

## Acidity Self Test

Make a mark next to any of the symptoms listed here, if you have them.

Count the total number of symptoms in each category.

**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.**

<b>Beginning Symptoms</b>					
	Acne		Agitation		Muscular pain
	Cold hands and feet		Dizziness		Low energy
	Joint pains that travel		Food allergies		Chemical sensitivities to odor, gas heat
	Hyperactivity		Panic attacks		Pre-menstrual and menstrual cramping
	Pre-menstrual anxiety and depression		Lack of sex drive		Bloating
	Heartburn		Diarrhea		Constipation
	Hot urine		Strong smelling urine		Mild headaches
	Rapid panting breath		Rapid heartbeat		Irregular heartbeat
	White coated tongue		Hard to get up in morning		Excess head mucous (stuffiness)
	Metallic taste in mouth				
<b>Intermediate Symptoms</b>					
	Cold sores (Herpes I & II)		Depression		Loss of memory
	Loss of concentration		Migraine headaches		Insomnia
	Disturbance in smell, taste, vision, hearing		Asthma		Bronchitis
	Hay fever		Ear aches		Hives
	Swelling		Viral infections (colds, flu)		Bacterial infections (staph, strep)
	Fungal infections (Candida albicans, athlete's foot, vaginal)		Impotence		Urethritis
	Cystitis		Urinary infection		Gastritis
	Colitis		Excessive falling hair		Psoriasis
	Endometriosis		Stuttering		Numbness and tingling
	Sinusitis				
<b>Advanced Symptoms</b>					
	Crohn's disease		Schizophrenia		Learning disabled
	Hodgkin's Disease		Systemic Lupus Erythematosis		Multiple Sclerosis
	Sarcoidosis		Rheumatoid arthritis		Myasthenia gravis
	Scleroderma		Leukemia		Tuberculosis
	All other forms of cancer				
Source: <i>Alkalize or Die</i> , Dr. Theodore A. Baroody, 2001.					