



## Gentle Touch Healing

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Registered charity: 1105985 - Limited by guarantee. Member of the Alliance ("UK Healers")

**General note:** Cancerous cells multiply faster in an Acid Residue environment; so avoiding Acid Residue foods and moving over to an Alkaline based diet could help to starve cancerous cells.

**Please note:** If you choose to change your diet, please make the change over a reasonable period of time – suddenly changing your diet can lead to withdrawal symptoms.

### Alkaline Foods List

| Food Category      | Food                                   | Rating            |                    |     |   |  |  |
|--------------------|--|-------------------|--------------------|-----|---|--|--|
|                    |  | <-- highly acidic | -- highly alkaline | --> |   |  |  |
| Breads             | Corn Tortillas                         |                   | x                  |     |   |  |  |
| Breads             | Rye bread                              |                   |                    | x   |   |  |  |
| Breads             | Sourdough bread                        |                   | x                  |     |   |  |  |
| Breads             | White biscuit                          |                   |                    | x   |   |  |  |
| Breads             | White bread                            |                   | x                  |     |   |  |  |
| Breads             | Whole-grain bread                      |                   |                    | x   |   |  |  |
| Breads             | Whole-meal bread                       |                   |                    | x   |   |  |  |
| Condiments         | Ketchup                                |                   | x                  |     |   |  |  |
| Condiments         | Mayonnaise                             |                   | x                  |     |   |  |  |
| Condiments         | Miso                                   |                   | x                  |     |   |  |  |
| Condiments         | Mustard                                |                   | x                  |     |   |  |  |
| Condiments         | Soy sauce                              |                   | x                  |     |   |  |  |
| Dairy              | Buttermilk                             |                   |                    |     | x |  |  |
| Dairy              | Cheese (all varieties, from all milks) |                   | x                  |     |   |  |  |
| Dairy              | Cream                                  |                   |                    | x   |   |  |  |
| Dairy              | Egg whites                             |                   | x                  |     |   |  |  |
| Dairy              | Eggs (whole)                           |                   | x                  |     |   |  |  |
| Dairy              | Homogenized milk                       |                   |                    | x   |   |  |  |
| Dairy              | Milk (not pasteurized)                 |                   |                    | x   |   |  |  |
| Dairy              | Milk (pasteurized)                     |                   | x                  |     |   |  |  |
| Dairy              | Paneer (cheese)                        |                   | x                  |     |   |  |  |
| Dairy              | Quark                                  |                   | x                  |     |   |  |  |
| Dairy              | Yoghurt (sweetened)                    |                   | x                  |     |   |  |  |
| Dairy              | Yoghurt (unsweetened)                  |                   |                    | x   |   |  |  |
| Beverages & Drinks | Beer                                   | x                 |                    |     |   |  |  |
| Beverages & Drinks | Coffee                                 | x                 |                    |     |   |  |  |
| Beverages & Drinks | Coffee substitute drinks               |                   |                    | x   |   |  |  |
| Beverages & Drinks | Fruit juice (natural)                  |                   |                    | x   |   |  |  |
| Beverages & Drinks | Fruit juice (sweetened)                | x                 |                    |     |   |  |  |
| Beverages & Drinks | Liquor                                 | x                 |                    |     |   |  |  |
| Beverages & Drinks | Soda/Pop                               |                   | x                  |     |   |  |  |
| Beverages & Drinks | Tea (black)                            | x                 |                    |     |   |  |  |
| Beverages & Drinks | Tea (herbal, green)                    |                   |                    |     | x |  |  |
| Beverages & Drinks | Water (Fiji, Hawaiian, Evian)          |                   |                    |     | x |  |  |
| Beverages & Drinks | Water (sparkling)                      |                   | x                  |     |   |  |  |
| Beverages & Drinks | Water (spring)                         |                   |                    | x   |   |  |  |

