

pH Levels Within the Physical Body and System Flushing

Below here is selected excerpted pieces from the "Stepping Into Spiritual Oneness" Spiritual Treasure Gift (Chapter) relating to Vibrational Healing and also updated information Over the Years since the books publication 10 years ago.....

"Where the body and mind are alkaline, dis~ease cannot exist. Detoxing the body by no longer eating processed foods, gluten, harmful drinks, sugar and the like; along with detoxing the mind of harmful thoughts and thought processes is key. Eating wholistically (organically) and creating a wholistic environment within (pure vibration, thoughts, feelings, emotions of Love and all its attributes) and in your outer experience (those in your sphere, being in nature, living environment etc.) is also key. These are the keys to SOUListic Wellness, Body and Soul, Soul and Body health and wellness"

~Lady Nenari, Princess of the Sea



Most people are chronically dehydrated and mineral deficient ergo where dis~ease comes from. And many drink water that is ice water as well. Doing such actually makes your stomach contract and produces more acid in the body ergo making the body more acidic. It is therefore wise to drink room temperature water and/or even warm or hot water as the boiling of water just like adding Sea Salt to the water alkalines the water because what it does is it makes the pH or potential hydrogen more dense, condensed, and more hydrogen in the water raises the pH level making it more alkaline. And within mineral deficiency, the body requires between 50

to 90 minerals per day for it to function properly in balance. For every time you urinate, sweat, eat something acidic or eat anything in general, the body works constantly to keep its homeostasis of alkalinity balance. When the body is depleted from those minerals daily and such is not replenished dis~ease also can occur as well as obesity and other things as well. For every toxic thing we eat, or our environment as written above in the above quote, it takes highly alkaline foods and/or water for it to come back into balance.

There is ALOT of medical and scientific research to back up what I share here on this page and links to some of that of the many years of research I have done is below. Taking SeaSalt actually alkalises the body rather than cause high blood pressure and such things. Table salt which is sodium chloride is flooding to body with one mineral and an over abundance of one mineral in the body causes an imbalance which causes dis~ease. Make sure to use SeaSalt that has mineral flecks in it as white SeaSalt is bleached and the mineral content is taken out. What I share below is from both my own experience, as well as, many years of medical, scientific and other research I have done. I used to be deathly ill and very sick and now Am healthy as a result. So I Am living proof that what I share works. I have much more than this shared in my book and also my small booklet on being cancer free. If you wish to know more indepth than this I do personal sessions and also can give you the booklet as well I made. What is shared below is just part of the wisdom. Please do your own research~

pH in the body

The pH of your blood is tightly regulated by a complex system of buffers that are continuously at work to maintain a range of 7.35 to 7.45, which is slightly more alkaline than pure water. These are your lymptic system, galbladder, pancreas, liver, and kidneys primarily.

If the pH of your blood falls below 7.35, the result is a condition called acidosis, a state that leads to central nervous system depression. Severe acidosis which is where blood pH falls below 7.00, can lead to a coma and even death.

If the pH of your blood rises above 7.45, the result is alkalosis. Severe alkalosis can also lead to death, but through a different mechanism, alkalosis causes all of the nerves in your body to become hypersensitive and over-excitabile, often resulting in muscle spasms, nervousness, and convulsions; it's usually the convulsions that cause death in severe cases.

Your body baring any infections in the blood is doing an adequate job of keeping your blood pH somewhere between that 7.35 to 7.45. There is a misperception out there that says that what you eat cannot affect your blood pH and that is and isn't true. They are interdependent upon one another so if you are eating toxic food for years (or if you are in a toxic environment environmentally or emotionally) and your kidneys, galbladder, and lymphatic system are being constantly taxed, it will then build up in your blood and cause the body to develop and infection and you go what is known as septic, I know this all too well as it just happened to me because two and a half years ago I was forced into a situation where for a little over two months I had eaten toxic foods and this then happened to me and 2 months ago I literally died and came back (my 12th NDE in this life)

Urine pH level between 6.5 to 8.0 is optimal. You can estimate blood ph and urine ph by what you are eating, your environment and whatnot are your best factors. There are test strips for urine pH and the only way I know of to test blood pH is through blood test itself through doctor.

