

Acid Alkaline Companion

*An Accompaniment to Herman Aihara's *Acid and Alkaline**

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Pocket Guide to Macrobiotics
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Preface

It's a most challenging time to be alive. Health-care costs are on the rise. Medications proliferate both in number and in strength. Yet, more people are falling victim to degenerative diseases. Our environment is becoming more polluted as pesticides and other chemicals enter lakes, rivers, and our drinking water. More people means more automobiles, more factories, and more pollutants released into the air we breathe.

Most people believe there is no way out but to accept what the doctor says and what fate has in store. A growing number of people, however, are discovering a different way. While control of our external environment is more difficult, control of our internal environment is each person's responsibility. We determine what we eat, drink, feel, think, and believe each day. What we choose leads us toward health or toward illness.

This book provides information on how dietary and lifestyle choices affect acid and alkaline balance in particular and over all health in general. The more we learn, the more we practice, and the more we believe that changing any condition is possible, the less likely we are to become victims blindly following the advice of others. We become free individuals who can think for ourselves.

The book begins with a simplified overview of acid-and-alkaline theory in Chapter 1. While it is not necessary to completely understand the chemistry, the conclusion that eating a daily diet that contains more alkaline-forming foods than acid-forming ones is most important. There are many ways to determine excess acidity and these methods are detailed in Chapter 2.

The major focus of this book is on the acid-forming or alkaline-forming effects of foods. Chapter 3 contains the acid-forming or alkaline-forming effect of foods within each of the major food groups. There is also a listing (Chapter 5) of most foods in alphabetical order. Lifestyle factors influence the acid-forming and alkaline-forming effects in one direction or the other as presented in Chapter 4.

Herman Aihara first published his thoughts on acid and alkaline in 1971 and his 1986 revised edition of *Acid and Alkaline* started the current interest in acid-and-alkaline theory. I worked with Herman from 1978 to 1998 when he passed away and am very happy that this companion to his work is now completed. Acid and alkaline is an evolving field and I encourage everyone to see the conclusion (Chapter 6) for resources for further study.

Each of us knows what's best for us. The more we know about subjects like acid and alkaline the better we can evaluate what doctors, family, friends, and others advise. This book is useful for people in perfect health, for people with minor complaints, for people with any illness, and for people with a life-threatening disease. May all find here the inspiration to become healthy, happy, and free.

– *Carl Ferré*
April, 2009

reason, people who have trouble processing acids may need to limit or avoid acidic foods until this condition improves even though the foods are listed as being alkaline forming in the body. These acidic foods are placed in italics in the food charts that follow in Chapter 5.

The food charts in this book contain a comparative value from C9 (severely acid forming) to K9 (extremely alkaline forming) followed by a range of values within which the food usually falls. There are many factors—as will be pointed out—that move a food in the acid-forming or alkaline-forming direction. Here is a list of the comparative values and an explanation of what each means:

C9: severely acid forming
C8: exceedingly acid forming
C7: strongly acid forming
C6: highly acid forming
C5: moderately acid forming
C4: generally acid forming
C3: fairly acid forming
C2: mildly acid forming
C1: slightly acid forming
C0: imperceptibly acid forming
K0: imperceptibly alkaline forming
K1: slightly alkaline forming
K2: mildly alkaline forming
K3: fairly alkaline forming
K4: generally alkaline forming
K5: moderately alkaline forming
K6: highly alkaline forming
K7: strongly alkaline forming
K8: exceedingly alkaline forming
K9: extremely alkaline forming

Acid and Alkaline Food Tables

My intention when beginning this book was to determine an exact value of acid-forming or alkaline-forming effect for each food. There are so many factors that move a particular food in one direction or the other, however, that this is simply impossible. The following tables are based on research and experience.

First, I consulted every list of acid-forming and alkaline-forming foods that I could find, converting each food value to the value system used in this book. Second, I compared all the values and obtained an average value. For each listing, an “x” is placed in the tables corresponding to that average value.

The range of values found in the various lists is indicated in these tables by dotted lines in the acid-forming or alkaline-forming direction. A small range in the acid-forming or alkaline-forming direction indicates that all values from the various lists provided the same (or a similar) value. The reasoning—if given—was taken into account in all cases in order to evaluate each food listing appropriately.