| Food Category      | Food                 | Rating                                   |   |   |   |   |
|--------------------|----------------------|--|---|---|---|---|
|                    |                      | <-- highly acidic -- highly alkaline --> |   |   |   |   |
| Beverages & Drinks | Wine                 |  | x |   |   |   |
| Fats & Oils        | Borage oil           |  |   |   | x |   |
| Fats & Oils        | Butter               |  |   | x |   |   |
| Fats & Oils        | Coconut Oil (raw)    |  |   |   | x |   |
| Fats & Oils        | Cod liver oil        |  |   | x |   |   |
| Fats & Oils        | Corn oil             |  |   | x |   |   |
| Fats & Oils        | Evening Primrose oil |  |   |   | x |   |
| Fats & Oils        | Flax seed oil        |  |   |   | x |   |
| Fats & Oils        | Margarine            |  |   | x |   |   |
| Fats & Oils        | Marine lipids        |  |   |   | x |   |
| Fats & Oils        | Olive Oil            |  |   |   | x |   |
| Fats & Oils        | Sesame oil           |  |   |   | x |   |
| Fats & Oils        | Sunflower oil        |  |   | x |   |   |
| Fruits             | Acai Berry           |  |   | x |   |   |
| Fruits             | Apples               |  |   | x |   |   |
| Fruits             | Apricot              |  |   | x |   |   |
| Fruits             | Apricots             |  |   | x |   |   |
| Fruits             | Apricots (dried)     |  |   | x |   |   |
| Fruits             | Avocado (protein)    |  |   |   |   | x |
| Fruits             | Banana (ripe)        |  | x |   |   |   |
| Fruits             | Banana (unripe)      |  |   |   | x |   |
| Fruits             | Black currant        |  |   | x |   |   |
| Fruits             | Blackberries         |  |   | x |   |   |
| Fruits             | Blueberry            |  |   | x |   |   |
| Fruits             | Cantaloupe           |  |   | x |   |   |
| Fruits             | Cherry, sour         |  |   |   | x |   |
| Fruits             | Cherry, sweet        |  |   | x |   |   |
| Fruits             | Clementines          |  |   | x |   |   |
| Fruits             | Coconut, fresh       |  |   |   | x |   |
| Fruits             | Cranberry            |  |   | x |   |   |
| Fruits             | Currant              |  |   | x |   |   |
| Fruits             | Dates                |  |   | x |   |   |
| Fruits             | Dates (dried)        |  |   | x |   |   |
| Fruits             | Fig juice powder     |  |   | x |   |   |
| Fruits             | Figs (dried)         |  |   |   | x |   |
| Fruits             | Figs (raw)           |  |   |   | x |   |
| Fruits             | Fresh lemon          |  |   |   | x |   |
| Fruits             | Goji berries         |  |   | x |   |   |
| Fruits             | Gooseberry, ripe     |  |   | x |   |   |
| Fruits             | Grapefruit           |  |   | x |   |   |
| Fruits             | Grapes (ripe)        |  |   | x |   |   |
| Fruits             | Italian plum         |  |   | x |   |   |
| Fruits             | Limes                |  |   |   | x |   |
| Fruits             | Mandarin orange      |  | x |   |   |   |
| Fruits             | Mango                |  |   | x |   |   |
| Fruits             | Nectarine            |  |   | x |   |   |
| Fruits             | Orange               |  |   | x |   |   |
| Fruits             | Papaya               |  |   | x |   |   |
| Fruits             | Peach                |  |   | x |   |   |
| Fruits             | Pear                 |  |   | x |   |   |
| Fruits             | Pineapple            |  | x |   |   |   |
| Fruits             | Pomegranate          |  | x |   |   |   |

