



Acne & Candida Reset
Alkalizing Lifestyle
& Foods Chart

SKIN ENVY MEMPHIS

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ALKALIZING LIFESTYLE & FOODS CHART

Alkalizing Lifestyle & Foods	Most Alkalizing (+4)	More Alkalizing (+3)	Alkalizing (+2)	Least Alkalizing (+1)
<i>Emotions</i>	Love, Satisfied, Joy, Enthusiastic, Authenticity	Patient, Peace, Confidence, Truthful, Encouraged	Trust, Faith, Motivated, Calm	Rational, Tolerant
<i>Yoga or Other Exercise</i>	Active 4x/week	Active 4x/week	Active 4x/week	Active 4x/week
<i>Eating at home</i>	Eat at home with family 5x/week	Eat at home with family 5x/week	Eat at home with family 5x/week	Eat at home with family 5x/week
<i>Uninterrupted Sleep</i>	Uninterrupted sleep 8 hours per night	Uninterrupted sleep 7.5 hours per night	Uninterrupted sleep 7 hours per night	Uninterrupted sleep 6.5 hours per night
<i>Breathwork</i>	Breathing techniques 60+min/day	Breathing techniques 45min/day	Breathing techniques 15min/day	Breathing techniques 5min/day
<i>Herbs</i>	Cloves, Cinnamon, Oregano, Basil, Turmeric, Parsley	Thyme, Cumin, Green Tea	Ginger, Peppermint, Spearmint, Marjoram	Curry, Sage, Licorice root, Burdock root
<i>Fruits</i>	Avocado, Persimmon, Papaya, Lemons, Limes, Blueberries	Plums, Blackberries, Oranges, Tangelos, Mango, Grapes	Apple, Pear, Pineapple, Raspberries, Strawberries, Peach, Kiwi, Coconut Flesh	Apricot, Nectarine, Honeydew, Cantaloupe, Banana, Currant, Cherries, Cooked Tomatoes, Watermelon



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Alkalizing Lifestyle & Foods	Most Alkalizing (+4)	More Alkalizing (+3)	Alkalizing (+2)	Least Alkalizing (+1)
<i>Vegetables, Ocean Vegetables & Legumes</i>	Spinach, Kale, Collards Swiss Chard, Greens, Broccoli, Arugula, Nori, Wakame, Kombu, Hijiki	Cucumber, Zucchini, Parsnip, Green Leaf, Romaine, Brussels Sprouts, Bok Choy	Sweet Potato, Beets, Cauliflower, Carrots, Bell Peppers, Pumpkin Squash, Garlic, Onion	Endive, Taro, Jicama, Celery, Green Peas, Adzuki beans, Hummus
<i>Grains, Cereals, Grass, Soups</i>	Wheat Grass, Chlorella, Spirulina, Blue-Green Algae	Most low-sugar vegetable-based Soups	Sprouted Lentils	Quinoa, Millet, Amaranth
<i>Sprouts, Nuts, Mushrooms & Seeds</i>	Sprouts—sprout your seeds & nuts for max alkaline power!	Hemp Seeds (rich in chlorophyll)	Raw Almonds, Pumpkin Seeds	Chia Seeds
<i>Oils</i>	Micro Algae Omega 3's	Hemp Oil (rich in chlorophyll), Ultra -Pure Fish & Krill Oil	Cold-Pressed Unrefined Coconut Oil	Avocado Oil, Evening Primrose Oil, Borage Oil, Flax Seed Oil, EVOO *Only Cold-Pressed and not heated
<i>Meat, Fowl, Wild Game, and Shellfish</i>		Bone Broth (slow cooking draws minerals out)		



ALKALIZING LIFESTYLE & FOODS CHART

Alkalizing Lifestyle & Foods	Most Alkalizing (+4)	More Alkalizing (+3)	Alkalizing (+2)	Least Alkalizing (+1)
<i>Dairy & Dairy Alternatives</i>		Breast Milk	Hemp milk, Almond milk, Unsweetened Coconut Water/Milk	Fermented Ghee, Fermented Dairy Kefir
<i>Beverages</i>	Herbal Organic Teas, Green Tea, Macha	High Quality Mineral Waters	Organic Espresso	Filtered water
<i>Sweeteners</i>	Not allowed phase one, phase two or beyond		Organic Stevia	
<i>Misc.</i>	Sea Salt, Cultured Vegetables, Antioxidants	Assorted Nutrients	Broad-Spectrum Probiotic	



