

HERBS

1. **Aromatics** – garlic, peppermint, ginger, cayenne, chamomile, sage, fennel, lavender, hops, cloves, rosemary, anise, coriander seed, oregano, thyme.

2. **Demulcents** – aloe vera, flax seed, comfrey, fenugreek seed, wild violet leaves, marshmallow root, slippery elm bark, sassafras leaves.

3. **Astringents** – Burdock root, yellow dock root, white oak bark, yarrow leaf, plantain, shepherd's purse, cranesbill root, raspberry leaf, rhubarb root, uva ursi, sheep sorrel, red clover, alfalfa, nettle.

4. **Bitters** – milk thistle seed, dandelion, pau d' arco bark, chaparral, wormwood, barberry root, buckthorn bark, golden seal, valerian root, black walnut (hulls, leaves, bark).

Many herbs fit into more than one category and some fit into three or four categories, like aloe vera, comfrey root, chaparral, licorice root, fenugreek seeds and marshmallow root.

Fruits produce the hydrochloric acid needed for digestion. Lemons, oranges, grapefruit, apples, grapes, etc!

Vegetables like lettuce, kale, cabbage, cauliflower, garlic, onions, potatoes, carrots, beets, celery, parsley, spinach, cucumber, etc., are base. The kidneys produce salt bicarbonate from acid and base foods which neutralize toxins in the blood.

Fruits and vegetables should be eaten at separate meals.

Nuts and Legumes, olives, avocados, coconuts, lecithin are buffers or emulsifiers which help balance the pH and the hormones.

Seeds and Grains like apricot seeds, grapefruit seeds, apple seeds, grape seeds, etc., and wheat, oats, rice, etc., are bitters.

Bitters have the ability to stimulate the production of gastric juices. The liver is the largest gland and if properly taken care of will take care of all the rest of the glands, pancreas to the hypothalamus.

Acid/Alkaline balance is very important to prevent sickness and disease. Normal pH is 6.4 using the urine, saliva test paper.

Cancer range is 4.6, which means a very acid condition of the body. About 80% alkaline and 20% acid should help keep the pH at the normal range

Most all fruits and vegetables are alkaline. Most grains, seeds, nuts and legumes are acid producing. Alkaline producing grains are millet, quinoa, and buckwheat. Alkaline nuts are almonds and brazil nuts uncooked!

Animal products take twice the amount of hydrochloric acid for digestion. Some may take up to three days to go through the body. Animal products are high in fat, high in protein, and have no fiber. Congestion creates heat, heat creates inflammation, inflammation causes sickness, and chronic sickness causes disease.

Other items that create an acid condition are coffee, black tea, soda (Is a 2 pH which takes 32 glasses of water and may take up to three days to neutralize), alcohol, tobacco, drugs, sugar, table salt, white flour products, oils and free fats (oil separated from vegetables & nut butters).

Be not overcome of evil, but overcome evil with good.
Romans 12:21