More on this can be found here at this

link https://www.facebook.com/drwaynedyer/posts/10154443603576030?comment_id=10154443741871030&reply_comment_id=10154451033246030

Flushing Out of the Physical Body's Remnants

Within the eating and drinking of foods and substances other than water continuously, then one is within what we call here on this earth dimension as an acidic state. This acidic state is what results from being free from drinking water continuously. This then produces physical body remnants of the food and drink other than water to be stored within all systems and organs. The result of this can be what is known on this earth dimension as the names of liver, kidney, galbladder, and intestinal dis~ease on the

physical. I know this all too well, as I wrote earlier, having had the physical body's gallbladder removed in September 2005. I discovered out about the gallstones I had developed when having an ultrasound for kidney stones. Subsequently, I went on an eight dimensional year journey through which I dissolved and flushed out all but one gallstone. The one that was considered by conventional medicine as too big, as it was the same size as the gallbladder itself. As it was attempting to dislodge itself from the gallbladder into the liver, it became stuck causing the gallbladder to become inflamed to the point of almost bursting, thus I chose to have it removed. The cycle had run its full course and physically and spiritually I was in Spiritual Oneness alignment.

During that surgery however, is when I experienced yet another of the many NTHE's (Near Transitional Home Experiences) that I have chosen within this Life Experience. As the physical body in its state of perceived pain and dis-ease such as it was, I was acidic in that moment, thus as I eluded to before, when the conventional medicine doctors made their initial incision, they cut into an artery, which is when the physical body bled to death and I experienced the NTHE. Needless to say, according to the surgeon the physical body of which my soul resides within in now has the physical scar of what is known as the "special 5th stitch", as there are 'only supposed to be' four during this procedure.

There are many messages that are written here within these Spiritual Treasure gifts that were gifted to me that day. One of which is something that I would like to tell you that you may be unaware of. Within the physical body, the gallbladder and liver collaborate in synchronicity together simultaneously to assist in the flushing out of the remnants of food and drink, with the pancreas continuing the process and then into your intestines and kidneys and flushing out the body. When the gallbladder is functioning with gallstones within it, or if the gallbladder is removed, or is physically impaired in its function in anyway, the liver then is doing double duty providing the collaborative balance of two organs. Thus, any perceived stress in our lives, any perceived toxins (or remnants) within the body that are free from being flushed out, are then being stored up and possibly backing up the liver, pancreas, and the intestines and the kidneys creating an acidic environment within the physical body.

What happens if we are free from replacing the water fluid within the body each earth dimensional day? The physical body will seek out the replacement fluids from the undigested remnants sitting in the intestines and kidneys, waiting to be eliminated. The effect that this has on the physical body is as water is withdrawn from this fecal matter and urine that this results in constipation from the stool becoming harder as a result of the water being absorbed elsewhere in the body from that fecal matter. When a soul is free from drinking water and/or drinks only caffeinated or alcoholic drinks that take water out of the body this creates a water shortage in the body and it will create

hunger in order to get the water from the food. The body will then retain water to dilute these remnant substances which results in bloating and weight gain.

This is the reason why in severe dehydration we develop an edema and retain water. The physical body brain sends signals to increase in salt and water retention by the kidneys. Initially, the process of water filtration and delivery into the cells occurs at night when the physical body is horizontal. The collected water that collects in the legs is free from balancing the illusionary sense of gravity to get onto the blood circulation. If reliance of this process of emergency hydration of some cells is continuous, the lungs begin to get waterlogged at night, and the physical ability to breathe while the body is in its sleep state. It is then that the soul ends up using an abundance of pillows to sit upright to sleep. This condition is the consequence of dehydration. This is how what the conventional medicine's name of edema occurs when we are free from drinking the amount of water the physical body is asking of us to drink. I know of this, as I too was doing this for many earth dimensional years. I still sleep with an abundance of pillows it is now for comfort rather than from being unable to physically breathe at night. Because the water from the undigested remnants from both the urine and the fecal matter is those remnants recycled, when it is re~circulated throughout the physical body, it will increase the remnants stored in the body. This can lead to tiredness, lethargy, and the physical body will be vulnerable to physical infection.

