

Checklist: Are you overly acidic?

Taken from "The Chemistry of Success"
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Lifestyle factors:

- I do not feel my best when I eat fast foods, fried foods, colas, and desserts.
- I do not feel my best when I eat red meat or red meat dishes.
- I do not tolerate acidic condiments like vinegar and lemon juice.
- I regularly consume processed and refined foods that contain chemical additives.
- I regularly consume breads and baked goods made with white flour and sugar.
- I eat few fruits and vegetables.
- I drink more than one cup of coffee or tea each day.
- I frequently take ascorbic acid (vitamin c), aspirin, or antibiotics
- I do not tolerate alcohol
- I have a history of cigarette smoking
- I frequently travel by plane

Performance indicators:

- I often feel exhausted after vigorous exercise or very physical work.
- I often experience fatigue and lack of stamina.
- I run out of breath running up stairs or walking briskly.
- I am physically and mentally tired after an hour of desk work.
- I have a tendency to be pessimistic, with little energy for new projects.

Physical indicators:

- I have thin, porous bones.
- I have poorly developed muscles.
- I often experience muscle stiffness and soreness.
- I am over fifty years of age.

Medical history:

- I catch colds or flus frequently
- I am susceptible to heartburn, cancer sores, food or environmental allergies, and sore throat.
- I have a history of osteoporosis, arthritis, gout, lung disease, or kidney disease.