

Alkaline Fruit

Fresher is Better

The more a fruit is allowed to ripen on the vine (or tree, bush, plant) the more alkaline it tends to be.

Generally speaking riper fruit is more alkaline forming in the body. This is a great asset for those trying to balance their pH levels. This is yet another reason to favor, fresh, locally grown produce. Much of the fruit found in supermarkets, was picked unripe and shipped long distances to the store. Fully ripe fruit just does not travel well.

Aside from being more alkaline, fruit that has been allowed to fully ripen while still attached to it's life source typically tastes better, is juicier and has a higher enzyme content.

Ask your produce manager at the store which fruits are in season. Also check out farmer's markets and local roadside stands. Best of all grow a few fruit trees in your yard, its great fun and very fruitful.

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