

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

Check off the ones you are experiencing

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| <ul style="list-style-type: none"><input type="checkbox"/> Acne<input type="checkbox"/> Agitation<input type="checkbox"/> Muscular Pain<input type="checkbox"/> Dizziness<input type="checkbox"/> Cold hands and feet<input type="checkbox"/> Low energy<input type="checkbox"/> Joint pains that travel<input type="checkbox"/> Food allergies<input type="checkbox"/> Chemical sensitivities to odor, gas heat<input type="checkbox"/> Hyperactivity<input type="checkbox"/> Pre-menstrual and menstrual cramping<input type="checkbox"/> Pre-menstrual anxiety and depression | <ul style="list-style-type: none"><input type="checkbox"/> Panic attacks<input type="checkbox"/> Lack of sex drive<input type="checkbox"/> Bloating<input type="checkbox"/> Heartburn<input type="checkbox"/> Diarrhea<input type="checkbox"/> Constipation<input type="checkbox"/> Hot urine<input type="checkbox"/> Strong smelling urine<input type="checkbox"/> Mild headaches<input type="checkbox"/> Rapid panting breath<input type="checkbox"/> Rapid heartbeat<input type="checkbox"/> White coated tongue<input type="checkbox"/> Hard to get up in morning<input type="checkbox"/> Excess head mucous (stuffiness)<input type="checkbox"/> Metallic taste in mouth |
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I can show you how to alkalize your body in a simple, easy way so you can feel confident in making a positive impact, getting your health back in the right direction.

Intermediate Symptoms

Check off the ones you are experiencing

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| <ul style="list-style-type: none"><input type="checkbox"/> Cold sores (herpes 1 & 2)<input type="checkbox"/> Depression<input type="checkbox"/> Loss of memory<input type="checkbox"/> Loss of concentration<input type="checkbox"/> Migraine headaches<input type="checkbox"/> Insomnia<input type="checkbox"/> Disturbance in smell, taste, vision, hearing<input type="checkbox"/> Asthma<input type="checkbox"/> Bronchitis<input type="checkbox"/> Hay fever<input type="checkbox"/> Hives<input type="checkbox"/> Sweating<input type="checkbox"/> Ear aches<input type="checkbox"/> Viral infections (cold, flu) | <ul style="list-style-type: none"><input type="checkbox"/> Bacterial infections (staph, strep)<input type="checkbox"/> Fungal infections (candida, vaginal)<input type="checkbox"/> Impotence<input type="checkbox"/> Urethritis<input type="checkbox"/> Cystitis<input type="checkbox"/> Urinary infection<input type="checkbox"/> Gastritis<input type="checkbox"/> Colitis<input type="checkbox"/> Excessive falling hair<input type="checkbox"/> Psoriasis<input type="checkbox"/> Endometriosis<input type="checkbox"/> Stuttering<input type="checkbox"/> Numbness and tingling<input type="checkbox"/> Sinusitis |
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Advanced Symptoms

Check off the ones you are experiencing

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| <ul style="list-style-type: none"><input type="checkbox"/> Crohn's disease<input type="checkbox"/> Schizophrenia<input type="checkbox"/> Learning disabled<input type="checkbox"/> Hodgkin's disease<input type="checkbox"/> Systemic Lupus Erythematosus<input type="checkbox"/> Multiple Sclerosis<input type="checkbox"/> Sarcoidosis | <ul style="list-style-type: none"><input type="checkbox"/> Rheumatoid Arthritis<input type="checkbox"/> Myasthenia Gravis<input type="checkbox"/> Scleroderma<input type="checkbox"/> Leukemia<input type="checkbox"/> Tuberculosis<input type="checkbox"/> All other forms of Cancer |
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Source: *Alkalize or Die*, Dr. Theodore A Baroody, 2001