



60 Alkaline Foods That Fight Cancer, Inflammation, Diabetes and Heart Disease!

Our health is dramatically affected by the balance of the pH levels in our body. These levels need to be about 7.4, or in an alkaline range.

Therefore, following an alkaline diet, consisted of nutrient- rich natural vegetables and fruit, will be of great help for maintaining good health and proper body functions.

The following list of alkaline foods will help you maintain a healthy pH balance in the body, and thus fight even the more severe illnesses, like diabetes, cancer, heart diseases, and inflammation:

Extra Virgin Olive Oil

-This oil is rich in vitamin E and mono-saturated fats and is highly alkaline.

Melon

-Melons eliminate toxins from the body and hydrate it.

Flax Seeds

-Flax Seeds have potent anti-inflammatory properties and are high in fiber and vitamin E.

Swiss Chard

-It has strong antioxidant, antibacterial, and antiviral properties, and is highly alkaline.

Berries

-They are one of the healthiest foods, and they are loaded with fiber and antioxidant.

The following list contains alkaline foods which should be included in your diet:

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Alkalizing protein

- Tofu
- Almonds
- Millet
- Chestnuts
- Tempeh

Alkalizing fruits

- Figs
- Watermelon
- Apple
- Tomato
- Grapes
- Tropical Fruits
- Dates
- Lemon
- Tangerine
- Pineapple
- Avocado
- Apricot
- Banana
- Coconut
- Grapes
- Lime
- Orange

Alkalizing vegetables

- Carrot
- Tomatoes
- Bean Greens
- Onions
- Cabbage
- Eggplant
- Sprouts
- Spinach
- Green peas
- Mustard Greens
- Mushrooms
- Rutabaga
- Wild Greens
- Celery

- Wheat Grass
- Garlic
- Beets
- Dandelions
- Cucumber
- Broccoli
- Peas
- Parsnips
- Spirulina
- Green Beans
- Cauliflower
- Chlorella
- Alfalfa
- Barley Grass
- Sea veggies
- Collard Green
- Edible Flowers

Alkalizing spices and seasonings

- Tamari
- Curry
- Chili pepper
- Cinnamon
- Ginger
- Mustard
- All Herbs

Other alkalizing foods

- Molasses
- Mineral Water
- Veggie Juices
- Apple cider vinegar
- Bee Pollen
- Probiotic Cultures
- Green Juices