

Comorbidities of Diabetes

“It is far easier and safer to prevent illness by curing illness which has been brought on by our own ignorance and carelessness. Hence, it is the duty of all thoughtful men to understand the law of health.”

Gandhi Health Guide

Over the years of a diabetic’s life their body and the disease increase their risk for other type of health conditions such as cardiovascular disease, which causes 65 percent of diabetic’s deaths. Much of the Cardiovascular Disease (CVD) found with diabetics is related to atherosclerosis a disease that affects the arterial blood supply to the heart, not only does it cause CVD, but also contributes to stroke and high blood pressure. Atherosclerosis is hardening of the inner and middle walls of the arteries reducing its elasticity resulting in a thicker wall restricting blood flow to the organs and brain. Coronary Artery Disease can be caused by atherosclerosis where fat deposits and cholesterol build up along the walls of the arteries creating narrowing restricting and blocking blood flow to the heart decreasing the hearts function and causing it to work harder. Over a period of time calcium deposits can accumulate in an atheroma resulting in a blood clot (thrombus).

American Heritage Dictionary blocking more of the artery; if the blood clot detaches (embolus)^{xix} and float through the blood vessels it can reach the brain resulting in stroke or death. CVD has a direct link to ones eating habits and the amount of fat and sugar (sugar also turns to fat) consumed.

Homocysteine a Danger to Life

Homocysteine, caused by a nutritional deficiency of folic acid, vitamin B6, and B12,¹¹⁷ is responsible for contributing to atherosclerosis where it damages the walls of the arteries, interrupting collagen production and according to the American Journal of Cardiology restrict blood flow.¹¹⁸

The amino acid methionine is the body's natural creator of Homocysteine. Homocysteine occurs during the conversion of methionine to cysteine. Homocysteine is only damaging to the body when it is in excessive levels. Methionine in excessive levels causes a vitamin B6 vitamin B12 and folic acid deficiency resulting in dangerous high levels of homocysteine. Consuming large amounts of dairy products, meat products, and an increasing amount of refined sugar with a low intake of fruits and vegetables elevates homocysteine levels. The amino acid Methionine is found in low levels in the body and plays a very special role as a sulfur element aiding the formation of deoxyribonucleic acid (DNA) and ribonucleic acid (RNA).

Frank Murray in his book *Natural Supplements for Diabetes* cites a 12-week study by Robert Clarke, M.D., and associates at Radcliffe infirmary in Oxford, England, in which they administered folic acid, vitamin B6 and vitamin B12 to 1,114 people to affect their blood homocysteine level. The findings were that the administration of 0.5 to 5 mg/day of folic acid, 0.5mg/day vitamin B12 reduced homocysteine levels by one-quarter. Clarke went on to show where foods high in folic acid lowered homocysteine levels by 25%.

High Blood Pressure/Hypertension

It is common to find diabetics that are overweight with elevated blood pressure. The triplet diabetes, hypertension and being overweight are referred to as Syndrome X. A large percentage of type 2 diabetics are overweight and many of them have hypertension. Normal blood pressure is 120/80. If the pressure elevates over 135/90 or higher there is a risk of cardiovascular disease and/or stroke. The elevation of the blood pressure also affects diabetic's eyes, kidneys and nervous system. Oxidative stress, improper eating habits, high levels of homocysteine, overweight, and obesity age, high cholesterol, and lack of exercise are major causes for the blood pressure to elevate.

When a person's sodium intake is too high relative to their potassium intake, they disrupt the delicate chemical balance of the cells resulting in elevated blood pressure. This is why in many cases of hypertension the physician prescribes medication with potassium (diuretic) and recommends that their patients reduce or eliminate their sodium intake. Another reason for hypertension is atherosclerosis where the blood vessels become hard and restrictive and the blood is unable to flow properly (this topic has already been discussed above).

