

ALKALIZE OR DIE!!

- What is Alkaline? Love --- Soft music alkaline
- What is acid? Anger --- Acid rock music acid
- Blood pH versus cellular fluid pH
- What causes it in your body? STRESS AND FOOD
- What we have learned from the environment?
- Metabolism of muscle?
- How can we test what your pH is? pH paper in the am
 1. Blood
 2. Hair analysis
- Your lungs' role in pH - Posture
- What foods should you eat? 80/20 Rule
- How about alkaline water?
- Osteoporosis
- Citrus versus bell peppers for Vitamin C
- Apple cider vinegar and deltoid bursitis
- Cold sores, leg cramps, poison ivy
- Body signals of acid pH
- What supplements should you take GREEN ALCHEMY
www.druglessdoctor.com
- How long does it take to change pH?
- pH paper www.druglessdoctor.com

Robert F. DeMaria DC NHD. www.druglessdoctor.com and www.northcoastchiro.com. Dr. Bob is available to speak at your business or organization.

Food Selection and Consumption to Prevent Disease!!

Selecting and eating foods that are good for you is essential, also be of how the food is grown and prepared.

There are a few basic strategies that should to be followed for long term health!!

1. Buy organically grown fruit and vegetables.
2. Buy fresh produce only in such quantity that can be consumed soon.
There is a value to freshness.
3. Always select choice locally grown and seasonal ripened vegetables and fruit. It is false economy to buy less than the best.
4. Eat vegetables with the skin on after it is washed since it contains a great part of the nutrients.
5. Rotate raw/ steamed or cook vegetables in as small a quantity of water as possible. Do not over cook. Use the juices and the water to make soup.
6. Eat liberal portions of mixed green salads and raw vegetables twice daily.
7. Eat fresh fruits in season.
8. Substitute dried fruits when fresh fruits are not available. Use the water in which they are soaked or cooked. Focus on pears, plums and apples.
9. Eat germinating grains or beans, especially in winter and early spring.
10. Eat whole meal non-wheat breads; stone ground if procurable. No GMO.
11. If you do drink milk choose organic products. I would not eat commercial produced yogurt with sugar.
12. Eat organic butter and cheese. Avoid hormone sourced dairy.
13. Confine number of foods eaten at one meal to a palatable minimum.
14. Eat whole grain wheat free cereals.
15. Drink ample amounts of pure water. Do not drink unfiltered tap water.
16. Use cold pressed oils, such as olive oil, rice, coconut or sesame seed oils.
17. Drink herb teas in place of soda pop, coffee or milk. It is easier on the digestive, assimilation and elimination process if you eat several small meals during the day.
18. Eat fruits alone, never with a meal or after a meal. Eat fruit at least 30 minutes before a meal. Fruit is digested within 30 minutes, so if it follows food that takes several hours to digest, it will sit in the stomach and ferment. Stagnant moving wrongly combined fruit unsettles the colon.
19. Seek a wellness minded Natural Doctor who is skilled in spinal correction. Your spine is the conduit for the nervous system. Your brain sends healing messages along nerves. A healthy spine is a healthy you!! This is a key foundation for your long term health. Robert F. DeMaria DC, NHD
www.druglessdocotor.com.

Enjoy raw and lightly steamed vegetables, eggs, fish, poultry, lamb, and veal. Focus on Celtic Sea Salt® and fresh herbs to flavor your meals. Choose millet, brown rice, buckwheat, wild rice, whole grains, raw nuts and seeds. Use beans and legumes for whole protein. Be sure to eat salads in abundance.

ALKALINE AND ACID ASH FOOD CHART

A	B	C	E	F	G
Most Alkaline	Alkaline	Lowest Alkaline	Lowest Acid	Acid	Most Acid
Stevia	Maple syrup, Rice Syrup	Raw Honey, Raw Sugar	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates/Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avacados	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blueberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives	Spinach, Kidney Beans, String Beans	Potatoes, Pinto Beans, Navy Beans, Lima Beans	Soybean, Carob
	Almonds	Chestnuts	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
Olive Oil	Flax Oil	Canola Oil	Corn Oil		
		Amaranth, Miller, Wild Rice, Quinoa	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			Venison, Cold Water Fish	Turkey, Chicken, Lamb	Pork, Beef, Shellfish
	Breast Milk	Goat Milk, Goat Cheese, Whey	Eggs, Butter/Yogurt, Buttermilk, Cottage Cheese	Soy Cheese, Raw Milk, Soy Milk	Cheese, Homogenized Milk, Ice Cream
Lemon Water, Herb Teas	Green Tea	Ginger Tea	Tea	Coffee	Beer, Soft Drinks

A MAGNET for your refrigerator is available at. It is very colorful and useful for long term health. www.druglessdoctor.com