

The Alkaline Exercising Method



The Alkaline Diet Newsletter #6

www.TheAlkalineDiet.org



EXERCISING IS ALSO PART OF AN ALKALINE DIET!

The biggest misconception about alkalizing is that it's limited to having the proper diet. While eating alkalizing foods is definitely one step towards correcting pH imbalance, there's another important half in alkalizing your body: exercise.

People seem to think exercising is just not for everyone. They dismiss the thought of exercising before they even try doing it! However, if you're really serious about alkalizing your body, exercise is certainly one direction you should take.

Aerobic exercises are the perfect way to alkalize your body, as it immediately removes the acid toxins in your body. They will not only strengthen your cardiovascular strength and resistance to illnesses, it can even restore your body to its naturally alkaline state.

In today's newsletter, I'm going to walk you through the alkaline way to exercise - by going the aerobic way. I'm even going to give you an idea on how alkalizing your body can sculpt your muscles!



[Find Out More About The Acid Alkaline Balance Diet HERE](#)

How are Aerobic Exercises Alkalizing?

The alkaline way to exercise is by exercising aerobically. There are two basic types of exercises: aerobic and anaerobic.

Understanding the difference between the two is crucial, as they are vastly dissimilar.

In aerobic exercises, your body **uses up oxygen to break down glucose** and ultimately produce energy as you exercise.

On the other hand, in an anaerobic exercise, your body uses up your natural chemical to create energy without using up oxygen.

That's precisely why **proper breathing** during aerobic exercises is crucial! Examples of aerobic exercises are exercise bicycles, jogging, dancing, handball, and running on

treadmills. Anaerobic exercises involve weight lifting and bench presses.

Remove acid toxins

As you exercise aerobically, you remove the acid toxins in your body! How and when does this happen? As you burn oxygen and produce energy, you sweat and exhale. During the process, the unhealthy toxins in your body are purged from your system.

Improves cardiovascular and metabolism

At the same time, you strengthen your cardiovascular system and increase your metabolism rate! As you can see, it both expels the toxins already existing in your body and protects it from future toxins that you will get from the polluted environment or an acid-heavy diet.



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Other Benefits of Aerobic Exercises