Smoking contributes to high blood pressure and diabetes. There are over 4,000 different harmful chemicals in tobacco, made up of many different type substances including heavy metals, battery acid, formaldehyde and more. One of the major ingredients in tobacco is the heavy metal cadmium, known to elevate the blood pressure. In many instances when the blood pressure becomes so high that a person has to continually switch medications to control their blood pressure, than the cause could be from heavy metal like cadmium and/or lead poisoning¹²¹ causing nutritional deficiencies of low levels of zinc in women or higher copper values.¹²² Cigarette smoking also increases cholesterol and other factor of increased blood pressure. High blood pressure is a contributing factor in stroke.

Overweight/Obesity

“The body is like a very finely tuned engine. The wrong fuel, delivered at the wrong rate, with other fuels or contaminants mixed in, will generally immediately impair the engine’s performance and eventually just shut down the engine.”

Thomas E. Levy, M.D., J.D.
Optimal Nutrition for Optimal Health

Being overweight, up to the point of obesity, is the leading risk factor for type 2 diabetes, coronary heart disease, high blood pressure, elevated cholesterol, stroke, gallbladder disease, osteoarthritis, cancer, etc. According to the National Health and Nutrition Examination Survey (NHANES) 2001 to 2004 two-thirds of the adults living in the United States are overweight or obese.¹²³ The survey also pointed out that 16% of children 9 through 19 are also overweight or obese. Obesity has become a pandemic in the United States.¹²⁴

When your body weight exceeds the standard set for your desirable weight, but is not excessively above the standard, it is categorized as overweight. A person is obese when they have an excessive, abnormal amount of body fat. This amount exceeds all weight standards. It is true that a person can be overweight and not obese; however, both conditions are risk factors for several types of diseases.

Body weight is calculated by a system known as the Body Mass Index (BMI). The BMI is a system to calculate weight by height to determine where your weight is in reference to the standards of underweight, normal weight, overweight or obese. Following this is the BMI chart and instructions how to use the chart in order to calculate your body mass index.

The cause of overweight and obesity is malabsorption of nutrients that leads to malnutrition of the cells allowing waste by product from the foods to accumulate in the small intestine and leak into the blood stream where it aligns itself with adipose tissue (fatty tissues). The merge of the two create a growth and expansion into the tissue where they spread throughout the body putting pressures on organs, bones, and systems. The expansion of the waste and adipose tissue inhibits organ, bones and systems function to the point where they malfunction increasing the risk of many types of diseases.

Medical science views this pandemic as one of heredity and lifestyle. Looking at it from a different view we may possibly say that both of these could be the cause, however, a key element in this pandemic is our food supply and the understanding of how to eat to live and not live to eat. The latter is what we have been trained to do. Eating like many other things is a learned behavior. Many times, when we learn something it becomes part of our daily life and hard to change, and eating is one of those things.

When foods are eaten in any type of combination it confuses the body and the body does not know which enzymes to use in order to digest the food partials. Results of this is food accumulating in the small intestine for an extended period of time, causing distention of the abdomen and the possibility of waste leaking in the blood stream consequentially increasing the risk of elevated cholesterol, hypertension, diabetes, heart disease and other health issues.

The other issue with overweight and obesity is the lack of exercise. Our society consumes a lot of refined foods with empty calories, junk foods, fried, sugary foods with no nutritional values. Many of us don't take the time to burn these calories off so they lodge their self in the adipose tissue of the body and continue to accumulate. Bad eating habits are affecting our children at a rapid rate, especially in this age of video games and the educational system taking physical education out of the schools.

According to the Center for Disease Control and Prevention childhood obesity has doubled over the past 20 years for children ages 6-11, from 6.5% in 1980 to 17.0% in 2006. The obese rate for children ages 12-19 as tripled during that time from 5% to 17.6%. Many of these children will grow into overweight or obese adults with risk of type 2 diabetes, stroke, some type of cancer or osteoarthritis. At their present age they are at risk of high blood pressure, elevated cholesterol, and cardiovascular disease.¹²⁵

As these children grow into adults and have children of their own, their children are also at risk of overweight, obesity, type 2 diabetes, hypertension, cardiovascular dis-ease, and other health related disparities. Obesity is wider than medical science thinks it is, with its potential of reaching the next twenty or more generations if we don't put a stop to it now.

Body Mass Index

What is the Body Mass Index and How does it work and relate to diabetes?

