



C 避免或减少摄取的食物
Foods To Avoid Or Least Intake

MEAT

Coffee & Tea

Fruit Juice & Soda

All Alcohol

酸性的食物, 例如: 酒精、咖啡因和碳酸饮料、肉类等, 它可能会使我们的身体变得更加酸性, 因此容易出现健康的问题。
Acidic forming foods, eg: alcohol, caffeine & carbonated beverages, meat, etc b... they may cause our body to be more acidic, therefore prone to health problems

如酒精, 咖啡因
eg: alcohol, caffeine

Avoid or limit your intake of foods that may weaken your immunity, eg: acid-forming foods & refined carbohydrates, etc. Learn more at this video link:

<https://youtube.com/shorts/lCwo5Ehqaol?feature=share>