One cautionary note: many lists found on the Internet had foods that were way out of place according to all other lists with no apparent reason or explanation. In these cases—and in general—I gave more weight to lists from Robert O. Young, PhD; Dr. Theodore A Baroody; Christopher Vasey, ND; Dr. Susan Brown; Annemarie Colbin, PhD; and Herman Aihara. See the resources section on pages 107-109 for more information on these authors and their books.

All foods and products in the following tables are for the highest

quality food or product unless otherwise specified. Foods or products that are extremely acid forming should be used with discretion or avoided altogether by those seeking a healthy life.

People who have a problem processing foods that contain a large amount of acids should use the more acidic values of all foods, especially those in italics and are advised to avoid foods with brackets around them. All values move in the alkaline-forming (“+”) or acid-forming (“-”) direction based on many factors as described in Chapters 3 and 4 for each food group. Here is a summary list of some of the main factors. See Chapter 3 for factors specific to each food group.

1. Move +1 to +2 if food is cooked or processed with sea salt.
2. Move -1 to -2 if refined salt is used as it is acid forming and is not recommended.
3. Move -1 to -3 if refined or artificial sugar is added.
4. Move -1 to -2 if food has been pre-cooked, frozen, or canned.
5. Move -2 to -4 if food is grown with chemicals or processed with preservatives.
6. Move -1 to -2 if food is imported and has been fumigated.
7. Move -1 to -4 if food is processed in inferior refined oils.
8. Move -1 to -3 if food is eaten to excess.

Here is a repeat of the table of different food groups for reference. The complete list of foods begins on page 66.

Acid and Alkaline of Food Groups	
	Alkaline ← + neutral - → Acid k9 k8 k7 k6 k5 k4 k3 k2 k1 kc0 c1 c2 c3 c4 c5 c6 c7 c8 c9
Grains,whole	-----X-----
Grains, refined	-----X-----
Sprouts from grains and beans	-----X-----
Beans, fresh	----X-----
Beans, dried	-----X-----
Vegetables	-----X-----
Sea vegetables	-----X-----
Pickles, naturally made with sea salt	---X-----
Pickles, commercial	-----X-----
Fruits (depends on ability to process)*	-----X-----
Nuts and seeds	-----X-----
Herbs and spices	-----X-----
Vegetable oils	-----X-----
Salt, sea	-----X-----
Salt, refined table	-----X-----
Fish (lean is less acid forming)	-----X-----
Eggs	-----X-----
Poultry	-----X-----
Dairy products	-----X-----
Red meats	-----X-----
Water (depends on composition)	-----X-----
Alcohol (natural is less acid forming)	-----X-----
Beverages, sugared	---X---
Sugar (refined)	---X---
Sweeteners (artificial)	--X--
Drugs and medications (most)	-X-
<p>The “x” indicates the over all average of the food group and the dashed line indicates the average range of each food group.</p> <p>* Fruits and other foods that have a large amount of acids can be more difficult to process, especially for people whose health is compromised in any way. Such people will find that these foods are acid forming for them while alkaline forming for others. See pages 37 and 41.</p>	

	Alkaline	←	+	neutral	-	→	Acid
	k9 k8 k7 k6 k5 k4 k3 k2 k1 kc0 c1 c2 c3 c4 c5 c6 c7 c8 c9						
Acetic vinegar							-----X----
Acidophilus milk						----X----	
Acorn squash						----X----	
Acorns							----X----
Aduki beans							----X----
Agar						----X-----	
Alaria						----X----	
Alcohol, most types							-----X----
Ale, dark							----X----
Ale, pale							----X----
Alfalfa sprouts						-----X----	
Alfalfa tea						----X----	
Algae, blue-green						----X----	
Almond butter							----X----
Almond milk, sweetened							-----X----
Almond milk, unsweetened						----X-----	
Almond oil							----X-----
<i>Almonds</i>							-----X-----
Amaranth						----X-----	
Amaranth flour							-----X-----
Amasake pickles						----X----	
Amasake, unsweetened						----X----	
American cheese, highly processed							-----X----
Anasazi beans							----X----
Angelica						----X----	
Anise						----X----	
Annatto						----X----	
Antibiotics							-----X----
Antihistamines							----X----
<i>Apple butter</i>						-X-----	
<i>Apple cider</i>						----X-----	

The "x" indicates the over all average of the food group and the dashed line indicates the average range of each food group. Foods in italics contain a large amount of acid and are acid forming for some people and alkaline forming for others, see pages 37 and 41.