



THE FASTING PODCAST **WOW**: EPISODE 40 – pH BALANCE & FASTING

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The Fasting Podcast **WOW** (Wellness & Optimal Weight)



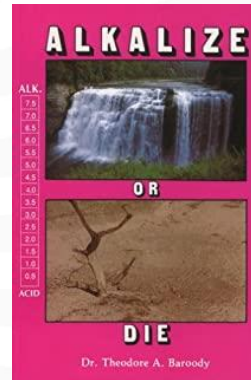
Host: Julie Phillips, CNHP





Let's Get Clear on pH – Blood, Urine, Saliva & Why Each

- pH = Potential for Hydrogen
- Alkalize or Die by Dr. Theodore Baroody “We dig our graves with our teeth”
- One other famous author add to confusion
- Blood, urine, saliva
- How to tell if a food is good for you
- Avoid both acidosis & alkalosis
- Fasting can be more fruitful, healthier, easier, more comfortable when pH is balanced





More Possible Effects – Most Can Affect Fasting Results

- Hormone levels
- Cardiovascular health
- Weight gain/loss
- Bladder and kidney efficiency
- Immune function
- Free radical damage
- Structural system integrity
- Liver function
- Energy levels
- Digestion and elimination
- Microbiological environment





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Foods & pH Balancing

Food Effects on Acid-Alkaline Body Chemistry, The Effects of Common Foods on pH Balance						
Most Alkaline	Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Acid	Most Acid
Stevia	Maple syrup, Rice Syrup	Raw Honey, Raw Sugar	SWEETENERS	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, Avocados	FRUITS	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	BEANS VEGETABLES LEGUMES	Cooked Spinach, Kidney Beans, String Beans	Potatoes, Pinto Beans, Navy Beans, Lima Beans, Soybeans	Carob
	Almonds	Chestnuts	NUTS/SEEDS	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
	Olive Oil	Canola Oil	OILS	Corn Oil, Flax Oil		
		Amaranth, Millet, Wild Rice, Quinoa	GRAINS CEREALS	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			MEATS	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Pork, Beef, Shellfish
	Breast Milk	Goat Milk, Goat Cheese, Whey	EGGS DAIRY	Eggs, Butter/Yogurt, Buttermilk, Cottage Cheese, Soy Milk	Soy Cheese, Raw Milk	Cheese, Homogenized Milk, Ice Cream
Lemon Water Herb Teas	Green Tea	Ginger Tea	BEVERAGES	Tea	Coffee	Beer, Soft Drinks

References: *Acid & Alkaline* by Herman Aihata, *Alkalize Or Die* by Theodore A. Baroody, Ph.D., N.D.

Eat 80% alkaline foods and 20% acid foods for perfect pH balance.



More Possible Effects – Many Can Affect Fasting Results

- Positive thoughts and managing stress
- All natural food & drink & pinkish sea salt
- Enzymes with & between meals (WOW Digestive Gut Aid)
- Alkaline minerals Potassium, sodium, calcium, magnesium
- But not high alkaline water, especially w/meals
- Probiotics & good bowel movements
- Use pH strips and a log for urine & saliva
- You may ask for my pH log & test instructions





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Possible Next Steps



This podcast is part of our “Lifeboat Freedom” system to debut 1/2/20 - a powerful video system using any 1 of our WOW tools for health, wealth, & free time in as little as 6 months, with work using videos done in the 1st month!



Watch our next episode, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com

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Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

