

# Edgar Cayce Health Care

Education And Information Relating To Edgar Cayce Health Readings

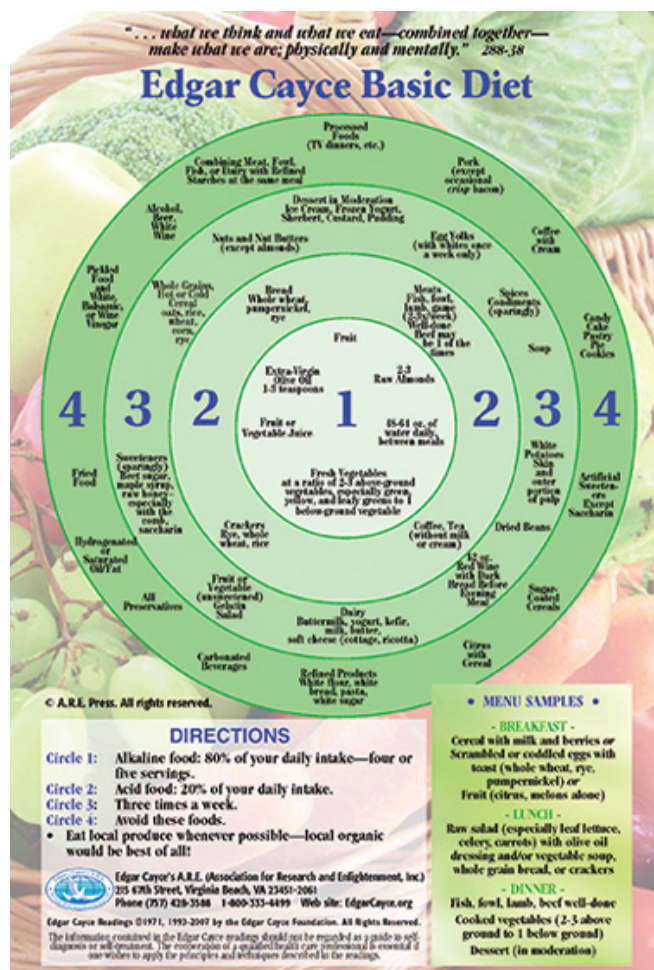
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## Acid/Alkaline Food Chart



It must be noted that because a food is acid it is no indication that it REMAINS acid in the body. It can turn alkaline. Honey and raw sugars produce alkaline ash, but because of a high concentrate of sugar become acid-formers. Those fruits marked with an \* should not be eaten with other foods. They are acid externally but alkaline internally.

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## Diet Basics from the Edgar Cayce readings

Remember...  
 There is as much of God in the  
 physical as there is in the  
 spiritual or mental, for it should  
 be one! 69-5

... never, under strain, when very tired, very excited, very  
 mad, should the body take foods in to the system... and  
 never take any food that the body finds is not agreeing with  
 same. 137-30

... have rather a percentage of 80% alkaline-producing to  
 20% acid-producing foods. Then, it is well that the body not  
 become as one that couldn't do this, that or the other; or as  
 a slave to an idea of a set diet. Do not take citrus fruit juices  
 and cereals at the same meal. Do not take milk or cream  
 in coffee or in tea. Do not eat fried foods of any kind. 1568-2

... when there is the tendency towards an alkaline system  
 there is less effect of cold and congestion. 270-33

Do not have large quantities of any fruits, vegetables,  
 meats, that are not grown in or come to the area where the  
 body is at the time it partakes of such foods. This will be  
 found to be a good rule to be followed by all. This prepares  
 the system to acclimate itself to any given territory. 3542-1

... cereals that carry the heart of the grain; vegetables of the  
 leafy kind; fruits and nuts. ... The almond carries more  
 phosphorus and iron in a combination easily assimilated  
 than any other nut. 1131-2

include in the diet often raw vegetables prepared in various  
 ways, not merely as a salad but scraped or grated and  
 combined with gelatin. 3445-1

Q. Please explain the vitamin content of gelatin. 849-75  
 A. It isn't the vitamin content but it is ability to work with the  
 activities of the glands, causing the glands to take from  
 that absorbed or digested the vitamins that would not be  
 active if there is not sufficient gelatin in the body.

Do not use bacon or fats in cooking the vegetables. 303-11

Plenty of lettuce should always be eaten by most every  
 body; for this supplies an effluvia in the bloodstream  
 itself that is a destructive force to most of those influences  
 that attack the bloodstream. It's a purifier. 404-6

Do have plenty of vegetables [grown] above the ground, at  
 least three of these to one below the ground. Have at least  
 one leafy vegetable to every one of the pod vegetables  
 taken. 2602-1

Corn and tomatoes are excellent. More of the vitamins are  
 obtained in tomatoes [vine ripened] than in any other one  
 growing vegetable. 900-386

Yet if these [tomatoes] are not cared for properly, they may  
 become very destructive to a physical organism; that is, if  
 they ripen after being pulled. ... The tomato is one  
 vegetable that in most instances... is preferable to be eaten  
 after being canned, for it is then much more uniform. 584-5

... olive oil in small quantities... as it is a food for the  
 intestinal system. 543-26

