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Acid-Forming diets lead to indigestion (acid indigestion) that eventually creates a condition known as 'acidosis' or 'chronic acidosis' which acidify body tissue.

### **Bone health - alkaline-forming food chart**

A table of foods that affect alkaline levels in the body. Learn how alkaline-forming foods affect bone health.

### **Susan e. brown (author of the acid- alkaline food**

Susan E. Brown is the author of The Acid-Alkaline Food Guide (3.75 avg rating, 44 ratings, 0 reviews, published 2006), Better Bones,

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How the body reacts to certain foods is what determines what foods are alkaline-forming and what foods are acid-forming. For example lemons are acidic in nature, but

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Alkaline Foods versus Acid Foods or Uric Acid Foods. If you're wondering how your diet stacks up, check out the table below. This table includes a listing of 114

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