

PRAL OF FOODS & BEVERAGES

The USDA developed a formula (PRAL- Potential Renal Acid Load) with constants, based on the amount of acid neutralizing minerals found in urine. This scientific formula can help you calculate the acidifying effects of the foods you eat.

Lower Numbers = Lower Inflammation, Lower Acidic Load, Lower Demineralization

MEAT & FISH

HALIBUT	6.2
COD	6.5
HAM	6.6
TURKEY BREAST	7.4
LOBSTER	7.4
CRAB	8.4
CHICKEN BREAST	8.7
TUNA	9.2
EGGS	9.4
BEEF RIBS	9.8
SALMON	11.1
GROUND PORK	12.4
GROUND BEEF	12.5
VEAL	12.6
CANNED TUNA	12.7

STARCHES

FERMENTED TOFU	-12.4
WHITE BEANS	-5.7
YELLOW BEANS	-5.2
CANNED BEANS	-4.9
QUINOA	-0.2
INSTANT OATMEAL	0.2
CORN CHIPS	0.6
WHITE RICE	0.9
RICE NOODLES	1.0
WHOLE WHEAT BREAD	1.9
OAT BRAN	2.9
GRANOLA BARS	4.8
WHEAT CRACKERS	5.8
PASTAS	6.9
INSTANT RICE	7.0

FRUITS

DRIED APRICOTS	-33.0
RAISINS	-14.5
AVOCADOS	-8.6
BANANAS	-6.9
KIWIFRUIT	-6.1
CANTALOPE	-5.1
ORANGES	-3.9
CHERRIES	-3.8
PEACHES	-3.1
STRAWBERRIES	-2.5
RASPBERRIES	-2.4
PINEAPPLES	-2.3
PEARS	-2.2
APPLES	-1.9
BLUEBERRIES	-1.0

VEGETABLES

DRIED MUSHROOMS	-20.2
CANNED TOMATOES	-17.7
BEET GREENS	-16.8
SPINACH	-11.9
KALE	-10.8
BAKED POTATO	-8.7
SWEET POTATO	-8.1
CARROTS	-5.7
PEPPERS	-5.3
BRUSSEL SPROUTS	-5.1
CELERY	-5.0
BROCCOLI	-4.0
GARLIC	-2.7
CUCUMBER	-2.4
ASPARAGUS	-2.2

DAIRY

GOAT'S MILK	-0.5
YOGURT	0.2
LOW FAT MILK	0.2
WHIPPED CREAM	0.2
WHOLE MILK	0.2
SOUR CREAM	0.4
ICE CREAM	0.5
SOY MILK	0.6
CHEESE	3.9
RICOTTA CHEESE	6.1
BRIE CHEESE	11.0
MOZZARELLA	16.5
SWISS CHEESE	21.2
PARMESAN CHEESE	34.2

BEVERAGES

GRAPEFRUIT JUICE	-8.7
COCONUT WATER	-5.1
CARROT JUICE	-4.8
ORANGE JUICE	-3.7
VEGETABLE JUICE	-3.6
LEMON JUICE	-2.5
RED WINE	-2.4
APPLE JUICE	-2.2
MINERAL WATER	-1.8
COFFEE	-1.4
GREEN TEA	-0.3
COCA-COLA	0.4
BEER	0.9

FATS & OILS

PUMPKIN SEED	-14.3
MACADAMIA NUTS	-0.5
OLIVE OIL	0
FISH OIL	0
BUTTER	0.4
MAYONNAISE	0.5
PEANUT BUTTER	3.2
ROASTED MIXED NUTS	4.9



Our bodies work best when we supply them with raw, organic whole foods and alkalizing Kangen water. Combating over-acidity from a stressful lifestyle and poor food choices with alkalizing foods and water has been proven to be some of the best ways to prevent disease. We have combined these principles into our formulations and product line to create R.A.W.- Real Alkalizing Wholefoods. Nutrient utilization and proper digestion is our guarantee!



HUMAN HOMEOSTASIS IS ALMOST COMPLETELY DEPENDENT UPON THE BALANCE OF OUR BODY'S PH.

- SHAN STRATTON, CORE HEALTH PRODUCTS



ARE YOU PH BALANCED?

Read through this Questionnaire and answer accordingly. Follow the chart below to see how close you are to living an alkaline lifestyle free of disease.

- Do you consume bottled water, carbonated beverages, coffee, beer and/or sports drinks more than 3 times a week?
- Do you eat meat more than once a day?
- Are the majority of the foods you consume cooked?
- Does your diet contain packaged and processed food more than once per day?
- Do you have a challenge with your energy or motivational level?
- Is your urine often yellow?
- Do you have an excess of stomach acid (acid reflux, heartburn or GERD)?
- Do you consume white flour more than once per day?
- Do you consume white sugar or artificial sweeteners more than once per day?
- Do you frequently have constipation and/or loose stool?
- Do you feel the need to clear your throat often (excess mucous)?
- Do you consume dairy more than once a day?
- Do you typically purchase conventional fruits, vegetables and grains?
- Do you consume less than 5 servings of fruits and vegetables daily?
- Do you suffer from inflammation and frequent pain in the body?
- Do you get leg cramps or spasms often?
- Do you have arthritis or gout?
- Are you experiencing bone loss / osteoporosis?

How many questions did you answer Yes to?

0-2 You are properly balanced especially if you drink alkalized Kangen water and take digestive enzymes.

3-4 You may be slightly acidic causing undue stress on the body. Increase your Kangen water intake and consume Core Health nutrients and enzymes daily to stay in proper balance.

5+ You are most likely acidic and unbalanced which will cause increased risk of disease. We strongly suggest getting access to Kangen water, incorporating Core Health Products into your lifestyle, and consuming more alkaline foods with a low or negative acidic load which will greatly benefit your health today and in the future.

TAKE THE 21 DAY CHALLENGE!

It's never too late to make a U turn with your health. Bring balance and harmony back to your body so that you can live life to the fullest! For the next 21 days, consume $\frac{1}{2}$ to $\frac{3}{4}$ of your body weight in ounces of Kangen water each day. With each cooked meal, take 1 capsule of Core Health Products Digestive Health or the Core Health Pack to maximize the digestion and reduce the acidic load for optimal utilization of each nutrient you consume.

Get ready to experience a NEW YOU in less than 21 Days!