We can monitor our pH, checking both urine and saliva with test strips that usually measure from 4.0 to 14.0. It is said that the optimum pH is between 7.0 and 7.50 (the number seven being that of the Diadem or Crown Chakra and 7.5 equaling 12 which is two BEing as One). A reading lower than 7.0 indicates an acidic physical body, while a reading between 7.0 and 7.50 is indicative of an alkaline spiritually aligned physical body. We usually discover that souls whom are this earth dimensional name as highly acidic are souls whom have been diagnosed by conventional medicine with the names of cancer or other dis~eases, syn~dromes, dis~orders, illnesses such as I was. You will be amazed at how acid soda, coffee, tea and beer are if we check them with a litmus pH paper. I personally order the Alkalive brand of test strips (through a woman who is a good friend of mine and her company I will introduce to you in the next paragraph) as they seem to be effective and simple to read. There is a plethora of information related to what pH is and what types of food are considered on this earth dimension as alkaline or acidic.

Thus when we are shifting into a process of being alkaline, the origins are within a system flush, flushing out the remnants in the body ~ flushing out the liver, the pancreas, the intestines, the kidneys etc. As Spirit gifted me with the Spiritual Metaphor that it is like that of what we have here on this earth dimension as a drain pipe. After some earth dimension years, it just gets gunked up right? So when it does, we clean it out so that it is clear and able to bring things through its clear channel

again. Same can be said with the physical body. A product that I highly recommend for this is called Miracle II Neutralizer. It is available through Miracle II distributors by visiting <http://miracle2distributors.com/index.html>

I use the Miracle II Neutralizer only occasionally now (as I use water mixed with the Cell Salts and/or water mixed with the Sea Salts which is the basis of what I believe the Miracle II Neutralizer is, however, the Miracle II Neutralizer is a highly concentrated version of this and wonderful to begin this infinite cycle of system flushing with), as I am in a continuous alkaline state. When I discovered her products about three earth dimension years ago, the physical body of which my soul resides, was still quite acidic. I was drinking water yes, however, as I soon came to discover, it was only a minute amount compared to what the physical body was asking for. Thus, when I started the Miracle II Neutralizer boy was I going to the bathroom a lot! It really does assist in flushing the remnants out, as well as, helps to balance and restore the pH resonance within the physical body. It is recommended that one begins with a cap full (or the miracle II website it says 7+ drops) mixed within 8 to 12 ozs. of water, which is what I started with when I began this detoxing circle. *Note ~ I have moved on to include baking soda, lemons, super greens, spiritual shifting of thought processes in the mind coming into the heart and many other things as well in addition to this here as well in keeping my body alkaline. Where the body and mind are alkaline, dis~ease cannot exist. Detoxing the body by no longer eating processed foods, gluten, harmful drinks, sugar and the like; along with detoxing the mind of harmful thoughts and thought processes is key. Eating wholistically (organically) and creating a wholistic environment within (pure vibration, thoughts, feelings, emotions of Love and all its attributes) and in your outer experience (those in your sphere, being in nature, living environment etc.) is also key. These are the keys to SOUListic Wellness, Body and Soul, Soul and Body health and wellness.

This product, along with the Miracle II Moisturizing Soap for detoxifying and cleansing the body or remnants regularly, and using the Alkalive testing strips really transformed the physical body in which my soul resides. The physical symptoms and rashes I experienced have all transformed themselves to an alkaline resonance as a result of using this product and other ways of BEing related to self healing. I experience rashes now simply in moments when I choose to eat foods that the physical body is free from resonating with. The Miracle II Neutralizer during this earth dimensional time I utilized daily and the soap in bathing every other earth dimension day. I am now able to drink the neutralizer straight free from diluting it in water, and drinking anywhere from ten to thirty~two ounces of it at one sitting. Our children even use the Miracle II Moisturizing Soap, they call it the "green soap" and they are free from desiring to take a bath without it. I buy regular soap hardly ever now. Actually the only moments I use regular soap and shampoo is in the shower when I do my shower cleaning quickly before

getting in the tub. I think another soul once told me that this is something that the souls who reside in England or China do, kind of like getting clean before bathing so as to be free from dirtying the bath water so something to that effect. However, I just do this simply because I enjoy both showers and baths, and love experiencing them both at once as one of the FUN (Feeling Universal kNowledge) essences of this game we call LIFE (Living Infinitely From Experience)! :)

I just love how the bubbles tingle while in the bathtub utilizing the Miracle II Moisturizing Soap. It is almost as if there are little faeries sprinkling their healing faerie dust upon me as I soak in the tub. It is amazing to sit, watch, and feel the bubbles as they are tingling, tickling, and popping on the skin. They pop and absorb into the skin as they pop, kind of like they are becoming one with the skin. It is kind of like the fizzing sound that you feel when hearing hydrogen peroxide bubbling, tickling you, and healing you, free from the physical sensation of pain like hydrogen peroxide can at some moments seem like on a cut though. The beautiful rainbow of colors that the soap shows within its essence as the light streams through my bathroom window is just awe~inspiring!

