

Why Eating Alkaline is so Important

Beginning Symptoms:

1. Acne
2. Agitation
3. Muscular pain
4. Cold hands and feet
5. Dizziness
6. Low energy
7. Joint pains that travel
8. Food allergies
9. Chemical sensitivities or odors, gas, heat
10. Hyperactivity
11. Panic attacks
12. Pre-menstrual and menstrual cramping
13. Pre-menstrual anxiety and depression
14. Lack of sex drive
15. Bloating
16. Heartburn
17. Diarrhea
18. Constipation

Intermediate Symptoms:

1. Cold sore (Herpes 1 & 11)
2. Depression
3. Loss of memory
4. Loss of concentration
5. Migraine headaches
6. Insomnia
7. Disturbance in smell, vision, taste
8. Asthma
9. Bronchitis
10. Hay Fever
11. Ear Aches
12. Hives
13. Swelling
14. Viral infections (cold, flu)
15. Bacterial Infections (staph, strep)
16. Fungal infections (candida yeast athlete's foot, vaginal)
17. Impotence
18. Urethritis
19. Cystitis
20. Urinary infection
21. Gastritis
22. Colitis
23. Excessive falling hair
24. Psoriasis
25. Endometriosis
26. Stuttering
27. Numbness and tingling
28. Sinusitis
21. Mild headaches
22. Rapid panting breath
23. Rapid heartbeat
24. Irregular heartbeat
25. White coated tongue

26. Hard to get up
27. Excess Head mucus
28. Metallic taste in mouth

Advanced Symptoms:

1. Crohn's disease
2. Schizophrenia
3. Learning Disabled
4. Hodgkin's Disease
5. Systemic Lupus Erythematosus
6. Multiple Sclerosis
7. Sarcoidosis
8. Rheumatoid arthritis
9. Myasthenia Gravis
10. Scleroderma
11. Leukaemia
12. Tuberculosis
13. All other forms of cancer