



I AM HEALING
NATURE
A COMPLETE WELLNESS BOUTIQUE

ALKALINE FOOD LIST

VEGETABLES

Amaranth
Avocado
Bell Pepper
Chayote
Cherry & Plum Tomato
Cucumber
Dandelion Greens
Garbanzo Beans (Chick Peas)
Kale
Lettuce (Except Iceberg)
Mushrooms (Except Shiitake)
Nopales
Okra
Olives
Onions
Sea Vegetables
Squash
Tomatillo
Turnip Greens
Zucchini
Watercress
Purslane

FRUIT

Apples
Burro Bananas
All Berries
All Melons (Seeded)
Cherries
Currants
Dates
Figs
Grapes (Seeded)
key Limes
Mango
Seville Orange
Papayas
Peaches
Pears
Plums
Prickly Pear
Prunes
Raisins (Seeded)
Soft Jelly Coconut
Tamarind

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HERBAL TEA

Burdock
Chamomile
Elderberry
Fennel
Ginger
Raspberry
Tila

GRAINS

Amaranth
Fonjo
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice

NUTS & SEEDS

Hempseed
Raw Sesame Seed
Raw Tahini Butter
Walnuts
Brazil Nuts

OILS

Olive Oil
Coconut Oil (Don't cook)
Grapeseed Oil
Sesame Oil
Hempseed Oil
Avocado Oil

SALTY FLAVORS

Pure Sea Salt
Powdered Granulated Seaweed
(Kelp, Dulce, Nori)

SWEET FLAVORS

Pure Cactus Agave
Date Sugar

SPICES & SEASONINGS (MILD FLAVOR)

Hempseed
Raw Sesame Seed
Raw Tahini Butter
Walnuts
Brazil Nuts

PUNGENT & SPICY FLAVORS

Achiote
Cayenne/African Bird Pepper
Onion Powder

***** Drink plenty of water daily. Get sufficient fresh air and sun daily.**

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