I also use the Neutralizer Gel that is available on Miracle II's website as well. As the Neutralizer Gel label reads, "Electrically engineered eloptic energized stabilized oxygenated water...." in a gel form. It works wonderfully for many uses, but I discover the gel works the best when I have been out in the sun for what we call as too long and get sunburn on the physical body. I just lather up with the Miracle II Moisturizing Soap on the sunburned area, rinse, then lather up the same area again, and let dry free from rinsing, then once dry, place on a liberal layer of the Neutralizer Gel on top (repeating the gel later if needed) and the sunburn is gone the next day. Spirit shares that the reason for this is when we receive sunburn it is due to dehydration of the skin within the area of the burn. The Neutralizer Gel and Miracle II Moisturizing Soap hydrate the skin and thus, dissipating the sunburn.

I also use the Crystal Deodorant. The other product that I have utilized with much success in the detoxifying process is that of the pH Alkalive Cleanze and Alkalive Detox that is available through Phion by visiting <http://www.alkalive.net/>. Both the Alkalive Cleanze and the Alkalive Detox are Ionic Cleansing Complexes that with its utilization along with the Neutralizer, the regular water that I drink, and the Miracle II Moisturizing Soap assisted in the physical body my soul resides in being able to pass all of the gallstones, with exception of the one I share about earlier. I still have it as well for those occasional flushes if needed. It is in powder form and I discovered for me during that phase of detoxifying, that it took twice the amount recommended to completely flush out the physical body that my soul resides in. The Psyllium Seed and other herbal blends within these two does exactly what it is designed to do which is to flush the physical body out. Therefore it does have you going to the bathroom

frequently both ways. I would recommend doing the flush at a moment then that you can be near a toilet for a good twenty~four hours or so. During the flushing process it is also key to drink as much water as possible because when flushing out all of the remnants the physical body will be asking you to replace the fluids that will be excreted in this process to continually be hydrated.

So I am a living breathing physical body soul who is a testament that these products indeed work. The products really are what Miracle II calls them ~ A Miracle!

Just as soon as we are drinking the amount of water that the physical body is asking for and physically needs, you may discover as I have, that hunger cravings that we have subside. I have also discovered that when the hunger cravings do come, that it is usually a sign that the physical body is hungry for water and Sea Salts rather than food. That if after hydrating the body with water, if I discover that I am still hungry, then I will choose to eat food. Water intake when beginning this process is invited to be gradual, spreading out until urine production is at the same rate that we drink water. When we drink water to where we pass clear urine, we also pass out a lot of the salt that was held back. This is how we can flush the edema fluid in the body; by drinking water.

When we drink water, if we feel physically nauseousness, we are invited then to drink sips of water throughout this earth dimensional day. Drink an amount that is free from bringing about the sensation of nausea. When utilizing this process, it does seem like we are running to the bathroom continuously. This is due to the flushing out of the remnants that have been stored within the physical body for the earth dimensional measurement of so long. As the physical body hydrates, this will slow down. Like a dried out plant, if we pour a glass of water on it, what will happen? The water will run right out of it. But if we pour it on slowly, it will hydrate, replenishing its supply. If one is severely dehydrated and is used to only caffeine or alcohol intake, this then is the source of the nausea and having to go to the bathroom continuously, as it can be caused by an acidic condition. Bringing balance to our alkalinity resonance by taking a pinch of Sea or Cell Salts along with the sip of water will help to neutralize the stomach acids. This remedy is also excellent for what we call here as heartburn. Continuously going to the bathroom rather than holding it will continue the process of flushing out the remnants until one is urinating less. In most cases, it takes about an earth dimensional week before we can drink the amount of water equal to 1/2 of the physical body's weight, although each soul's physical body varies, thus go at the pace that the physical body is telling you.