| Food Category        | Food                                    | Rating                |               |         |          |                         |
|----------------------|---|-----------------------|---------------|---------|----------|-------------------------|
|                      |   | <-- highly acidic --> | highly acidic | neutral | alkaline | --> highly alkaline --> |
| Fruits               | Raspberry                               |                       | x             |         |          |                         |
| Fruits               | Red currant                             |                       |               | x       |          |                         |
| Fruits               | Rose hips                               |                       | x             |         |          |                         |
| Fruits               | Strawberries                            |                       |               | x       |          |                         |
| Fruits               | Strawberry                              |                       |               | x       |          |                         |
| Fruits               | Tangerine                               |                       |               | x       |          |                         |
| Fruits               | Tomato                                  |                       |               |         |          | x                       |
| Fruits               | Watermelon                              |                       |               | x       |          |                         |
| Fruits               | Yellow plum                             |                       |               | x       |          |                         |
| Grains & Legumes     | Basmati rice                            |                       |               | x       |          |                         |
| Grains & Legumes     | Brown rice                              |                       | x             |         |          |                         |
| Grains & Legumes     | Buckwheat                               |                       |               |         | x        |                         |
| Grains & Legumes     | Bulgar wheat                            |                       |               | x       |          |                         |
| Grains & Legumes     | Couscous                                |                       |               | x       |          |                         |
| Grains & Legumes     | Granulated soy (cooked, ground)         |                       |               |         |          | x                       |
| Grains & Legumes     | kamut                                   |                       |               |         | x        |                         |
| Grains & Legumes     | Lentils                                 |                       |               |         | x        |                         |
| Grains & Legumes     | Lima beans                              |                       |               |         |          | x                       |
| Grains & Legumes     | Oats                                    |                       |               | x       |          |                         |
| Grains & Legumes     | Rye bread                               |                       |               | x       |          |                         |
| Grains & Legumes     | Soy flour                               |                       |               |         | x        |                         |
| Grains & Legumes     | Soy lecithin, pure                      |                       |               |         |          | x                       |
| Grains & Legumes     | Soy nuts (soaked soy beans, then dried) |                       |               |         |          | x                       |
| Grains & Legumes     | Soybeans, fresh                         |                       |               |         |          | x                       |
| Grains & Legumes     | Spelt                                   |                       |               |         | x        |                         |
| Grains & Legumes     | Tofu                                    |                       |               |         | x        |                         |
| Grains & Legumes     | Wheat                                   |                       | x             |         |          |                         |
| Grains & Legumes     | white (navy) beans                      |                       |               |         |          | x                       |
| Meat, Poultry & Fish | Beef                                    | x                     |               |         |          |                         |
| Meat, Poultry & Fish | Buffalo                                 |                       | x             |         |          |                         |
| Meat, Poultry & Fish | Chicken                                 |                       | x             |         |          |                         |
| Meat, Poultry & Fish | Duck                                    |                       | x             |         |          |                         |
| Meat, Poultry & Fish | Fresh water fish                        |                       | x             |         |          |                         |
| Meat, Poultry & Fish | Liver                                   |                       |               | x       |          |                         |
| Meat, Poultry & Fish | Ocean fish                              |                       | x             |         |          |                         |
| Meat, Poultry & Fish | Organ meats                             |                       |               | x       |          |                         |
| Meat, Poultry & Fish | Oysters                                 |                       |               | x       |          |                         |
| Meat, Poultry & Fish | Pork                                    | x                     |               |         |          |                         |
| Meat, Poultry & Fish | sardines (canned)                       | x                     |               |         |          |                         |
| Meat, Poultry & Fish | Tuna (canned)                           | x                     |               |         |          |                         |
| Meat, Poultry & Fish | Veal                                    | x                     |               |         |          |                         |
| Meat, Poultry & Fish | Wild salmon,                            |                       |               |         |          |                         |
| Misc                 | Apple Cider Vinegar                     |                       |               | x       |          |                         |
| Misc                 | Baking soda                             |                       |               |         |          | x                       |
| Misc                 | Bee pollen                              |                       |               |         | x        |                         |
| Misc                 | Canned foods                            |                       | x             |         |          |                         |
| Misc                 | cereals (like Kelloggs etc)             |                       | x             |         |          |                         |
| Misc                 | Hummus                                  |                       |               | x       |          |                         |
| Misc                 | Microwaved foods                        |                       |               |         |          |                         |
| Misc                 | POPCORN                                 |                       |               | x       |          |                         |
| Misc                 | Rice milk                               |                       |               | x       |          |                         |
| Misc                 | Royal Jelly                             |                       |               |         | x        |                         |

