

# 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 CommonSenseWellness.Life

Consume Freely Raw is Best	10	<b>High Alkaline Ionized Water</b>		
		Raw Spinach Brussel Sprouts Cauliflower Alfalfa Grass Seaweeds	Raw Broccoli Red Cabbage Carrots Cucumbers Asparagus	Artichokes Raw Cellery Potato Skins Collards Lemons & Limes
Alkaline pH	9.0	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
		Most foods get more acidic when cooked	8.0	Apples Tomatoes Turnip Bell Peppers Pineapple Wild Rice Cantaloupe Oranges
Neutral pH Optimum pH for HUMAN BLOOD	7.0	<b>Most Tap Water</b>		Butter, fresh, unsalt Cream, fresh, raw Milk, raw cow's Margarine Oils, except Olive
It takes 20 parts of ALKALINITY to neutralize 1 part ACIDITY in the body		6.0	Municipalities adjust tap water to be +/- 7.0 Optimum pH for HUMAN BLOOD is 7.365	
	Acidic pH		5.0	Milk, Yogurt Most Grains Eggs Kidney Beans Processed Juices Brown Rice Sprouted Wheat Bread Oysters
Consume sparingly or never		4.0		Cooked Beans Sugar Potatoes w/o Skins Garbanzos Butter, salted Wheat Bran
	3.0		Reverse Osmosis Water Coffee Pistachios Cranberries Wheat Popcorn	Distilled & Purified Water White Bread Beef Prunes Most Nuts Peanuts
2.3		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
				<b>Colas! (Off the Chart)</b>

Steve 'GodMed' ~ Messenger of Common Sense  
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