Everything in this world has a hidden meaning. Men, animals, trees, stars, they are all hieroglyphics . . . When you see them, you do not understand them. You think they are really men, animals, trees, stars. It is only later that you understand.

Nikos Kazantzakis Zorba the Greek

The “Body Mass Index (BMI) is a number calculating a person’s weight, height to the ratio to body fat. BMI is a reliable indicator of body fatness for people. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, such as underwater weight and dual energy X-ray absorptiometry (DXA). BMI can be considered an alternative for direct measure of body fat. Additionally, BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems.

The BMI is a tool (not a diagnostic tool) used to screen the weight of children and adult for possible problems that could put them at risk for being overweight, or obese leading into other type of health disparities. Along with this there are other test and information needed to determine if the person is at risk of a disparity.

This is how to use the BMI chart, you would look up your height and calculate it with your height and this will provide the information needed to determine where you are in terms of being in the normal percentile, overweight or obese. Your Body Mass Index should not exceed 25% of your weight. If it goes past 25 then you are in the categories of being overweight and the higher it gets the more, you are moving towards obesity.

The relationship between the BMI and diabetes is one of weight gain especially in type 2. The statistic literature shows that 95 percent of the people with diabetes have type 2 and of that the mass majority are either overweight or obese. As a matter of fact, being overweight and/ or obese is a very high-risk factor for diabetes as well as other health disparities.

Body Mass Index Chart

The Body Mass Index chart or Quetelet index, is a statistical way of calculating a person's weight with their height to determine their health and their risk of overweight and obesity. This system dates back to the Belgian polymath Adolphe Quetelet who discovered this system between 1830 and 1850 during the course of developing "social physics."

BMI popularity came in the 1950's and 60's during the onset of the obesity alert in Western society. It is a tool for health professionals to identify the fatness or thinness of a person.

My opinion is that it is a great tool that needs to be readjusted for people of different cultures and backgrounds. For instance, I am 5-feet-6 inches, weighing 135 pounds. On the BMI scale I would calculate around 22. Well, if 25 is overweight then that means if I gain 17 pounds I would be in the overweight category. If you have ever seen me, you know that I could stand to gain 20 pounds and should not be close to being overweight.

In the chart you will find your BMI by calculating your weight with your height, which will give you your body mass index. Example: a height of 61 and a weight of 122 calculate to a BMI of 23, which is in the normal range.

Body Mass Index Chart

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height			Weight											
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270

70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	21	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Overweight and Obesity Risk Associated With the BMI and Waist Size

BMI		Waist sizes Below or Equal to Men 40 inches Women 35 inches	Waist size Grater than Men 40 inches Women 35 inches
18.5 or less	Underweight		
18.5-24.9	Normal		
25.0-29.9	Overweight	Increased	High
30.0-34.9	Obese	High	Very High
35.0-39.9	Obese	Very High	Very High
40 or grater	Extremely Obese	Extremely High	Extremely High

Kidney Disease (Nephrotic Syndrome)

“Living in tune our constitution goes a long way in alleviating the everyday suffering and distraction we experience.”

Robert Sachs
Health for Life
Secrets of Tibetan Ayurveda

Nephrotic syndrome is the accumulation of fluid in the tissues (edema) caused by the loss of protein in the urine, resulting in albumin protein levels being low in the blood. Nephritic syndrome is common in diabetics and shown in the early stages of kidney failure. Nephropathy can lead to dialysis or a kidney transplant.

When I find that a person has protein leaking in their urine I always suggest proteolytic and/or metabolic enzymes along with specific herbs to rebalance the kidney’s energy and harmony. These enzymes degrade protein and have worked well for my clients. I also recommend that the person does not consume a large amount of protein because the nitrogenous waste by products of ammonia and urea place a hardship on the kidneys. The consumption of high fiber works well because the fiber absorbs some of the nitrogenous material from the blood reducing the load on the kidney. When in taking fiber, you should make sure you consume a substantial amount of liquids. You want the fiber to be well lubricated in your system.