I will say that just as when I shifted into this way of BEing, and you may discover this as well when you choose the choice of shifting the physical body into this state of BEing with this ingesting of the water and Sea or Cell Salts, as well as, with any other herbal, homeopathic, or holistic way of BEing that you utilize, that when placing into

praxis any of these, that you may experience the sensation of physically feeling a lot worse for quite a while within earth dimensional time, in some cases a few months, before you will begin to feel what we call as physically better or within a resonance of physical Well~BEing. The reason for this is due to the herbs, the water, the Sea or Cell Salts, and so on are all physical ways of being that are designed to flush out the remnants that bring about the ill~ness, syn~dromes, dis~orders, and dis~eases physically and that it may take what we call as a long earth dimensional time for this flushing to occur. Figure it this way, if you are thirty~six earth dimensional years old, then you have about thirty~six years of built up remnants within the physical body to flush out, and this process will take in earth dimensional time as long as it takes. Certainly it may be free from taking thirty~six earth dimensional years, however, it will take as long in earth dimensional time as it is meant to. This is free from being a process one can rush. Some souls tend to just give up simply because they begin to feel 'so bad' physically and either go back to conventional medicine or give up entirely, freeing themselves from doing anything at all. It is within the wisdom written here within this Spiritual Treasure Gift (Chapter) that can gift to you this knowing so that you can choose to stick with it if you so choose to, with the knowing that the physical body will shift into a state of physical Well~BEing once the detoxification process has run its due course.

The reason I share this is from personal experience, as well as, what I have observed in other souls (Jenn is one such soul who I will write about later in this Spiritual Treasure Gift (Chapter)). For me through, although I began my earth dimensional learning of Herbology, Homeopathy, Colloidal Silver, and so on from the moment that Anthony was about 1 1/2 months old, for me personally when it came to the detoxing herbs to flush out the system I began as a hit and miss scenario as they call it for the reasons I write off in within the last paragraph. As when I started flushing out the gallbladder of stones, the liver, and the rest of the physical body of the stored remnants, I experienced being SO sick that I was laid up in bed for almost three months in physical pain and such! For a while, while I then I would continue with taking Colloidal Silver when sick with flus, colds, infections, and such, but I was free from using the cleansing herbs to cleanse out the system. Of which, between being free from cleansing the physical body with herbs, Sea or Cell Salts (which I spiritually remembered and earth dimensionally learned of years later), and with water, as well as, the spiritual cleansing (which we write of later in this Spiritual Treasure Gift (Chapter)), I became overall 'sicker' still until conventional medicine diagnosed the physical body my soul resides in with the Lupus and the blood dis~order.



Alkaline and Acidic Food List

A List of Foods and Resources to Assist You to Shift The Physical Body that Your Soul Resides in's pH into a Resonance of Optimum Alkalinity...

As I share within the Stepping Into Spiritual Oneness book, this list of wisdom below is to assist you in shifting the physical body's pH levels by utilizing food as well as other sources. The pH scale that I have found within my research seems to be from 0 to 14, with numbers below 7 acidic and the numbers above 7 alkaline. According to my friend Heidi and other resources I have found, the physical body's optimal pH levels are between 7.0 and 7.5. My own personal levels have transformed from 2 to 7.5 within one earth dimensional year from drinking water, and sea salts along with eating organically.

This list below here is really meant to be a guideline for you of alkalizing and acidifying foods based upon my own scientific research of experiments that I have conducted with my own family, as well as, the research of many other souls whom helped us on our journey.

~Alkaline Foods~

***Please Note: Our experiments with all of these foods were done both on GMO foods, as well as, with fresh organic food. The organic food has within it the colloidal minerals from the soil and from within the photosynthesis process in which nature allows them to grow when left untouched by chemical processing or GMO, genetically modified organisms (as GMO food takes away the basic nutrients and is laced with chemicals that the physical body is free from being made to handle and process), which is what gives these fruits and vegetables their alkaline gifts. Therefore, I strongly recommend (although it is up to your Divine Free Choice to choose what to eat and such and I claim no responsibility for your choice whatsoever) that you eat organically grown fruits and vegetables by growing them in your own garden or from a local farmer source that is free from GMO's and is pure organic in nature. There are many books and resources for organic growing and we will provide links to**

