

ACID FRUITS...

All acid fruits listed below should not be taken, if you have any joint or muscle pains, or any skin inflammation, ie eczema, psoriasis etc. You may use the two fruit and juices listed at the bottom of this page.

HOURS TO DIGEST
 ACID/ALKALINE WHEN IN SEASON
 CLASSIFIED FOODS STONES

3	ALKALINE	MAY - AUG	STACEROLA CITRUS
2	ALKALINE	ALL YEAR	LONGKIWI
2	ALKALINE	ALL YEAR	LONGGRAPEFRUIT
2.45	ALKALINE	NOV. -	
MAR.	KUMQUAT	1.15	ALKALINE
ALL YEAR	LONGLEMONS	3	ALKALINE
ALL YEAR	LONGLIME	2	ALKALINE
ALL YEAR	LONGORANGE	2.15	ALKALINE
ALL YEAR	LONGPINEAPPLE	2	ALKALINE
OCT. -	MAYTANGERINE BERRIES	3.15	ALKALINE
JUNE & JULY	GOOSEBERRY	2.15	ALKALINE
MAY - AUG	LOGANBERRIES	3.15	ALKALINE
SEPT. - DEC	POMERGRANES	2.15	ALKALINE
ALL YEAR	LONGSTRAWBERRIES CORE	3	ALKALINE
ALL YEAR	LONGSOUR APPLES	ACID	FRUIT VEG. 2
ALKALINE	ALL YEAR	LONGTOMATO	Do Not Drink or Eat any of the above Fruits with any form of Inflammation.
2	Items listed below would be beneficial for all inflammatory conditions...	3.45	ACID
SEPT. -	JAN.	CRANBERRIES	3.45
ACID	JUNE - AUG.	CURRANTS	