ACIDIFYING LIFESTYLE & FOODS CHART

Acidifying Lifestyle & Foods	Least Acidifying (+4)	Acidifying (+3)	More Acidifying (+2)	Most Acidifying (+1)
<i>Mindset/Emotions</i>	Indifferent, Difficulty making decisions	Lack of trust, Fear, Feel alone, unsupported, Doubtful	Angry, Complaining, Frustration, Isolated	Judgmental, Controlling, Overbearing
<i>Yoga or Other Exercise</i>	Some activity, but not to the point of breaking a sweat	Not active	Not active and eating processed foods	Not active, eating processed foods, sugar and alcohol
<i>Eating Out</i>	Eating fast food 1 meal per week	Eating fast food 2-3 meals per week	Eating fast food 4 meals per week	Eating fast food 5 meals per week
<i>Uninterrupted Sleep</i>	Uninterrupted sleep 6 hours per night	Uninterrupted sleep 5 hours per night	Uninterrupted sleep 4 hours per night	Uninterrupted sleep 3 hours per night
<i>Breathwork</i>	Shallow breathing		Snoring	Sleep Apnea
<i>Fruits</i>	Sour Cherries, Rhubarb, Prune, Raisin, Dates	Cranberries, Raw Tomatoes		
<i>Vegetables & Legumes</i>	Black Beans, String Beans, Green Beans, Potatoes	White Beans, Navy Beans, Pinto Beans, Chick Peas		



ACIDIFYING LIFESTYLE & FOODS CHART

Acidifying Lifestyle & Foods	Least Acidifying (+4)	Acidifying (+3)	More Acidifying (+2)	Most Acidifying (+1)
<i>Grains, Cereals, Grass, Soups</i>	Brown Rice, Kasha	Buckwheat, Spelt, Wheat, Semolina, Farina,	Rye, Barley, White Rice	
<i>Sprouts, Nuts, Mushrooms & Seeds</i>	Peanuts, Pine nuts, Cashews Sunflower Seeds			
<i>Oils</i>	Sesame Oil, Grape Seed Oil, Almond Oil			
<i>Meat, Fowl, Wild Game, and Shellfish</i>	All Organic Pasture-Raised & Grass-fed Beef & Eggs, Pacific Wild Caught Fish, Grass-fed butter	Goat, Lamb, Goose, Turkey, Shrimp, Duck, Venison, Organic Duck Fat, Organic Tallow	Chicken, Crab, Scallops, Organic Chicken Fat	Pork, Oysters, Lobsters, Farmed Fish, Organic lard
<i>Dairy & Dairy Alternatives</i>	Sugar-Free Kefir Store-Bought			
<i>Beverages</i>	Black Tea	Coffee		Alcohol not suggested phase one, phase two or beyond!



ACIDIFYING LIFESTYLE & FOODS CHART

Acidifying Lifestyle & Foods	Least Acidifying (+4)	Acidifying (+3)	More Acidifying (+2)	Most Acidifying (+1)
<i>Sweeteners</i>	Not allowed phase one, phase two or beyond *Except Stevia			
<i>Misc.</i>	L.. Acidophilus		1 Round Antibiotics Past 4 Years	+1 Round Antibiotics Past 4 Years

*Please note this chart includes foods eaten in Phase One, Phase Two and Beyond. Please refer to the **Eat and Don't Eat Foods List** for the foods you should be eating while in **Phase One** of the Candida Reset Program. There are varying opinions on what makes food acidifying or alkalizing to the body. My chart takes into consideration what happens in the body when you consume these foods. I classified foods based on their nutrient-density, ORAC rating, mineral content, and omega 3 to omega 6 ratios. This chart is only meant to help you navigate.



Thank You...

Conclusion:

- If you have any questions about the Candida Reset, please reach out to me. I am here for you. Email me Chanel@SkinEnvy.org

Getting healthy together,
[Chanel Yancy](#)



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