~Acidic Foods~

***Please Note: Our experiments with all of these foods were done both on GMO foods, as well as, with fresh organic food. The organic food has within it the colloidal minerals from the soil and from within the photosynthesis process in which nature allows them to grow when left untouched by chemical processing or GMO, genetically modified organisms (as GMO food takes away the basic nutrients and is laced with chemicals that the physical body is free from being made to handle and process), which is what gives these fruits and vegetables their alkaline gifts. Rising and/or soaking all fruits and veggies in seasalt and water rids of the pesticides and chemicals alkalining the fruits and veggies) Therefore, I strongly recommend (although it is up to your Divine Free Choice to choose what to eat and such and I claim no responsibility for your choice whatsoever) that you eat organically grown fruits and vegetables by growing them in your own garden or from a local**

them soon. Thanks:) Thus, below is a partial list of the experiments we conducted and what we discovered together when my middle son Matthew and I did this some years ago...there are many others I am sure as we were free from doing all of them but here are some....I invite you to do your own research as we did, as well as experiments too!:) Also of note: Although it may appear that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalinizing effect in the physical body due to the natural organic nature of these fruits and the colloidal minerals within them.

Alkaline Veggies (in alphabetical order I tried to place most of these for you if I was free from this, I apologize in advance)

Alfalfa
Barley Grass
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Chlorella
Collard Greens
Cucumbers (one of my favorites and this experiment with the pH tester was really fun!)
Dandelions
Eggplant
Garlic
Green Beans
Green Peas
Lettuce (we eat alot of salad at home:)
Mushrooms
Mustard Greens
Onions
Peppers
Pumpkin

farmer source that is free from GMO's and is pure organic in nature. There are many books and resources for organic growing and we will provide links to them soon. Thus, below is a partial list of the experiments we conducted and what we discovered together my middle son Matthew and I when we did such some years ago...there are many others I am sure as we were free from doing all of them but here are some....I invite you to do your own research as we did, as well as experiments too!:)

Acidic Veggies (Again, all veggies and such that are listed here are products that are consider and our experiments show to be acidic, however, organic veggies and such which we eat regularly seem to be less acidic due to the colloidal nature of the organic process these products receive in their being grown and cultivated and also due to what little chemical attributes that are placed within these products. Thus is why we eat organic foods as much as possible here in our home either through home grown or organic farmers or store sources.)

Corn
Lentils
Olives
Winter Squash

Acidic Fruits (Again, all fruits and such that are listed here are products that are consider and our experiments show to be acidic, however, organic fruits and such which we eat regularly seem to be less acidic due to the colloidal nature of the organic process these products receive in their being grown and cultivated and also due to what little chemical attributes that are placed within these products. Thus is why we eat organic foods as much as possible here in our home either through home

Radishes
Sea Veggies
Spinach, green
Spirulina
Sprouts
Sweet Potatoes
Tomatoes
Watercress
Wheat Grass
Wild Greens
Dandelion Root
Shitake (we used this for our dearest friend Jenn which assisted her in transforming the physical body of what we call as cancer.)
Kombu
Reishi (we used this for our dearest friend Jenn which assisted her in transforming the physical body of what we call as cancer.)

Fruits

Apple
Apricot
Avocado
Banana
Berries of any kind really
Blackberries
Cantaloupe
Cherries
Grapes
Grapefruit
Honeydew Melon
Lemon
Lime
Nectarine
Orange
Peach
Pear
Pineapple (The Bromelain within pineapple is especially good for internal cleansing)
Raisins
Raspberries
Strawberries
Tangerine
Tomato
Watermelon

Nuts and Such

grown or organic farmers or store sources.)

Blueberries
Canned or Glazed Fruits
Cranberries (although somewhat acidic there is a balancing that occurs when taken for flushing of the kidneys thus this is a wonderful source fruit to take when experiencing kidney related issues. I know as in my life experience I have had MANY kidney stones and kidney infections:)

Grains and such (Again, all grains listed here and such are products that are consider and our experiments show to be acidic, however, organic gains and such which we eat regularly seem to be less acidic due to the colloidal nature of the organic process these products receive in their being grown and cultivated and also due to what little chemical attributes that are placed within these products. Thus is why we eat organic foods as much as possible here in our home either through home grown or organic farmers or store sources.)

Barley
Bran, wheat
Bran, oat
Corn
Cornstarch
Oats (rolled)
Oatmeal
Rice
Rice Cakes
Rye
Wheat
Noodles (Gluten free is the way to be)
Bread (Gluten free is the way to be)
Crackers of any kind (boo hoo! as I LOVE to eat tuna on crackers thus gluten free ones if you are going to eat them at all)
Flour, white
Flour, wheat

Almonds
Chestnuts
Quinoa, Amaranth

Alkaline Spices and such

Cinnamon
Curry
Ginger
Mustard
Cumin and Tumeric
Sea Salt *I spend ALOT of time within the Stepping Into Spiritual Oneness book on this in the Vibrational Healing Chapter.
Miso
All Herbs (As an herbologist we did many experiments with the various herbs we have in our home and also those I have personally taken which I also share of this wisdom within the Stepping Into Spiritual Oneness book)

Other

WATER!!! HUGE ALKALIZING PROPERTIES!!! I invite you to read the Vibrational Healing Chapter of the Stepping Into Spiritual Oneness book for more wisdom on this.

