

# THE ACID ALKALINE BALANCED DIET



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Balance Your Acidity,  
Restore Your Health &  
Lose Weight

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# PREFACE

## Why Did I Start this Book?

I wasn't born INTO the alkaline diet. Like many of you out there, my mind was already filled with ideas about the food pyramid the day I stepped into elementary school! The health-ed teacher would enthusiastically pepper the lesson with 'food from the three food groups', which will lead to healthy development of our body. Young, and non the wiser, I began to practice what the school preaches - largest proportion goes to grains, followed by the greens and fruits, and growing children need lots of proteins, coupled with supplements and viola! - this is their idea and I admit, also mine of a balanced diet. Sure, I've fallen ill on many occasions, taken some colored solutions which the doctors prescribed. And that's it. I've never questioned my choice of foods or my diet. It just *has* to be right. There must be something *wrong* with my body, not the diet.

This indifference in me spans into adulthood, but got more severe. After graduation, I went straight into the rat race, forcing my body to be up in the wee hours of the morning and working till late at night. No matter how many cups of caffeine I drown myself in, I can *never* feel totally energized. Just two years into my careers, my skin was tinged with a dull shade, and every 'balanced' diet I took during lunches left me tired, and bloated. Imagine burping between sentences while meeting your clients - it's downright embarrassing. All these problems escalated into severe health problems and I had to check in and out of hospital very often. I knew that my health was on a decline and I had to do something, before it's too late.

Desperate to salvage my health, I started to be obsessed with alternative medicine and holistic health. I would rush to traditional chinese medicine classes after work, and borrowed health magazines and medical journals. I've also fixed appointments with nutritionists and dietitians friends who generously shared their knowledge....

I wouldn't say all those efforts were a bad idea.. but I was confused and overwhelmed by all the information out there ... some of the health 'programs' were impossible to follow, and some did not show any positive long lasting effects. It was pretty depressing and I was about to resign to the fate of my poor health when I attended a 3-day water fasting workshop, where I met Theresa.

“Your Diet is the Key to Health” -Having an Alkaline Diet, knowing what , when and how to consume these foods are *the* key to be truly healthy. It then dawned on me that the years of what is popularly known as ‘The Balanced Diet’ has be causing huge loads of toxins and waste to accumulate in my body. It wasn’t that nutritional products didn’t work, but my diet was wrong to begin with. Caring for your digestive system is the *key* to good health.

Who doesn’t want to feel optimistic about the future, to be healthy, active and brimming with energy. To have the ability and the health to do things that you’d love to do. I’ve been like many of you, pursuing all the materialistic things - my first car, a place that I can call my own, it was only after my health has failed me that I finally knew what was the most important to me.

But now I’ve found my happy place - how to stay healthy amidst the chaotic work life. If the idea of glowing skin, enhanced immune system and achieving your idea body weight and shape entice you, stop to pause for a minute as this is only the minimum alkalizing your body can bring.

### **How difficult is alkalizing?**

I have no time. It’s so troublesome. Can I trust such stuff?

These are often the response of many people whenever I broached the subject on the alkaline diet. Well, the truth is that alkalizing is very simple. Sure, minus the initial part where you have to make sacrifices by giving your favorite acid-producing foods.

You don’t have to be a nutritionist or a dietitian to follow the steps. We often have feedback from our customers every day telling us to forget about the hard facts and just tell me what I need to do now to enjoy the benefits of an alkalized body!

And this is what I’m going to give you today. We’re going to keep it *simple*.

### **How is this course organized?**

In this course, you will discover how to go on the acid-alkaline diet to become healthy, full of energy and illness-free.

Different groups of people have different levels of understanding of the topics covered. It doesn’t matter as if you know some of the topics

*Emma Deangela*

# The Alkaline Diet Course



## How is this course organized?

In this course, you will discover how to go on the acid alkaline diet to become healthy, full of energy and illness-free.

Different people have different level of knowledge as well as the understandings of the topics covered, our course would be covering on all the topics. You may know some of these topics but I still strongly encouraged you to read through the whole book itself as some of them are opposing what we have learnt in our daily life.

During the course, it is best that you complete the little tasks I have created for you so that you can understand the body well and at the same time, knows how to change your diet.

The content of this book is going to be divided into two main sections; the first one is all about acid alkaline, its definition, and its affect on our body and so on and so forth. While the second part mainly focuses on practical alkalizing tips that we all can apply in our daily lives. Things like, food intakes, the type of food that we must eat, all about oxygen, daily exercises, etc.



# Things We Put In Our Mouth - Food -



## PART ONE

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Food, by definition, is any or a group of substances, which are usually made up of carbohydrates, proteins, fats, and liquids that can be consumed by all sorts of animals, inclusive of human beings, for the purpose of nourishment or pleasure. Substances considered as food are sourced from animals, plants, fungus, and fermented products.

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Throughout our history, man had originally sought out these sources of food by gathering and hunting. In today's modern cultures, due to the birth of countless methods of agriculture and food manufacturing, food sources are tapped by means of ranching, farming, fishing, foraging, hunting, and many other methods.