| Food Category       | Food  | Rating                                   |   |   |   |   |   |
|---------------------|---|--|---|---|---|---|---|
|                     |   | <-- highly acidic -- highly alkaline --> |   |   |   |   |   |
| Misc                | Soy Protein Powder                                |  |   | X |   |   |   |
| Misc                | Tempeh  |  |   | X |   |   |   |
| Misc                | Whey protein powder                               |  |   | X |   |   |   |
| Nuts                | Almond  |  |   |   | X |   |   |
| Nuts                | Almond butter (raw)                               |  |   |   | X |   |   |
| Nuts                | Brazil nuts                                       |  |   | X |   |   |   |
| Nuts                | Cashews   |  |   | X |   |   |   |
| Nuts                | Filberts  |  |   | X |   |   |   |
| Nuts                | Hazelnut  |  |   | X |   |   |   |
| Nuts                | Macadamia nuts (raw)                              |  |   | X |   |   |   |
| Nuts                | Peanut butter (raw, organic)                      |  | X |   |   |   |   |
| Nuts                | Peanuts   |  | X |   |   |   |   |
| Nuts                | pine nuts (raw)                                   |  |   |   | X |   |   |
| Nuts                | Pistachios  |  | X |   |   |   |   |
| Nuts                | Walnuts   |  |   | X |   |   |   |
| Roots               | Carrot  |  |   |   | X |   |   |
| Roots               | Fresh red beet                                    |  |   |   |   | X |   |
| Roots               | Kohlrabi  |  |   |   | X |   |   |
| Roots               | Potatoes  |  |   |   | X |   |   |
| Roots               | Red radish  |  |   |   |   | X |   |
| Roots               | Rutabaga  |  |   |   | X |   |   |
| Roots               | Summer black radish                               |  |   |   |   |   | X |
| Roots               | sweet potatoes                                    |  |   | X |   |   |   |
| Roots               | Turnip  |  |   |   | X |   |   |
| Roots               | White radish (spring)                             |  |   |   | X |   |   |
| Roots               | Yams  |  |   |   | X |   |   |
| Seeds               | Barley  |  |   | X |   |   |   |
| Seeds               | Caraway seeds                                     |  |   |   | X |   |   |
| Seeds               | Cumin seeds                                       |  |   |   | X |   |   |
| Seeds               | Fennel seeds                                      |  |   |   | X |   |   |
| Seeds               | Flax seeds  |  |   | X |   |   |   |
| Seeds               | Pumpkin seeds                                     |  |   | X |   |   |   |
| Seeds               | Sesame seeds                                      |  |   |   | X |   |   |
| Seeds               | Sunflower seeds                                   |  |   | X |   |   |   |
| Seeds               | Wheat Kernel                                      |  | X |   |   |   |   |
| Sweets & Sweeteners | Agave nectar                                      |  |   | X |   |   |   |
| Sweets & Sweeteners | Alcohol sugars (xylitol and the other sacharides. |  | X |   |   |   |   |
| Sweets & Sweeteners | Artificial sweeteners                             | X  |   |   |   |   |   |
| Sweets & Sweeteners | Barley malt syrup                                 |  |   | X |   |   |   |
| Sweets & Sweeteners | Beet sugar  |  | X |   |   |   |   |
| Sweets & Sweeteners | Brown rice syrup                                  |  |   | X |   |   |   |
| Sweets & Sweeteners | Chocolates  |  | X |   |   |   |   |
| Sweets & Sweeteners | Dr. Bronner's barley malt sweetener               |  |   | X |   |   |   |
| Sweets & Sweeteners | Dried sugar cane juice                            |  |   | X |   |   |   |
| Sweets & Sweeteners | Fructose  |  |   | X |   |   |   |
| Sweets & Sweeteners | Halva [ground sesame seed sweet]                  |  | X |   |   |   |   |
| Sweets & Sweeteners | Honey   |  |   | X |   |   |   |
| Sweets & Sweeteners | Maple Syrup                                       |  |   | X |   |   |   |
| Sweets & Sweeteners | Milk sugar  |  |   | X |   |   |   |
| Sweets & Sweeteners | Molasses  |  | X |   |   |   |   |
| Sweets & Sweeteners | Sugar (white)                                     |  | X |   |   |   |   |
| Sweets & Sweeteners | Sugarcane   |  | X |   |   |   |   |

