

DrHenele.com - Alkalizing vs. Acidifying Foods & Moods

(+4) Most Alkalizing	(+3) More Alkalizing	(+2) Alkalizing	(+1) Least Alkalizing	Category	(-1) Least Acidifying	(-2) Acidifying	(-3) More Acidifying	(-4) Most Acidifying
Anticipating		Responding		Stress Continuum	Reacting		Over-Reacting	
Energetic Health, Loving, Enthusiastic, Authentic,	Patient, Peaceful, Confident, Truthful, Encouraging	Trusting, Faithful, Passionate, Calm	Rational, Tolerant	Perspective / Emotional State	Indifferent, Indecisive	Distrustful, Afraid, Lonely, Doubtful	Angry, Complaining, Frustrated, Isolated	Judgmental, Repressed, Controlling
Active 5X/Week	Active 4X/Week	Active 3X/Week	Active 2X/Week	Exercise	Active Without Sweating	Sedentary	Sedentary With A Fast Food Diet	Sedentary + Fast Food + Sugar/Alcohol
Eat at Home with Family 5x per week	Eat at Home with Family 4x per week	Eat at Home with Family 3x per week	Eat at Home with Family 1-2x per week	Lifestyle	Eat Fast Food 1-2x per week	Eat Fast Food 3x per week	Eat Fast Food 4x per week	Eat Fast Food 5x per week
8+ Hours Uninterrupted Breathing Practice 60+min/day	8 Hours Uninterrupted Breathing Practice 45+min/day	7.5 Hours Uninterrupted Breathing Practice 30+min/day	7 Hours Uninterrupted Breathing Practice 15+min/day	Sleep	6 Hours Uninterrupted	6-7 Hours Interrupted	5-6 Hours Interrupted	Less Than 5 Hours Total
				Breathing	Shallow Breather	Shallow Breather w/ Kyphosis	Snore While Sleeping	Diagnosed with Sleep Apnea
				Delayed Food Allergies		Eating Foods w/ a Low Allergic Immune Reaction	Eating Foods w/ a Med. Allergic Immune Reaction	Eating Foods w/ a High Allergic Immune Reaction
Cloves, Cinnamon, Oregano, Basil, Turmeric, Parsley	Thyme, Cumin	Green Tea, Peppermint, Spearmint, Majoram	Curry, Sage, Licorice Root, Burdock Root	Herbs				
Avocado, Persimmon, Papayas, Lemons, Limes, Blueberries	Plums, Blackberries, Oranges, Tangleos, Mango, Grapes with Seeds	Apple, Pear, Pineapple, Raspberries, Strawberries, Peach, Kiwi	Apricot, Nectarine, Honeydew, Cantaloupe, Banana, Currant, Cherries, Cooked Tomatoes, Watermelon	Fruits	Sour Cherries, Rhubarb, Prune, Raisin, Dates	Cranberries, Raw Tomatoes	Canned Fruit, Shelf Juices w/ Sugar/Corn Syrup	Most Non-Organic Fruit Due To Pesticide Residue
Spinach, Kale, Collards, Swiss Chard, Greens, Broccoli, Arugula, Nori, Wakame, Kombu, Hijiki	Cucumber, Zucchini, Parsnip, Green Leaf, Romaine, Brussels Sprouts, Bok Choy, Fermented Soy	Sweet Potato, Beets, Cauliflower, Carrots, Bell Peppers, Pumpkin & Squash, Garlic, Onions	Soy Beans, Tofu, Jicama, Celery, Green Peas, Asparagus, Adzuki Beans, Black Beans, Kidney Beans, Green Beans, Hummus	Vegetables & Legumes	Potatoes, String Beans, Chick Peas	White Beans, Navy Beans, Pinto Beans	Processed Soy Products	Most Non-Organic Vegetables Due To Pesticide Residue
Wheat Grass, Chlorella, Spirulina, Blue-Green Algae, Miso Soup	Most Vegetable Based Soups	Oats, Sumac, Sorghum, Lentils	Quinoa, Millet, Amaranth	Grains, Cereals, Grass, Soups	Brown Rice, Kasha, Teff	Buckwheat, Wheat, Semolina, Farina, Spelt	Maize, Corn, Rye, Barley, White Rice/White Bread	All GMOs
Sprouts	Walnuts, Pecans	Almonds, Pistachio, Hazelnut	Pumpkin Seeds, Brazil Nuts, Shitake	Sprouts, Nuts, Mushrooms & Seeds	Peanuts, Pine nuts, Sunflower Seeds	Cashews		
	Fish & Krill Oil	Evening Primrose Oil, Borage Oil, Cold Pressed Extra Virgin Olive Oil, Flax Seed Oil	Avocado Oil, Coconut Oil, Palm Fruit Oil	Oils	Sesame Oil, Grape Seed Oil, Sunflower Oil, Almond Oil, Peanut Oil	Safflower Oil	Palm Kernal Oil	Fried Foods, Trans Fatty Acids, Partially Hydrogenated Oils, Crisco
			Perhaps Sushi, If it is Wild Caught	Meat, Fowl, Wild Game, Shellfish	All Organic Free Range Meat & Eggs, Pacific Wild Caught Fish	Goat, Lamb, Goose, Turkey, Shrimp, Duck, Venison	Chicken, Beef, Eggs, Crab, Scallops	Pork, Oysters, Lobsters, Cat Fish, Atlantic/Farmed Fish
	Breast Milk	Oat Milk, Hemp Milk, Almond Milk	Coconut Milk, Rice Milk, Soy Milk	Dairy & Alternative Milks	Goat cheese, Sheep cheese, Yogurt, Goat Products	Aged Cheese, Organic Dairy Products	Casein	Cheese, Cow Milk, Ice Cream, Pus Cells
Herbal Organic Teas, Ginseng, Bicarbonate	High Quality Waters*, Mineral Water	Sake with Miso, Espresso Coffee	Filtered Water, Honey Wine, Red Wine	Beverages	Black Tea, Sake	Lipton Tea	I Drink ___ Cups of Coffee per day	I Drink ___ Sodas, Diet Sodas, Alcoholic Beverages per day
Sea Salt		Black Strap Molasses, Apple Cider Vinegar, Umeboshi, Stevia	Maple Syrup, Raw Honey, Raw Agave, Rice Syrup	Sweeteners, Seasonings	Processed Honey, Raw Sugar, Brown Sugar	Vanilla	White Sugar, Jams / Jellies, Yeast	NutraSweet, Equal, Sweet n Low, Splenda, High Fructose, Corn Syrup
		Broad Spectrum Probiotics	Multivitamins, Antioxidants	Extra	L. Acidophilus			Antibiotics
				Totals				

Reference 1.Prior, Wu. "Oxygen Radical Absorbance Capacity of Selected Foods - 2007". (Based Upon 20 References) 2. Mateljan. "The World's Healthiest Foods" 2007. (Based Upon 150+ References)

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