**Errors on Page 13:**

“acid-forming minerals such as phosphorus, potassium and magnesium”

**and**

“Grains contain very little calcium, and they are also low in sodium, choline, iodine, sulphur, and other alkaline minerals”

**from:**

**http://www.rawfoodexplained.com/acid-and-alkaline-substances/acid-alkaline-clearing-up-the-confusion.html**

“These minerals are the acid-forming minerals. They include sulphur, phosphorus and chlorine [choline?].”

“These minerals are the alkaline-forming minerals. They include potassium, sodium, calcium, magnesium and iron.”

http://www.actualcures.com/ph-chart-of-food-and-mineral-supplements/ :

The electrons of atoms of elements are what are interacting between atoms in chemical reactions. The outermost electrons of an atom of a mineral (an element) are called valence electrons, and usually are the only electrons involved in chemical reactions. Elements with a valence of 1 have one electron available for chemical reactions. Elements with a valence of 2 have two electrons available for chemical reactions. Elements with a valence of 1 or 2 are very alkaline forming elements. Elements with a valence of 3 are less alkaline forming. Valence of 4 or more are acid forming elements. Elements with a valence of 5 or 6 are more acid forming. Elements with a valence of 7 are highly acid forming.

**Acid Forming Alkaline Forming Strength Chart**

|  |  |  |
| --- | --- | --- |
| **Alkaline Forming:**1PotassiumSodiumCesium | 2 MagnesiumCalciumZinc |  3 Boron Iron |
| **Acid Forming:**4CarbonGermanium | 5NitrogenPhosphorus |  6 Sulfur Oxygen Selenium Chromium |  7 Iodine Fluorine Chlorine |