



Alkaline Diet Food Chart

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Highly Alkaline Forming - Stage 1

- | | | |
|---|--------------------------------------|---|
| <input type="checkbox"/> Sprouts - Broccoli, Red Clover, Alfalfa, Kale, Fenugreek | <input type="checkbox"/> Avocado | <input type="checkbox"/> Grass - Wheat, Kamut, Couch |
| <input type="checkbox"/> Herbs - Parsley, Dill, Mint, Basil, Cilantro, Chives | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Wild Greens - Dandelion, Chickweed, Lambsquarter |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Tomato | <input type="checkbox"/> Sea Vegetables - Wild Giant Kelp, Wild Wakame, Wild Kombu, Nori, Dulse |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Unfiltered Sea Salt, Real Salt, Himalayan Pink Salt |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Okra | <input type="checkbox"/> Spices - Cinnamon, Thyme, Cumin, Rosemary, Clove, Paprika, etc. |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Radish | <input type="checkbox"/> Stevia Leaf |
| <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Kohlrabi | My Extra Favorites: _____ |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Onion | _____ |
| <input type="checkbox"/> Lettuce - Red Leaf, Green Leaf, Romaine, Watercress | <input type="checkbox"/> Leek | _____ |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Garlic | |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Ginger | |
| | <input type="checkbox"/> Turmeric | |
| | <input type="checkbox"/> Lemon | |
| | <input type="checkbox"/> Lime | |

Moderately Alkaline Forming - Stage 2

- | | | |
|---|---|--|
| <input type="checkbox"/> Green Bean | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Flax Seed |
| <input type="checkbox"/> Peas | <input type="checkbox"/> Blackberry | <input type="checkbox"/> Sesame Seed |
| <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Granny Smith Apple | <input type="checkbox"/> Pumpkin Seed |
| <input type="checkbox"/> Beet - Red, Golden | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Sunflower Seed |
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Fresh Coconut - Milk, Cream | <input type="checkbox"/> Cold Pressed Oils - Coconut, Olive, Avocado, Flax, Hemp |
| <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Young Thai Coconut - Meat, Water | My Extra Favorites: _____ |
| <input type="checkbox"/> Turnip | <input type="checkbox"/> Chia Seed | _____ |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Hemp Heart | _____ |
| <input type="checkbox"/> Raspberry | | |

Mildly Alkaline Forming - Stage 3

- | | | |
|---|---|---|
| <input type="checkbox"/> White Navy Bean | <input type="checkbox"/> Spaghetti Squash | <input type="checkbox"/> Fresh Fig |
| <input type="checkbox"/> Chickpea | <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Black Bean | <input type="checkbox"/> Seeded Watermelon | <input type="checkbox"/> Concord Grape |
| <input type="checkbox"/> Lentil | <input type="checkbox"/> Apple - Gala, Fuji | <input type="checkbox"/> Carob - Powder |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Pear | <input type="checkbox"/> Almond |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Peach | <input type="checkbox"/> Macadamia Nut |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Plum | <input type="checkbox"/> Brazil Nut |
| <input type="checkbox"/> Brown Basmati Rice | <input type="checkbox"/> Apricot | <input type="checkbox"/> Hazelnut |
| <input type="checkbox"/> Wild Rice | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Pecan |
| <input type="checkbox"/> Steel Cut Oats | <input type="checkbox"/> Orange | <input type="checkbox"/> Cashew |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Guava | My Extra Favorites: _____ |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Strawberry | _____ |



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Mildly Acid Forming - Stage 3 and beyond

- | | |
|--|---|
| <input type="checkbox"/> Banana | <input type="checkbox"/> Pasta - Spelt, Brown Rice, Quinoa |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Boxed Cereal - Rice, Millet, Kamut, Bean, Quinoa |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Butter |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Goat Cheese |
| <input type="checkbox"/> Dates | My Extra Favorites: _____ |
| <input type="checkbox"/> Raisins | _____ |
| <input type="checkbox"/> Local Raw Honey | _____ |
| <input type="checkbox"/> Coconut Sugar | _____ |

Moderately Acid Forming - Stage 3 and beyond

- | | | |
|---|--|---------------------------|
| <input type="checkbox"/> Grass-fed Beef | <input type="checkbox"/> Wild Fish - Salmon, Sardine | My Extra Favorites: _____ |
| <input type="checkbox"/> Pastured Chicken | <input type="checkbox"/> Lamb | _____ |
| <input type="checkbox"/> Free-range Egg | <input type="checkbox"/> Cow Cheese | _____ |

Superfood Exceptions - Any Stage

- | | |
|---|--|
| <input type="checkbox"/> Raw Unfiltered Apple Cider Vinegar | <input type="checkbox"/> Raw Fermented Foods |
| <input type="checkbox"/> Organic Coffee | <input type="checkbox"/> Chlorella |
| <input type="checkbox"/> Raw Cacao | <input type="checkbox"/> Spirulina |
| <input type="checkbox"/> Maca Root Powder | <input type="checkbox"/> Milk Thistle Seed |
| <input type="checkbox"/> Fresh or Dried Stevia Leaf | My Extra Favorites: _____ |
| <input type="checkbox"/> Ashwagandha Root Powder | _____ |
| <input type="checkbox"/> Amla Berry Powder | _____ |

Essential Oils & Herbs for Herbal Teas - Any Stage

Essential Oils:

- Frankincense
- Geranium
- Lavender
- Lemon
- Lemongrass
- Melaleuca
- Oregano
- Vetiver

Herbs for Herbal Teas:

- Burdock Root
- Chamomile
- Chicory Root Coffee
- Dandelion Root - Tea, Coffee
- Fennel
- Ginger
- Horseradish
- Mint

- Red Clover
- Turmeric
- Yarrow

My Extra Favorites: _____



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How To Use the Curing Vision Alkaline Diet Food Chart

The foods listed on the **Curing Vision Alkaline Diet Food Chart** have been chosen based upon three main principles:

1. These foods, inspired by the dietary suggestions of the Alkaline Diet, were used by myself to reverse unwanted symptoms and improve my own health to feel physically, mentally, and spiritually balanced.
2. The foods on this chart are chosen for their convenience and frequent availability when shopping.
3. These foods are chosen based upon their ability to remain fresh during transport from farm to table.