A study of 333,544 men between thirty-five and fifty-seven with diabetes showed they were at a thirteen percent risk of nephropathy then non-diabetics and the diabetics were at greater risk of advanced kidney failure.¹²⁶ Another study indicated that the use of B6 in the early stages of nephropathy is able to prevent long-term kidney failure.¹²⁷

Neuropathy (Nerve Damage)

“The human being is lord and master of all the atoms contained within his body and aura. They are his subjects, the prey of his tyrannies, the beneficiaries of his wisdom and good sense.”

Vera Stanley Alder
The Secret of the Atomic Age

Nerve damage affects 60 to 70 percent of diabetics in the form of numbness, tingling sensations or a loss of feeling in a diabetic's extremities especially the feet. As a matter of fact, diabetic leg ulcer or un-healing foot wounds are a result of poor circulation and the person is unable to feel the pain because of neuropathy and can end up with a limb amputated.

Germany is one of the countries in the world that spends excessive amounts of money in Complementary Alternative Medicine. Over the past 30 years Germany has conducted several double-blind studies using 300 to 600 mg a day of Alpha-lipoic acid in successfully treating neuropathy.¹²⁸ Alpha-lipoic acid has also been shown to lower high glucose levels.

The B vitamins are another set of nutrients that have shown promise in the elimination of neuropathy. Vitamin B6 has been noted for its ability to reduce carpal tunnel syndrome and in several studies, it has been used to treat neuropathy. In a six-month research study conducted by Hayward, California Kaiser Permanente Medical Center, they

administered 160 mg a day of vitamin B6 for chronic neuropathy pain. Their result was that the pain decreased, moods changed, and their life activities increased, and the hyperglycemia drugs were decreased.¹²⁹

A 2-year research study conducted by the University of Manchester in England of 46 type 1 and type 2 diabetic patients ages 57 with chronic peripheral painful neuropathy used acupuncture as the form of treatment. The results of the study showed there was a 77% improvement in the diabetes and neuropathy of the 44 participants, who completed the study. The follow up showed the intake of diabetic medication was reduced by 67% and acupuncture was only requested by 24% of the patients. The symptoms of 21% of the diabetics were eliminated and one person complained of side effects.^{130 131}

The pain of neuropathy is consistent, and diabetics are always looking for relief. Cayenne pepper, also known as capsaicin (*Capsicum frutescens*) aids in the reduction of neuropathy pain. Capsaicin has shown to relieve 80 percent of the diabetic neurological pain.¹³² When applied to the skin cayenne is able to block pain of the nervous system and joints from reaching the brain.

One of the undiscovered micronutrients that I found to work well for neuropathy is CoEnzyme Q10. In a case study I will share with you later my finding of the use of 200 mg a day of Co Q10 that assisted in the reduction and elimination of the pain, tingling and numbness associated with neuropathy. In the long-term neuropathy did not return, however, there needs to be more research on this to conclude the usefulness of Q10 as a clinical application for neuropathy. As we know, Q10 maintains the balance of the mitochondria of the cells building the energy force of the cell including the nervous cell.

Wound Healing and Foot Ulcers

“The healthier the blood, the greater the vitality and longer the span of life. For it is the quality of the blood which determines the strength of our bones and the firmness of our muscles.”

Ann Wigmore
The Wheatgrass Book

Diabetes is also a disease of the circulatory system, causing increases or decreases of the flow of nutrients through the body, especially the lower limbs where it adversely affects the healing process for foot ulcers and wounds. Many diabetics can't heal foot ulcers due to a lack of blood supply to lower extremities and nerve degeneration. In advanced stages this failure to heal can transform unhealed wounds into gangrene where the person's foot or leg has to be amputated. The decrease of vital nutrients such as vitamin C and zinc are key elements in the ability to heal and both are deficient in diabetics. By increasing the dosage of both, as discussed in the protocol, the wounds will heal.

In my center I have suggested the use of Aloe Vera gel on the extremity (not in the open wound), as well as the consumption of 2 ounces of pure aloe twice a day (African Aloe Vera) for five days each week.

