

Special Report from Great Taste No Pain

Foods That Create Acid..

....And Foods That Take It Away

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Thank you for purchasing the deluxe version of **Great Taste No Pain** at www.GreatTasteNoPain.com!
This special report is designed to help you learn more about what causes your system to become acidic and how you can help to properly balance your body's pH (and prevent disease!).

First, a very brief chemistry lesson here:

The pH (potential of Hydrogen) is a measure of how acid or alkaline a solution is--a measure of its hydrogen ion concentration. The higher the pH reading, the more alkaline and oxygen-rich a solution is. The lower the pH reading, the more acidic or oxygen-deprived a solution is.

pH values range is from 0 to 14, with the middle of 7.0 being neutral. Anything greater than 7.0 is alkaline and anything lower than 7.0 is acidic.

Human blood is slightly alkaline, with a pH of 7.35 - 7.45. If blood pH goes below 6.8 or above 7.8, our cells stop functioning and the body dies. That's why our bodies are constantly striving to balance our pH--our lives literally depend on it.

A diet rich in acid-producing foods such as animal products, sugar, coffee, soda, and processed foods puts an enormous amount of pressure on the body to regulate its pH. As the body is trying to do this, it uses up its own supply of alkaline minerals such as potassium, magnesium, sodium, and calcium, making that person prone to chronic and degenerative diseases. Minerals are literally robbed from bones and vital organs to help neutralize all that excess acid and remove it from the body.

Acidity causes disease and prevents healing

Your body's pH affects your entire state of health. Research has shown that unless the body's pH is normal (slightly alkaline) it cannot heal itself. It can't effectively use vitamins, minerals and supplements. That's why a person who exists on junk food and fast food and feels it's OK because they take their daily multi-vitamin is only kidding themselves. The junk food and fast food is creating a high acid level in the body (acidosis), the body is frantically trying to neutralize itself and using up its own supply of minerals to do so (from the vital organs and bones), and it's completely unable to derive any benefit from the daily multi-vitamin because of the acidosis. Talk about a recipe for disaster.

In addition to destroying the body's ability to absorb nutrients, acidosis also decreases energy production in the cells, it decreases the body's ability to repair damaged cells, it makes tumor cells thrive and grow and makes the body more prone to illness and fatigue.

Below is a list of health problems that are caused or contributed to by acidosis:

Bladder problems	Headaches	Obesity
Cancer	High blood pressure	Osteoporosis
Cardiovascular disease	Hives	Premature aging
Chronic fatigue/low energy	Hormonal problems	Rheumatoid arthritis
Constipation	Joint pain	Stomach ulcers
Depression	Kidney stones	Stressed out feelings
Diabetes	Lupus	Susceptibility to infections
Eye inflammations	Muscle aches	Tuberculosis
GERD/acid reflux disease	Nasal congestion	

The good news...

...is this: The body is an amazing creation that can bounce back from the effect of bad habits. So even if you have been in a chronic acidic state for years, you can still derive great benefits (and probably live much longer) if you help your body to regulate its pH. How do you do this? Glad you asked. The most effective way to combat acidosis in the body is by avoiding foods that are acid-forming to the body.

To maintain a good level of health, your diet should consist of at least 60% alkaline foods and no more than 40% acid-forming foods. If you are in a chronic state of acidosis, in order to help restore health your diet should be 80% alkaline foods and no more than 20% acid-forming foods.

Foods that create acid:

Slightly acidic	Acidic	Very acidic
Barley	Brown sugar	Artificial sweeteners
Bass	Buckwheat	Aspartame
Blueberries	Cashews	Bacon
Bread, rye	Catfish	Baked goods
Bread, wheat	Cereal, commercial/kids'	Beef
Bread, whole grain	Chicken	Beer
Brown rice	Coffee	Biscuits
Bulgur wheat	Corn, processed (popcorn)	Cakes
Butter	Duck	Candy
Buttermilk	Fruit, canned	Carp
Cereal, whole grain	Halibut	Cheese, hard (cow's milk)
Cocoa	Jam	Chips, all types
Corn oil	Jelly	Chocolate
Cottage cheese	Ketchup	Cold cuts
Crackers, whole wheat	Lamb	Cookies
Cream	Mahi-mahi	Couscous
Eggs	Mayonnaise	Crab
Fish, cold water	Milk, raw	Crackers, white
Flax seeds	Molasses	Cranberries
Flounder	Mussels	Custard
Fruit juice, processed	Mustard	Deli meat
Granola	Oats	Donuts
Honey, processed	Organ meats	Eggs
Kidney beans	Peanuts	Fruit juice, sweetened
Lard	Peanut butter	Gravy
Liver	Pecans	Hot dogs
Margarine	Pistachios	Ice cream
Millet	Popcorn	Liquor
Oatmeal	Rhubarb	Lobster
Oysters	Rice, white	Lunchmeat
Pasta, whole grain	Sour cherries	Milk, homogenized
Pike	Sugar, brown	Pasta, white flour
Plums	Sugar, white	Peanuts
Prunes	Tuna	Pie
Pumpkin seeds	Turkey	Pork
Quinoa	Vinegar	Potato chips
Rice, brown	White rice	Processed foods (all kinds)
Rice milk	White sugar	Saccharin
Rye bread	Wine	Sausage
Salmon	Walnuts	Shellfish
Sole		Shrimp
Spelt		Soda
Sunflower oil		Sour cream
Sunflower seeds		Veal
Tea, black		White bread
Trout		
Venison		
Wild game		
Yogurt		

Foods that help take acid away:

Slightly Alkaline

Artichokes
Avocados
Bananas
Beetroot
Black beans
Brazil nuts
Cabbage
Canola oil
Carrots
Cauliflower
Cheese (goat's milk)
Cheese, soy
Cherries, sweet
Chestnuts
Coconut
Corn, fresh
Eggplant
Goat's milk
Hazelnuts
Honey, raw
Kidney beans
Lentils
Mushrooms
Olives
Oranges
Peaches
Peas
Pine nuts
Pineapple
Pinto beans
Potato skins
Potatoes
Raw sugar
Rice, wild
Rutabaga
Sesame seeds
Soy cheese
Soy milk
Soybeans
Sugar, raw
Tangerines
Tea, ginger
Tofu
Tomatoes, fresh
Turnip
Wild rice

Alkaline

Acorn squash
Almonds
Apples
Beets
Blackberries
Butternut squash
Celery
Dates
Figs
Flaxseed oil
Grapes
Green beans
Kiwifruit
Lettuce
Lima beans
Maple syrup
Melons
Navy beans
Okra
Papaya
Pears
Potato, sweet
Raisins
Raspberries
Rice syrup
Sprouts
Squash, summer
Squash, winter
Strawberries
Sweet potato
Syrup, maple
Syrup, rice
Tea, green
Yellow squash
Zucchini

Very Alkaline

Asparagus
Beet greens
Broccoli
Brussels sprouts
Collard greens
Cucumbers
Endive
Escarole
Fennel
Garlic
Grapefruit
Greens (all types)
Herbs, fresh
Juice, vegetable
Leeks
Lemons
Lettuce (all types)
Limes
Mangoes
Mustard greens
Olive oil
Onions
Parsley
Peppers
Radishes
Spinach
Swiss chard
Tea, herbal
Vegetable juices
Watercress
Watermelon
Yellow beans