

# ALKALINE- FORMING FOODS GUIDE

excerpted from The Blender Girl cookbook

**BY TESS MASTERS**

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the **decadent detox**

#thecadentdetox

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Our internal pH (the balance between acidity and alkalinity) is critical for health.

The fluids of different regions within us have varying optimal pH readings, but the average ideal pH for our blood is slightly alkaline: 7.365.

The human body is alkaline in form, and must be in an alkaline state to operate at its best. However, every physiological process yields acidic waste products; and stress, drugs, and pollutants dump more acids into the mix.

Our bodies are miraculous machines that have built-in recalibration systems designed to bring our bodies back into an alkaline state. We each maintain a store of “alkaline buffer” minerals—sodium, calcium, manganese, copper, potassium, iron, and magnesium. These buffers neutralize acids to tame excessive toxins.

However, when our alkaline buffer minerals are depleted, the body starts leaching them from the blood, bones, cartilage, and muscles. This starts a vicious cycle of chronic acidity. The blood dumps excess acid into tissues, then the lymphatic system neutralizes what it can, becomes overloaded, and dumps the acid back into the blood. This strains the liver, kidneys, and connective tissue. The circulatory system can't cope, and deposits excess acid as tumors, polyps, cysts, and other growths in the heart, liver, pancreas, and colon. It also gets stored in fatty tissue in the breasts, hips, thighs, belly, and brain. Chronic acidosis literally corrodes our bodies, leading to chronic inflammation, mineral deficiency, and the proliferation of disease.

Parasites, yeasts, fungi, bacteria, viruses, and cancer cells just love an acidic environment so they can poison our pancreas and liver, exhaust our adrenal and thyroid glands, and gobble up our energy reserves.

By reducing our intake of acidifying foods (particularly sugars) and increasing our intake of alkaline-forming foods we can help keep our bodies in optimal health to assist the body's natural built-in recalibration system.

See our alkaline-forming foods chart for a list of the most alkaline-forming foods.

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**ALMONDS**



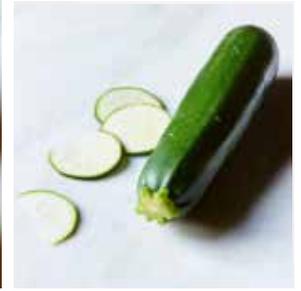
**CABBAGE**



**SPROUTS**



**AVOCADO**



**ZUCCHINI**



**LEAFY GREENS**



**CHIA SEEDS**



**CELERY**



**SUNFLOWER SEEDS**



**COCONUT**



**CUCUMBER**



**STRAWBERRIES**



**PUMPKIN SEEDS**



**LEMON**



**SALT**



**WATERMELON**



**QUINOA**



**CAULIFLOWER**



**LIME**



**ASPARAGUS**



**HEMP SEEDS**



**GRAPEFRUIT**



**BROCCOLI**



**SEA VEGETABLES**



**BELL PEPPERS**

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