This list is not exclusive, there are many other alkaline and acid forming foods that could be included. You may notice one of your favorites not on the list, space has been provided to write it in as “My Extra Favorites.”

When deciding which foods to eat, it is important to include the group of raw fermented foods from the *Superfoods Exceptions* section. These foods contain bacteria that will increase your gut microbiome helping to heal your digestive system and improve it’s efficiency.

If you are just beginning, perfection is not necessary. Choose vegetables and fruits that are most appealing to you so that you will enjoy each meal. Don’t just eat a food you won’t like for the sake of health. We have many food options to choose from. While adding in more vegetables and fruits gradually decrease the amounts of meat, sugar, dairy, and grains that you are eating.

As you become comfortable with eating more vegetables and fruit, work toward changing the daily ratio to be 80% foods from sections purple, blue, and green, and 20% foods from sections yellow or orange. Consider always including raw fermented foods in your diet to maintain a healthy gut microbiome.

If you like jumping in feet first to radically change your diet with a cleansing affect, without a transition phase, choose foods only from Stage 1 for a two-week period coupled with raw fermented foods. By week three, begin adding in foods from Stage 2 along-side Stage 1 foods for an additional two weeks. *A healing crisis phase may arise when quickly changing your diet from cooked and packaged foods, to consist of only raw foods. If your body begins healing more rapidly than you feel comfortable, slow down by adding back foods eaten previous to the changes made.*

Depending upon your initial health status you may consider eating only Stage 1 and Stage 2 foods for up to three months; intermittently testing Stage 3 and beyond foods for adverse reactions. Keep in mind that sometimes adverse reactions are a healing response. However, true negative responses can occur - intuition serves best in deciding the cause of the reaction.

What do you do if a food is listed as alkaline forming on one chart and acid forming on another? There are several foods that are without doubt alkaline forming for each of us, then there are foods that are still in debate. Use the elimination process to determine if you would like to keep a food that you are unsure of. Omit it from your diet for up to two weeks or longer, then add it back into your diet and observe closely how your body it. Use the results of your personal test to determine if you would like to keep it or move past this food.

The *Essential Oils & Herbs for Herbal Teas* section are cleansing support suggestions while eating healing foods. Essential oils and herbs are an important aspect to balanced health because they support your body’s own cleansing ability. Please educate yourself of their uses and possible contradictions before adding them to your own healing regiment. Each of these essential oils and herbs are generally regarded as safe, but it is always good to be extra certain if you are currently taking prescribed medications, or pregnant/nursing.

The suggestions provided in the **Curing Vision Alkaline Diet Food Chart** are based upon my own personal experience of having used alkaline diet principles to improve and maintain optimum health. The foods on this chart are currently the majority of my diet, with exception to a few that I rarely eat now but did in the beginning stages of my transition. Other foods not listed are because of seasonal availability and my environment. Avoid stress by not excluding yourself from joining in festive dinners and parties, just make better choices and enjoy the moments in life.

Always consult your physician before beginning any diet program. This information is intended for educational purposes and not to diagnose, treat, cure, or prevent any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate diet prescription. If you experience any pain or difficulty with diet changes, stop and consult your healthcare provider.

Suggested Reading

1. J. Bland; *The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life*; Harper Wave; New York, NY; 2014.
2. R. Chutkan, *The Microbiome Solution: A Radical New Way to Heal your Body From the Inside Out*; Avery, an imprint of Penguin Random House; New York, NY; 2015.
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17. Z. Kroner; *Vitamins and Minerals*; Greenwood; Santa Barbara, CA; 2011.
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19. A. Myers; *Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases*; HarperCollins; New York, NY; 2015.
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21. M. Sircus; *Transdermal Magnesium Therapy: A New Modality for the Maintenance of Health*; Paelos Books; Chandler, AZ; 2007.
22. C. Vasey; *The Acid-Alkaline Diet for Optimum Health: Restore Your Health by Creating pH Balance in Your Diet*, Revised Second Edition; Healing Arts Press; Rochester, VT; 1999.
23. C. Vasey; *Optimal Detox: How to Cleanse your Body of Colloidal and Crystalline Toxins*; Healing Arts Press; Rochester, VT; 2013.
24. B. Watson; *The Detox Strategy: Vibrant Health in 5 Easy Steps*; Free Press; New York, NY; 2008.
25. R.O. Young and S.R. Young; *The pH Miracle: Balance Your Diet, Reclaim Your Health*; Grand Central Life & Style; New York, NY; 2010.
26. R.O. Young and S.R. Young; *The pH Miracle for Diabetes: The Revolutionary Diet Plan for Type 1 and Type 2 Diabetes*; Warner Books; New York, NY; 2004.
27. R.O. Young and S.R. Young; *The pH Miracle for Weight Loss Balance your Body Chemistry, Achieve your Ideal Weight*; Time Warner Book Group/Hachette Book Group; New York, NY; 2005.
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