

Common Sense Self-Care Concepts

**Fuel the Body by
Divine/Scientific Design**

**Eliminate 95% of All Disease and
Illness by what we Eat, Think and Do.**

**Gods Organic Medicines for Optimal
Health, Happiness & Longevity...**

**Hosea 4: 6 (KJV) My People Perish
from a Lack of Knowledge**



**“Let food be thy medicine and medicine be thy food”
Hippocrates**

**“The doctor of the future will give No Medicine, but
will interest his patients in the Care of the Human
Frame, in Diet and in the Cause and Prevention of
Disease.” Thomas Edison**

**“Nothing will Benefit Human Health and increase
the chances for Survival of Life on Earth as much as
the Evolution to a Vegetarian Diet.” Albert Einstein**

**Vision: Through Education, Live Organics and
Common Sense, we wish to Empower Individuals to
Truly Embrace Themselves, as the Temples of
Their Own Eternal-Spiritual-Energetic-Selves.**

God's Original Health Care Plan

pH CHART

Visit Church Challenge tab

For Much More Info

Alkaline pH Consume Freely Raw is Best Most foods get more acidic when cooked	10	High Alkaline Ionized Water		
		Raw Spinach Brussel Sprouts Cauliflower Alfalfa Grass Seaweeds	Raw Broccoli Red Cabbage Carrots Cucumbers Asparagus	Artichokes Raw Cellery Potato Skins Collards Lemons & Limes
		Olive Oil Raw Zucchini Sprouted Grains Raw Green Beans Mangoes Tangerines Grapes	Most Lettuce Sweet Potato Raw Eggplant Blueberries Papayas Melons	Borage Oil Raw Peas Alfalfa Sprouts Pears Figs & Dates Kiwi
Neutral pH Optimum pH for HUMAN BLOOD	8.0	Apples Tomatoes Turnip Bell Peppers Pineapple Wild Rice Cantaloupe Oranges	Almonds Fresh Corn Olives Radish Cherries Strawberries Honeydew Grapefruit	Avocados Mushrooms Soybeans Rhubarb Millet Apricots Peaches Bananas
	7.0	Most Tap Water		
		Municipalities adjust tap water to be +/- 7.0 Optimum pH for HUMAN BLOOD is 7.365		
Acidic pH It takes 20 parts of ALKALINITY to neutralize 1 part ACIDITY in the body Consume sparingly or never	6.0	Milk, Yogurt Most Grains Eggs Kidney Beans Processed Juices Brown Rice Sprouted Wheat Bread Oysters	Fruit Juices Soy Milk, Goat's Milk Fish Lima Beans Rye Bread Cocoa Oats Cold Water Fish	Cooked Spinach Coconut Tea Plums Spelt Rice & Almond Mill Liver Salmon, Tuna
	5.0	Cooked Beans Sugar Potatoes w/o Skins Garbanzos Butter, salted Wheat Bran	Chicken & Turkey Canned Fruit Pinto Beans Lentils Rice Cakes Rhubarb	Beer White Rice Navy Beans Black Beans Cooked Corn Molasses
	4.0	Reverse Osmosis Water Coffee Pistachios Cranberries Wheat Popcorn	Distilled & Purified Water White Bread Beef Prunes Most Nuts Peanuts	Most Bottled Water & Sports Drinks Blackberries Sweetened Fruit Juices Tomato Sauce
	3.0	Lamb Shellfish Goat Cheese Pasta Worry Tobacco Smoke Sweet N Low NutraSweet	Pork Pastries Soda Pickles Lack of Sleep Chocolate Equal Processed Food	Wine Cheese Black Tea Stress Overwork Vinegar Aspartame Microwaved Foods
	2.3	Colas! (Off the Chart)		

**Steve 'GodMed' ~ Messenger of Common Sense
ChurchofCommonSense.Life**