Coffee, Cream of Wheat (unrefined), Custard (with white sugar), Deer, Drugs, Fish, Flour (white wheat), Fruit Juices with Sugar, Jams, Jellies, Lamb, Liquor, Maple Syrup (processed), Molasses (sulfured), Pasta (white), Pastries and Cakes from White Flour, Pickles (commercial), Pork, Poultry (dark meat), Sugar (white), Table Salt (refined and iodized), Tea (black), White Bread, White Vinegar (processed), Whole Wheat Foods, Wine, Yogurt (sweetened)

Alphabetical Listing (alk = alkalizing, acid = acidifying) strong acidifying **strong alkalizing**

Alfalfa- alk	Corn - acid	Lettuce - alk	Rye - acid
Alkaline Antioxidant- alk	Corn Oil - acid	Lima Beans - acid	Safflower Oil - acid
Almond Milk - acid	Cottage cheese - alk	Lime - alk	Salmon - acid
Almonds- alk	Cranberries - acid	Lobster - acid	Salt - alk
Amaranth - acid	Cucumber - alk	Macaroni - acid	Scallops - acid
Apple- alk	Currants - alk	Maitake - alk	<u>Sea Veggies</u> - alk
Apple Cider Vinegar- alk	Curry - alk	<u>Melon</u> - alk	Seeds - alk
Apricot- alk	Daikon - alk	Milk - acid	Sesame Oil - acid
<u>Asparagus</u> - alk	Dandelions - alk	Milk organic unpasteurized - alk	Shitake - alk
Avocado- alk	<u>Dates</u> - alk	Millet - alk	Shrimp - acid
Avocado Oil - acid	Drugs (most) - acid	Mineral Water - alk	Soy Beans - acid
Banana (ripe) - alk	Dulce - alk	Miso - alk	Soy Milk - acid
Banchi Tea- alk	Edible Flowers - alk	Mushrooms - alk	Spaghetti - acid
Barley - acid	Eggplant - alk	Mussels - acid	Spelt - acid
Barley Grass- alk	Eggs - alk	Mustard - alk	Spirulina - alk
Beans - acid	<u>Figs</u> - alk	Nectarine - alk	Sprouted seeds - alk
Bee Pollen- alk	<u>Fish</u> - acid	Noodles - acid	Sprouts - alk
<u>Beef</u> - acid	Flax Oil - acid	Nori - alk	Squash Seeds - alk
<u>Beer</u> - acid	Flax Seeds - alk	Oats - acid	Squash - alk
Beets- alk	<u>Flour</u> except millet flour - acid	Oil - acid	Stevia - alk
Berries (not cranberry)- alk	Fruit Juice unsweetened - alk	Olive Oil - acid	Sunflower oil - acid
Black Beans - acid	Garlic - alk	Onions - alk	Sunflower seeds - alk
Brazil Nuts - acid	Ginger - alk	Orange - alk	Tahini - acid
Broccoli- alk	Ginseng Tea - alk	Oyster - acid	Tamari - alk
Brussel- alk	Grapefruit - alk	Parsnips (high glycemic) - alk	Tangerine – alk
Buckwheat - acid	Grapes - alk	Peach - alk	<u>Tea (black)</u> - acid
Butter - acid	Green Juices - alk	Peanuts - acid	Tempeh fermented - alk
Cakes - acid	Green Peas - acid	<u>Pear</u> - alk	Tofu - alk
Cabbage- alk	Green Tea - alk	Peas - alk	Tomato - alk
Canola Oil - acid	Greens - alk	Pecans - acid	Tropical Fruits - alk
<u>Cantaloupe</u> - alk	Hard Liquor - acid	Peppers - alk	<u>Tuna</u> - acid
Carrot- alk	Hemp Seed - acid	<u>Pineapple</u> - alk	Turkey - acid
Cashews - acid	Herbal Tea - alk	Pinto Beans - acid	Umeboshi - alk
Cauliflower- alk	Herbs - alk	<u>Pork</u> - acid	<u>Vegetables Juices</u> - alk
<u>Celery</u> - alk	Honeydew - alk	Potatoes - acid	<u>Vinegar Distilled</u> - acid
Chard- alk	Kale - alk	Powder - alk	Wakame - alk
Cheese - acid	Kamut - acid	Probiotic Cultures - alk	Walnuts - acid
Chemicals - acid	Kidney Beans - acid	Pumpkin - alk	Water - alk
Cherries - alk	Kohlrabi - alk	Pumpkin - alk	<u>Watercress</u> - alk
Chestnuts - alk	Kombu - alk	Quinoid - acid	<u>Watermelon</u> - alk
Chick Peas - acid	Kombucha - alk	Rabbit - acid	<u>Wheat</u> - acid
Chicken Breast- alk	<u>Lamb</u> - acid	Red Beans - acid	Wheat Grass - alk
Chili Pepper- alk	Lard - acid	Reishi - alk	Whey Protein - alk
Chlorella - alk	Lecithin Granules - alk	Rice - acid	White Beans - acid
Cinnamon - alk	<u>Lemon</u> - alk	Rice Milk - acid	Wild Greens - alk
Clams – acid	Lentils - acid	Rutabaga - alk	<u>Wine</u> - acid
<u>Coffee</u> - acid			Yogurt – alk
Collard Greens - alk			