Aloe has shown to be an anti-inflammatory, herb promoting the normalization of blood sugar levels and increasing the ability of the body to absorb nutrients. As a wound healer, scientific studies have shown the active ingredients in aloe to activate immunity and increase the macrophage process of fighting infections and bacteria as it repairs the cellular structure. Its ability to increase wound healing has to do with Aloe's promotion of oxygenation to the blood and cells.

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Because I am a traditional Chinese Herbalist, my formulation, are to increase the circulation of Qi (energy) and blood into the lower extremities, consist of herbs that reduce heat, increase the flow of blood and Qi. These herbs are consumed for five days each week on an empty stomach. Over the years I have seen my formulation not only improve the circulation in the lower extremities but improve the energy levels and complexion of the person as well as increase their ability to heal more rapidly from any injury.

Eye Disease Susceptible to Diabetes

“By consciously building the type of physical body that is able to be sensitive to, attract, conduct, nurture, and hold the higher spiritualizing energies, we become more capable of holding the full power of God’s Light.”

Gabriel Cousens, M.D.
Conscious Eating

Eye disease is common with diabetics including Cataracts, Glaucoma, and Retinopathy, which can lead to blindness. Any unusual eye issues (floating spots, redness, blurred vision, or pressure) diabetics experience should be checked by their physician and they should have an eye exam at least once a year.

Cataracts

Cataracts cause vision to become cloudy because they block light from penetrating the lens of the eye. According to the American Diabetic Association, diabetics are 60 percent more likely to have cataracts than non-diabetics. Cataracts are responsible for the blindness of 40,000 Americans each year. Studies have shown that a lack of antioxidants and the growth of free radicals can be responsible for cataracts.¹³³

In the book “Natural Cures” it states: “We now know that senile cataracts are caused by damage from free radicals, the unbalanced, destructive molecules that destroy cells in the body.” It went on to

comment about cataracts being a nutritional deficiency, when it stated, “Poor digestive function can be at the root of cataracts. Low stomach acid can lead to mal-absorption of nutrients from foods and can create more free radicals.

Harvard University conducted a study with 110,000 men and

women using foods high in antioxidants to determine the effects of the antioxidant's lutein and zeaxanthin on the development of cataracts. The results of the study showed when people consume dark green leafy vegetables full of carotenoids at least three times a week it protects their eyes.

In order for a diabetic to address cataracts they have to first work on stabilizing their blood sugar levels. Improve their eating habits and begin a regiment of antioxidants. Over the period of a week, you should incorporate antioxidant rich foods such as beet greens, broccoli, collard greens, kale, and most all greens are good sources of antioxidants and carotenoids. All types of colorful fruits and vegetables should be consumed within the week, some of which should be eaten raw. You should take digestive enzymes to assist in the correcting the digestive tract more on this in the health and healing section. It is also good to reduce your red meat intake because of the increasing amounts of hormones, antibiotics, and abundant amount of arachidonic acid. Learn different types of eye exercises to help strengthen the eye muscles and increase the blood flow to the eyes.

Glaucoma

Glaucoma is where the fluids in the eye are unable to drain and pressure builds in the eye eventually to the point of nerve and retina damages resulting in blindness. Diabetics are at a greater risk of developing glaucoma.

In traditional Chinese medicine the eyes are the sensory organs of the liver and when the liver's energy is stagnated or has created heat it will increase the pressure in the eyes and reducing the ability of the fluids to drain to the point where a person can suffer from glaucoma. The liver plays a role in the transformation of glycogen to glucose and where there is an excessiveness of liver energy then that transformation is unable to take place, which also can result in Glaucoma. In the Chinese medical section, there is more discussion about the liver and its role in diabetes and health.

Studies show Alpha-lipoic acid (100-300 mg a day, take the dosage throughout the day.), Vitamin B1, vitamin B2, pantothenic acid, and vitamin B6 aid in the reduction of eye fluid (take 200/mg of each of the B vitamins with 200 mg of B complex). Magnesium not only lowers blood sugar levels, but also increases the fluid in the eyes by relaxing

the blood vessels to the eyes. Throughout the day 900 mg should be taken with a meal along with 1,600 mg of calcium, 400 mg of vitamin D, and 3,000 mg of vitamin C (vitamin C should be taken in units of 1,000mg at a time for best absorption).