| Food Category       | Food                                       | Rating               |                     |   |   |   |
|---------------------|--|----------------------|---------------------|---|---|---|
|                     |  | <-- highly acidic -- | highly alkaline --> |   |   |   |
| Sweets & Sweeteners | Turbinado sugar                            |                      |                     | x |   |   |
| Sweets & Sweeteners | Xylitol                                    |                      | x                   |   |   |   |
| Vegetables          | Alfalfa                                    |                      |                     |   |   | x |
| Vegetables          | Alfalfa grass                              |                      |                     |   |   | x |
| Vegetables          | Artichokes                                 |                      |                     |   | x |   |
| Vegetables          | Asparagus                                  |                      |                     |   | x |   |
| Vegetables          | Aubergine/Egg plant                        |                      |                     |   | x |   |
| Vegetables          | Barley grass                               |                      |                     |   |   | x |
| Vegetables          | Basil                                      |                      |                     |   | x |   |
| Vegetables          | Bell peppers/capsicums (all colors)        |                      |                     |   | x |   |
| Vegetables          | Blue-Green Algae                           |                      |                     | x |   |   |
| Vegetables          | Bok Choy                                   |                      |                     |   | x |   |
| Vegetables          | Brussels sprouts                           |                      |                     |   | x |   |
| Vegetables          | Cabbage lettuce, fresh                     |                      |                     |   |   | x |
| Vegetables          | Canned vegetables                          |                      | x                   |   |   |   |
| Vegetables          | Cauliflower                                |                      |                     |   | x |   |
| Vegetables          | Cayenne pepper                             |                      |                     |   |   | x |
| Vegetables          | Celery                                     |                      |                     |   |   | x |
| Vegetables          | Chives                                     |                      |                     |   | x |   |
| Vegetables          | Cilantro                                   |                      |                     |   |   | x |
| Vegetables          | Comfrey                                    |                      |                     |   | x |   |
| Vegetables          | Cooked vegetables (all kinds)              |                      |                     | x |   |   |
| Vegetables          | Cucumber, fresh                            |                      |                     |   |   | x |
| Vegetables          | Dandelion                                  |                      |                     |   |   | x |
| Vegetables          | Dog grass                                  |                      |                     |   |   | x |
| Vegetables          | Endive, fresh                              |                      |                     |   |   | x |
| Vegetables          | French cut ( <i>green</i> ) beans          |                      |                     |   |   | x |
| Vegetables          | Frozen vegetables                          |                      | x                   |   |   |   |
| Vegetables          | Garlic                                     |                      |                     |   |   | x |
| Vegetables          | Ginger                                     |                      |                     |   |   | x |
| Vegetables          | Ginseng                                    |                      |                     |   | x |   |
| Vegetables          | Green cabbage, ( <i>December Harvest</i> ) |                      |                     |   | x |   |
| Vegetables          | Green cabbage, ( <i>March Harvest</i> )    |                      |                     |   | x |   |
| Vegetables          | Horse radish                               |                      |                     |   | x |   |
| Vegetables          | Jicama                                     |                      |                     |   |   | x |
| Vegetables          | Kale                                       |                      |                     |   |   | x |
| Vegetables          | Kamut grass                                |                      |                     |   |   | x |
| Vegetables          | Lamb's lettuce                             |                      |                     |   | x |   |
| Vegetables          | Leeks (bulbs)                              |                      |                     |   | x |   |
| Vegetables          | Lettuce                                    |                      |                     |   | x |   |
| Vegetables          | Mushrooms                                  |                      | x                   |   |   |   |
| Vegetables          | Mustard greens                             |                      |                     |   | x |   |
| Vegetables          | Onion                                      |                      |                     |   | x |   |
| Vegetables          | Oregano                                    |                      |                     |   |   | x |
| Vegetables          | Parsnips                                   |                      |                     |   | x |   |
| Vegetables          | Peas, fresh                                |                      |                     |   | x |   |
| Vegetables          | Peas, ripe                                 |                      |                     |   | x |   |
| Vegetables          | Peppers                                    |                      |                     |   | x |   |
| Vegetables          | Pickled vegetables                         | x                    |                     |   |   |   |
| Vegetables          | Pumpkins (raw)                             |                      |                     |   | x |   |
| Vegetables          | Raw onions                                 |                      |                     |   | x |   |
| Vegetables          | Red cabbage                                |                      |                     |   | x |   |

| Food Category | Food                                | Rating                                   |   |   |   |   |   |
|---------------|-------------------------------------|--|---|---|---|---|---|
|               |                                     | <-- highly acidic -- highly alkaline --> |   |   |   |   |   |
| Vegetables    | Rhubarb stalks                      |  |   |   | X |   |   |
| Vegetables    | Savoy Cabbage                       |  |   |   | X |   |   |
| Vegetables    | Sea Vegetables                      |  |   |   | X |   |   |
| Vegetables    | Seaweed (dulse, kelp, laver, etc)   |  |   |   | X |   |   |
| Vegetables    | Shave grass                         |  |   |   |   |   | X |
| Vegetables    | Sorrel                              |  |   |   |   | X |   |
| Vegetables    | Sourkraut                           |  | X |   |   |   |   |
| Vegetables    | Soy Sprouts                         |  |   |   |   |   | X |
| Vegetables    | Spinach ( <i>March harvest</i> )    |  |   |   | X |   |   |
| Vegetables    | Spinach ( <i>other than March</i> ) |  |   |   |   | X |   |
| Vegetables    | Sprouted seeds (all kinds)          |  |   |   |   |   | X |
| Vegetables    | Squash (all kinds, raw)             |  |   |   | X |   |   |
| Vegetables    | Straw grass                         |  |   |   |   |   | X |
| Vegetables    | Thyme                               |  |   |   | X |   |   |
| Vegetables    | Tomatoes (puree)                    |  |   |   |   |   |   |
| Vegetables    | Tomatoes (raw)                      |  |   |   | X |   |   |
| Vegetables    | Tomatoes (sundried)                 |  |   |   |   |   |   |
| Vegetables    | Watercress                          |  |   |   | X |   |   |
| Vegetables    | Wheat grass                         |  |   |   |   |   | X |
| Vegetables    | White cabbage                       |  |   |   | X |   |   |
| Vegetables    | Yeast                               |  |   | X |   |   |   |
| Vegetables    | Zucchini                            |  |   |   | X |   |   |