

pH Chart

Saliva pH

Before Meal

6.8 Normal

6.2

5.5

5.5 – 5.8

Any number

After Meal

7.0 - 8.0+ Ideal

Higher, Good

Higher, OK

No Change, Very acidic (trouble)

Lower, Emotional problem, stress, drugs

Acidic foods -

(In descending order towards neutral)

Artificial sweeteners

Prescription drugs

Sugar, sodas*

Alcohol

Meats & Dairy

Grains

Nuts & Seeds

Eggs (but close to neutral)

Alkaline foods –

(In descending order towards neutral)

Vegetables

Fruits*

Cultured foods

Nuts – soaked or sprouted

Potatoes, Corn

*Exception to fruits – cranberries, prunes and plums are acidic but work well on urinary tract infections, help alkalize bladder

*Less than 1 soda should be consumed per day – they contain arsenic, cadmium, aspartame (diet drinks), aluminum, and chemicals; mineral water and fruit juice okay

It is best to be neutral or slightly alkaline. Either extreme, alkaline or acidic, is not healthy for long periods of time. Acidosis is responsible for many health conditions including cancer.

Pathogens are opportunist and will thrive in an acidic terrain. Some pathogens have an affinity for alkaline conditions. Cancer thrives in a chronic acidic constitution. It's best to stay neutral, not acidic or alkaline.

The intent of this document is to support Nu|Vision users. It is not intended to diagnose, treat, cure or prevent any medical, psychological or nutritional condition, disease or disorder.