Apple Cider Vinegar (raw organic unpasteurised)
Bee Pollen
Lecithin Granules
Molasses, blackstrap
Probiotic Cultures (one I used alot in the body's cleansing process and still do occasionally)
Green Juices and super greens
Veggie Juices
Fresh Fruit Juice (again goes to the colloidal content within the organic juice of the fruit)

Minerals

Beans and such (Again, all beans listed here and such are products that are consider and our experiments show to be acidic, however, organic beans and such which we eat regularly seem to be less acidic due to the colloidal nature of the organic process these products receive in their being grown and cultivated and also due to what little chemical attributes that are placed within these products. Thus is why we eat organic foods as much as possible here in our home either through home grown or organic farmers or store sources.)

Black Beans
Green Peas
Kidney Beans
Lentils
Pinto Beans
Red Beans
Soy Beans
Soy Milk (Matthew used to drink this alot when he was younger so our experiments were from then)
White Beans
Rice Milk (Matthew used to drink this alot when he was younger so our experiments were from then)

Dairy Products (Again, all dairy products listed here are consider and our experiments showed to be acidic, however, organic dairy which we eat regularly seem to be less acidic due to the colloidal nature of the organic feed that is given to these animals whom produce these products and also due to what little chemical attributes that are placed within these products. Thus is why we eat organic foods as much as possible here in our home either through home grown or organic farmers or store sources.)

These minerals below that I have experimented with can be found within the Sea Salt that I ingest regularly which I buy locally or can be purchased online at <http://www.realsalt.com>

Cesium: pH 14

Potassium: pH 14

Sodium: pH 14

Calcium: pH 12

Magnesium: pH 9

Butter
Cheese
Cheese, Processed
Ice Cream
Ice Milk

Nuts and Such (Again, all nuts and such listed here are products that are consider and our experiments show to be acidic, however, organic nuts and such which we eat regularly seem to be less acidic due to the colloidal nature of the organic process these products receive in their being grown and cultivated and also due to what little chemical attributes that are placed within these products. Thus is why we eat organic foods as much as possible here in our home either through home grown or organic farmers or store sources.)

Cashews
Peanuts
Peanut Butter
Walnuts

Meat (Again, all meat is consider and our experiments showed to be acidic, however, organic meats which we eat regularly seem to be less acidic due to the colloidal nature of the organic feed that is given to these animals)

Bacon
Beef
Fish
Lobster
Mussels
Organ Meats
Oyster
Pork
Salmon
Sausage
Scallops
Shrimp
Scallops
Shellfish

Tuna
Turkey
Veal

Alcohol ~ Alcohol of any kind is quite acidic.

Other foods/drinks

Catsup

Cocoa (sorry chocolate lovers, although organic cocoa cacao and chocolate is slightly less acidic)

Coffee

Vinegar

Pop (Soft Drinks, soda) * Note: Coke is a HUGE one for this! Matthew and I did an experiment on this and the acidic level is SO low it was free from even registering on our tester. Upon researching this I came to find out the Coke's pH level is about 2.

Conventional Medicinal Drugs

As I explain of Conventional Medicinal Drugs in the Stepping Into Spiritual Oneness book in much more detail, conventional medicinal drugs are quite acidic and are stored in the fat of the body, it is these accumulated toxins within the body that cause the physical body what we call here on the earth dimension as physical body dis~ease or ill~ness. I invite you to read the Vibrational Healing Chapter of the Stepping Into Spiritual Oneness book for more wisdom on this.

...for More Information on Alkaline and acidic foods and about pH in the physical body, please visit these links which I found in my research.....

<http://www.watercure.com/> and <http://watercure2.org/> both wonderful websites and also the book *Your Body's Many Cries for Water* by Dr. F. Batmanghelidj

[The pH Issues in the Body...](#)

[How to Do the Saliva pH Test...](#)

[pH level Books at Amazon.com...](#)

[pH levels explained...](#)