

Alkaline Ash and Acidic Ash Foods critical for Regeneration!!!

The regenerative table foods we eat can help us keep the pH of our bodies in balance, which is **vital for regeneration to take place**. **We want a 7pH++** (Take the **average urine pH thru the day**-use pH strips available thru Sunrider) Imbalance leads to the development of virus, yeast, fungus, mold, and parasites, which leads to a diseased, degenerating body.

Alkaline Ash				Acidic Ash Foods	
Almonds	Cabbage	Lemons	Potatoes	Carob	
Apples	Cantaloupe	Lettuce	Radishes	Cranberries	
Apricots	Carrots	Limes	Raisins	Flours-all	Penalty Box
Avocados	Cauliflower	Millet	Raspberries	Nuts-most	All meat
Bananas	Celery	Molasses	Rutabagas	Grains:	All dairy
Beans, all	Cherries	Mushrooms	Sauerkraut	(except	Sugar
				millet	
Beets	Coconut	Onions	Soybeans	&	Coffee
				buckwheat)	
Blackberries	Dates	Oranges	Spinach	Peanut	Pop and
				Butter	Soda
Brazil Nuts	Figs	Peaches	Strawberries	Plums &	Overcooked
				Prunes	Food
Broccoli	Grapefruit	Pears	Tangerine	Squash	Alcohol
Brussel	Grapes	Peas	Tomatoes		
Sprouts					
Buckwheat	Green Beans	Pineapple	Watermelons	Poultry – all	
<i>It is recommended that our diets should consist of 80% alkaline ash foods. These foods leave an alkaline ash when the body burns them for fuel.</i>				<i>It is recommended that our diets should consist of 20% acid ash foods. These foods leave an acid ash when the body burns them for fuel.</i>	

Foods to avoid: sugar, hydrogenated products, meat, dairy, salt (we need a little)

When overcoming a major health challenge, it is recommended that we eat an all alkaline diet. Raw fruits and veggies can move you ahead even faster in regaining and maintaining health.