

Acidity Self-Test

Determining your acidity levels is not an exact science, but this system can help you get a better idea of how urgently you need to begin alkalizing. The more symptoms you can identify, 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 | 10. Hyperactivity | 21. Rapid heartbeat |
| 2. Agitation | 11. Panic attacks | 22. Irregular heartbeat |
| 3. Muscular pain | 12. Lack of sex drive | 23. White coated tongue |
| 4. Dizziness | 13. Bloating | 24. Hard to get up in morning |
| 5. Cold hands and feet | 14. Heartburn | 25. Excess head mucous (stiffness) |
| 6. Low energy | 15. Diarrhea | 26. Metallic taste in mouth |
| 7. Joint pains that travel | 16. Constipation | 27. Pre-menstrual and menstrual cramping |
| 8. Food allergies | 17. Hot urine | 28. Pre-menstrual anxiety and depression |
| 9. Chemical sensitivities to odor, gas heat | 18. Strong smelling urine | |
| | 19. Mild headaches | |
| | 20. Rapid panting breath | |

Intermediate Symptoms

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

Advanced Symptoms

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| 1. Crohn's Disease | 6. Sarcoidosis | 10. Scleroderma |
| 2. Schizophrenia | 7. Rheumatoid arthritis | 11. Leukemia |
| 3. Learning disabled | 8. Myasthenia gravis | 12. Tuberculosis |
| 4. Hodgkin's disease | 9. Systemic lupus erythematosus | 13. All forms of cancer |
| 5. Multiple sclerosis | | |

Source: *Alkalize or Die*, Dr. Theodore A Baroody, 2001