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Quick Reference To Foods & Their Effect On PH  
Levels By Susan E. Brown; Larry Jr. Trivieri**



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## **Alkaline foods chart | the alkaline sisters**

Alkaline Foods Chart. Pin It. Each food item below is assigned a number which reflects its approximate value of alkalinity (+) or acidity (-) in one ounce of food.

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### **Susan e. brown (author of the acid- alkaline food**

Susan E. Brown is the author of The Acid-Alkaline Food Guide (3.75 avg rating, 44 ratings, 0 reviews, published 2006), Better Bones,

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Alkaline Foods versus Acid Foods or Uric Acid Foods. If you're wondering how your diet stacks up, check out the table below. This table includes a listing of 114

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