... do not eat great quantities of starch with the proteins or  
 meats. 416-9

Avoid too much of the heavy meats not well cooked. ...  
 The meats taken would be preferably fish, fowl and lamb;  
 others not so often. Breakfast bacon, crisp, may be taken  
 occasionally. 1710-4

Q. How much water should the body drink daily?  
 A. Six to eight tumblers or glasses full. 1131-2

Boiling food or swallowing it by the use of liquids produces  
 more colds than any one activity of a diet. Even milk or  
 water should be chewed two to three times before taken  
 into the stomach. 808-3

Well, then, each morning upon first arising, to take a half to  
 three-quarters of a glass of warm water... this will clarify the  
 system of poisons. 311-4

The cooking of condiments, even salt, destroys much of  
 the vitamins of foods. 906-1

Certain characters of food cooked in aluminum are bad  
 for any system. ... Cook rather in granite, or better still in  
 Patapar paper [vegetable parchment paper]. 1196-7

Q. Consider also the steam pressure for cooking foods  
 quickly. Would it be recommended and does it destroy  
 any of the precious vitamins of the vegetables and  
 fruits? A. Rather preserves than destroys. 462-14

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### ALKALINE FRUITS:

Apples/cider	Currants
Apricots	Dates
Avocados	Figs
Bananas	Grapes
Berries (most)	*Grapefruit
Cantaloupe	Guavas
Carob (pod only)	*Kumquats
Cherries	*Lemons (ripe)
Citron	*Limes

### ACID FRUITS:

All preserves	Cranberries
All canned with sugar	Dried-sulphured, glazed

### ALKALINE VEGETABLES:

Alfalfa sprouts	Chicory
Artichokes	Com
	Cucumber

Loquats	Persimmons
Mangos	Pineapple (fresh)
Nectarines	Pomegranates
Olives (ripe)	Melons (all)
*Oranges	Raisins
Papayas	Sapotes
Passion Fruit	Tamarind
Peaches	*Tangerines
Pears	Tomatoes (fully ripened)

Olives (Pickled)	Prunes
Plums	Blueberries
	Pumpkin
Kale	Radish
Leeks	Romaine lettuce

Asparagus	Dill	Lettuce	Rutabagas
Bamboo shoots	Dock	Mushrooms	Sauerkraut
Beans (green, lima, wax, string)	Dulse	Okra	Soybeans
Beets	Eggplant	Onions	Spinach
Broccoli	Endive	Oyster plant	Sprouts
Cabbages	Escarole	Parsley	Squash
Carrots	Garlic	Parsnips	Turnips
Celery	Horseradish	Peas	Watercress
Cauliflower	Jerusalem artichokes	Peppers (bell)	Yams, sweet potatoes
Chard		Potatoes (skin is best part)	

**ACID VEGETABLES:**

Asparagus tips (white only)	Beans (dried)	Garbanzos	Lentils
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**ALKALINE DAIRY:**

Acidophilus milk	Buttermilk	Milk (raw only – human, cow, or goat)	Whey
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**ACID DAIRY:**

Butter	Cottage cheese	Custards	Milk (boiled, cooked, malted, dried, canned)
Cheese (all)	Cream	Margarine	

**ALKALINE FLESH FOOD:**[Beef Juice](#)

Blood &amp; bone (only bonemeal is alkaline)

\*Fish, Fowl, Lamb with NO starch is Acid/Alkaline Balanced

**ACID FLESH FOOD:**

All meats when combined with starches

Fowl  
FishShellfish  
Gelatin**ALKALINE GRAINS:**

Amaranth

Quinoa

Buckwheat &amp; millet are thought to be either neutral or alkaline.

**ACID GRAINS:**

All grains and grain products except buckwheat &amp; millet

**ALKALINE NUTS:**[Almonds](#)

Chestnuts (roasted)

Coconut (fresh)

**ACID NUTS:**

All except above

Coconut (dried)

ALKALINE MISCELLANEOUS:	Agar	Honey	Tea (herbal & Chinese)
	Coffee substitute	Kelp (edible)	Egg yolks
ACID MISCELLANEOUS:			
Alcoholic drinks	Condiments (all)	Eggs (whites)	Tapioca
Cocoa	Dressings	Flavorings	Tobacco
Coffee, Indian teas	Drugs	Mayonnaise	Vinegar

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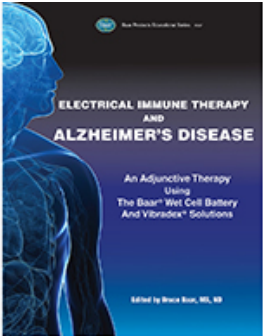
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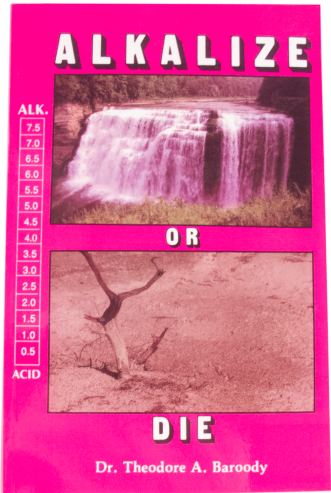


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