Retinopathy

Diabetic Retinopathy is when excessive amounts of sugar in the blood weaken small blood vessels of the eye, increasing blood vessels leakage of plasma and blood into the retina damaging it causing a loss of vision.

Retinopathy responds well to 3,000 mg of vitamin C (you should take 1,000 mg 3 times a day), foods that are high in bioflavonoids or take bioflavonoids capsules (250 mg). Success has been shown with Bilberry extract at 320 mg according to Dr. Michael Murray.

Idiopathic Gastroparesis

If you cannot digest your food and absorb your food, your cells won't get the nourishment that they need to function properly. Many health issues begin because people aren't fully digesting and/or absorbing their food.

Digestive Wellness
Elizabeth Lipski, Ph.D., CCN, CHN

Idiopathic Gastroparesis is when the stomach is unable to digest and clear foods consumed. Foods remain within the stomach for an extended amount of time, where it ferments resulting in an inability for digestion, damaging the stomach's lining, vagus nerve and stomach muscles. It interferes with the peristaltic activity that promotes the movement of food through the digestive system.

Idiopathic Gastroparesis, weakens the function of the stomach, resulting in malnutrition of cells as well as the inability of the small intestines to absorb nutrients and expel waste by products in a timely manner, creating constipation.

The vagus nerve is responsible for digestion, heart rhythm, respiratory flow, vasomotor activity (contraction of blood vessels), reflex activity such as coughing, sneezing, swallowing, and vomiting.

This is also an imbalance of the liver's ability to control the spleen/stomach digestive abilities according to Asian medicine, where the liver controls the activity of the spleen/stomach, which means assisting them in their ability to start the breakdown of foods and beverages.

This delicate balance maintains the movement of digestion. When your liver is out of balance, it attaches the spleen and stomach like a lion going after dinner. This can cause vomiting, acid reflex, constipation, stomach ulcers, weight gain, weakness of the four limbs, red skin rashes, and even kidney disharmonies, like swelling (edema), renal failure and other disharmonies.

Other causes of gastroparesis are gastric surgery, vagus nerve injury, scleroderma (skin, blood vessel, skeletal muscles and internal organs disharmonies), viral infections and skin disorders. You may find that

when you eat there is a feeling of bloating, chronic abdominal pain, poor blood sugar absorption, lack of appetite, etc.

The healing factor is through first taking digestive enzymes, which has been state. They assist food in digesting in their proper body locations. This allows the body to absorb and assimilate nutrients from foods.

The second important element of digestion is probiotics. Probiotics assist the small intestines in their ability to extract nutrient and deliver nutrients to the blood, as the small intestines expels waste by products from foods consumed in a timely manner.

Idiopathic Gastroparesis is a malabsorption of Vitamin A, C, K, B6, B12, Iron, Potassium, and Zinc.

You would first replenish these nutrients with a multimineral/vitamin supplement. Then you would add the minerals separately if needed after two weeks you still are having symptoms.

You would restrict your meals and eat smaller meals. In some cases, you would consume blended food that would be more ready bioavailability.

Foods to Avoid.

You would eliminate high fat food, sugary foods, foods with additive, dyes, preservatives, overcooked, processed and overcooked foods. *You should not eat out at all.* All your meals should be home cooked.

Fiber is also an issue because, it takes a longer time for high fiber food to move through the digestive system, resulting in blockage of the digestive system, which has the possibility of increasing abdominal pain, acid reflex and/or vomiting. The foods below should be avoided.

Fruits

- Apples, berries, coconuts, figs, oranges, persimmons

Vegetables

- Broccoli, Brussels sprouts, corn, green beans, green peas, lettuce, potatoes, sauerkraut.

Fiber:

- Bran, whole grain cereals.

Nuts/seeds:

Popcorn:

Legumes/dried Beans

- Baked beans, lentils, soybeans.

Meats:

- Steaks, other skinned meats.

Dairy products:

- Milk, cheese, and other dairy product except yogurt.

Carbonated beverages:

- The carbonation causes acidity of your blood.

