

[FOOD THAT ARE ALKALINE TO BODY](#)



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The alkaline diet is based on the idea that replacing acid-forming foods with alkaline foods can improve health. Proponents of this diet even claim that it can help fight serious diseases like cancer.

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74 Alkaline Foods to Naturally Balance Your Body Health

Healthy Alkaline Foods. If you feel that you have an unbalanced diet and eat too many acidic forming foods, like processed meat, conventional dairy, refined sugar, prescription medications and alcohol, and not enough alkaline foods, like fruits and vegetables, then take a look at this list and see if you can increase your alkaline intake.

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19 Highly Alkaline Foods That Will Benefit Your Body

Any food that has a negative value is considered an alkaline food (or a base), while any food with a positive value is acidic. For example, broccoli has a score of -1.2, which means it s alkalizing but not as alkalizing as eggplant, which scores at -3.4.

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Alkaline Foods Healthy Alkaline Diet

Note: a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

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Top 10 Alkaline Foods You Should Be Eating Everyday

Not many people are aware, but the human body functions the best at a pH level that is slightly on the alkaline side. pH levels can range from 0, or completely acidic, to 14, completely alkaline.

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Top six alkaline foods to eat every day for vibrant health

A true miracle food, garlic appears at the top of innumerable lists of foods that encourage overall health, and alkaline-forming food is no exception. Among its other benefits are its ability to promote cardiovascular and immune health by lowering blood pressure, cleansing the liver and fighting off disease.

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Alkaline Diet Plan Review Does It Work WebMD

But the foods you're supposed to eat on the alkaline diet are good for you and will support a healthy weight loss: lots of fruits and vegetables, and lots of water. Avoiding sugar, alcohol, and

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Alkaline Acid Food Charts Greenopedia

Scientists take a similar approach when trying to determine a food s pH effect on the body: They incinerate the food, mix the ash with water, and then analyze the mineral content of the ash. If the mineral content is highly alkaline, then the food will likely have an alkalizing effect on the body, and vice versa.

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