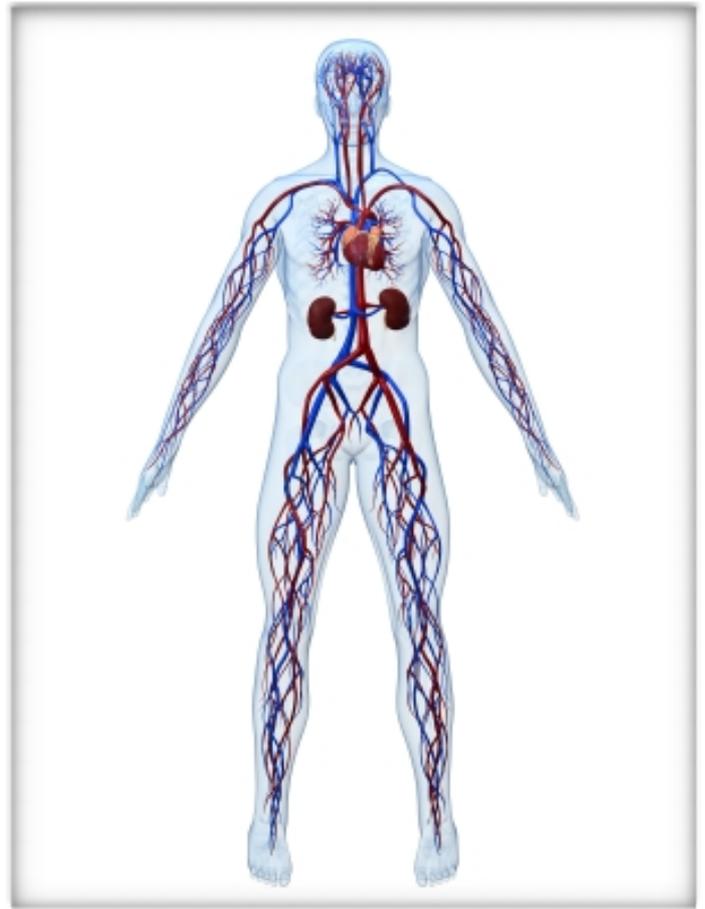
Improves blood circulation

Further, aerobic exercises help improve your body circulation. Metabolic and environmental toxins will be eliminated through your liver and colon and will not be concentrated in certain areas of your body.

Ultimately, exercising aerobically allows proper digestion and blood circulation to maintain a natural pH balance!

As a matter of fact, a recent study by researchers at the Sahlgrenska University Hospital shows that by removing these environmental and metabolic toxins stored in your body, the IQ of a person increases!

With the alkaline benefits of aerobic exercises, there's surely every reason why you should not just maintain a proper diet, but also undergo regular aerobic exercises. With this combination, you are protecting yourself from harmful acid toxins.



Now, aerobic exercises won't exactly give you the muscular body you want.

Although it alkalizes your body, provides endurance, and strengthens your heart, it won't exactly sculpt your biceps and triceps the way you may want your body to become. Fortunately, an alkaline diet can address this gap.



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Build Muscles with an Alkaline Diet!

If you are interested in muscle-building on an alkalizing diet, you can create a plan both for your diet and exercise schedule. The magic word for bodybuilding is often disassociated with alkalizing: protein. For some strange reason, people assume that meat is the only way to get protein.

For your diet, you can start including **alkalizing foods that are rich in protein**. You can choose protein-rich energy-yield, and alkalizing foods that will give your body its dose of amino acids.

Carefully select the foods in your diet to make sure that you create a combination that gives you your body's different needs. For example, combine nuts with legumes in a meal; both have different concentrations of amino acids that your body requires.

Contrary to the popular notion that alkaline-based diets lack nutrition, you can actually get it from a variety of sources: spinach, almonds, buckwheat groats, beans, beancurd, pumpkin leaves, hemp seeds, chai, cottonseed, and black beans.

The protein content of these foods range from 8 grams to 107 grams per serving! Now, whoever said that alkalizing foods are not a rich source of protein clearly don't know enough about the mentioned foods!



It doesn't stop there: alkalizing drinks can also help in bodybuilding! You can combine banana, soya, yeast flakes and soya milk and come up with a high protein drink that's all organic!

While at it, consider putting strawberries or pineapples, as they help in the absorption of amino acids.

Now, the exercise schedule that you will have to follow requires focus and determination. What makes an alkaline diet even better for muscle-building requires a thorough understanding of how muscles are built: red blood cells basically build muscles.

In turn, red blood cells are best built by having alkaline-based protein-rich foods than having a high animal protein diet. Both can build your muscles, but red meat will have an undesirable added effect: elevated cholesterol levels and high blood pressure.

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Start Building Your Muscles!

Once you start muscle-building, you should keep the principle of progressive overload in mind. This refers to subjecting your muscles to stress that it is not used to.

Your muscles will eventually adapt to the stress, by which time you should subject it to another level of stress.

By doing this, you are continually increasing the muscle strength, size, and flexibility!

However, avoid misapplying the principle of progressive overload.

It's not just about lifting more weights or doing more reps. It's about training hard and muscle-building based on intensity, duration and frequency.



Through it all, keep in mind that aerobic exercises are necessary at the start and end of every activity.

So... Start Exercising TODAY!

“I just showed you how alkalizing your body will improve every aspect of your health. It won't even get in the way of bodybuilding, as many people try to say. In fact, it even makes body-building more effective and more efficient. It all boils down to two important aspects of alkalizing: aerobic exercises and an alkaline diet.”

[Click HERE to find out more about the Acid Alkaline Diet!](#)

Warmest Regards,

Emma Deangela