

Acidity Self-test

Use this checklist to get a sense of how acidic you may be. Determining your acidity levels is not an exact science, but this Self-Test can help you get a better idea of how urgently you need to begin alkalizing your body.

The idea is this: the more symptoms, the more acidic you may be, and the more urgent it is for you to begin an alkalizing program.

Beginning Symptoms

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| 1. Acne | 15. Bloating |
| 2. Agitation | 16. Heartburn |
| 3. Muscular pain | 17. Diarrhea |
| 4. Dizziness | 18. Constipation |
| 5. Cold hands and feet | 19. Hot urine |
| 6. Low energy | 20. Strong smelling urine |
| 7. Joint pains that travel | 21. Mild headaches |
| 8. Food allergies | 22. Rapid panting breath |
| 9. Chemical sensitivities to odor, gas heat | 23. Rapid heartbeat |
| 10. Hyperactivity | 24. Irregular heartbeat |
| 11. Panic attacks | 25. White coated tongue |
| 12. Pre-menstrual and menstrual cramping | 26. Hard to get up in morning |
| 13. Pre-menstrual anxiety and depression | 27. Excess head mucous (stuffiness) |
| 14. Lack of Sex drive | 28. Metallic taste in mouth |

Intermediate Symptoms

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| 1. Cold sores (Herpes 1 & 2) | 15. Bacterial infections (staph, strep) |
| 2. Depression | 16. Fungal infections (Candida, vaginal) |
| 3. Loss of memory | 17. Impotence |
| 4. Loss of concentration | 18. Urethritis |
| 5. Migraine headaches | 19. Cystitis |
| 6. Insomnia | 20. Urinary infection |
| 7. Disturbance in smell, taste, vision, hearing | 21. Gastritis |
| 8. Asthma | 22. Colitis |
| 9. Bronchitis | 23. Excessive falling hair |
| 10. Hay fever | 24. Psoriasis |
| 11. Hives | 25. Endometriosis |
| 12. Sweating | 26. Stuttering |
| 13. Ear aches | 27. Numbness and tingling |
| 14. Viral infections (cold, flu) | 28. Sinusitis |

Advanced Symptoms

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| 1. Crohn's Disease | 8. Rheumatoid Arthritis |
| 2. Schizophrenia | 9. Myasthenia Gravis |
| 3. Learning disabled | 10. Scleroderma |
| 4. Hodgkin's Disease | 11. Leukemia |
| 5. Systemic Lupus Erythematosus | 12. Tuberculosis |
| 6. Multiple Sclerosis | 13. All other forms of Cancer |
| 7. Sarcoidosis | |