Due to the influence of modern culture, society, and technology, which was suppose to solve a number of world issues, the food we consume is now the cause of a number of health problems. Today, food-borne illnesses plague billions of people around the world, which claims millions of lives each and every year.

Food production, food preparation, methods of agriculture, methods of butchering, methods of cooking, fast food, and marketing, all of which are methods practiced in The Standard American Diet, have all played its part in making us forget the importance of having a well balanced diet, and sadly is the reason behind our demise.



Due to the concepts mentioned above, we have forgotten the importance of maintaining a delicate pH balance, and the dangers of acidosis, which are brought about by an unhealthy pH balance. The statistics do not lie. More and more people are suffering from this unhealthy imbalance, and the numbers are soaring at alerting levels.

**The question is will we ever find a solution to these underlying problems, brought about by our unhealthy eating habits?**

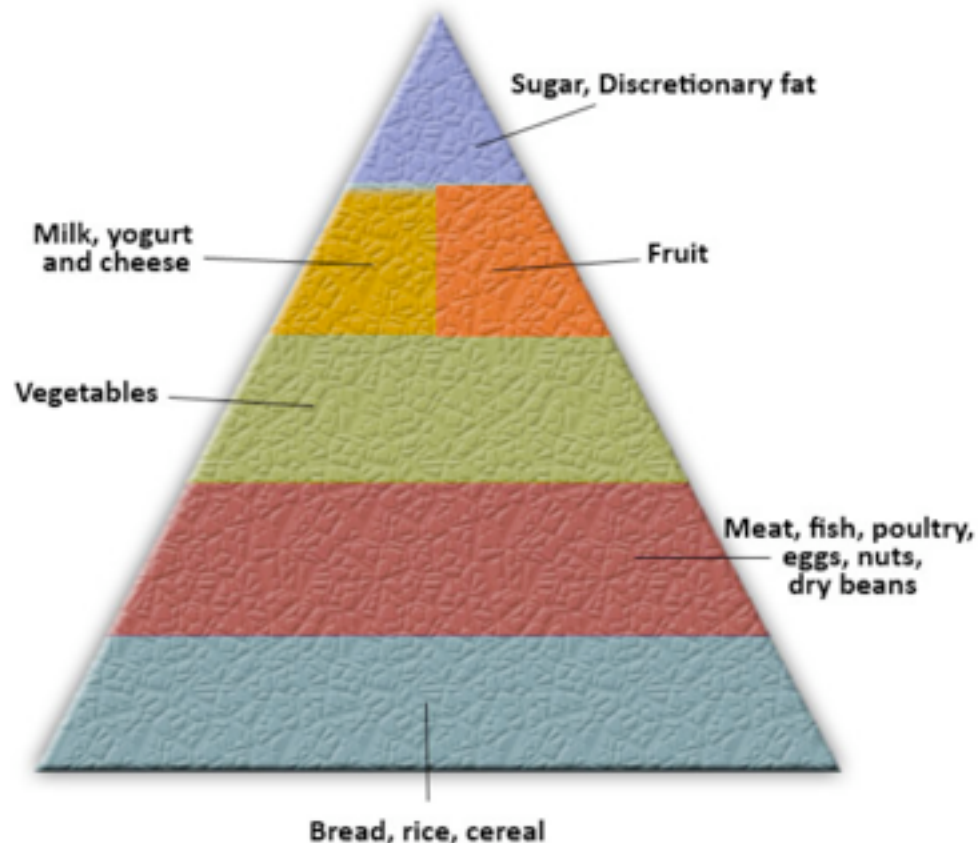
## The Standard American Diet

Today, man's diet consists of a variety of cuisines, which is influenced by society and culture. From fast food to fine dining, breakfast, lunch, dinner, and snacks, we can barely keep up with what is available, and, it seems, at any given corner of the world, there will be always something new to sample.

A good example of this unhealthy diet and lifestyle is The Standard American Diet (S.A.D.), also known as The Western Pattern Diet and The Meat-sweet Diet. The Standard American Diet describes the stereotypical dietary habits of Americans.

The diet, which is mostly practiced in developed countries, and is gaining popularity in developing countries, mostly consists of the consumption of red meat, rich sweets, dairy products, eggs, sugar rich drinks, alcohol, processed goods, and refined grains. In other words, the diet emphasizes on the consumption of excess fat, sugar, and calories; a deadly combination.

**Do you know how the Standard American Diet is like?**



*This is actually a chart of an average American diet where sweets and meats occupy big portions of the meals than healthy fruits and vegetables.  
Does this daily diet looks familiar to you?*

<b>A Typical Standard American Diet Day</b>	
<b>Breakfast</b>	Black Coffee or with Creamer and Sugar; Cookies; Toasts; Muffins; Fruit Tarts; Ham Sandwiches on white bread; Cereals; Jelly
<b>Lunch/Dinner</b>	Packaged and processed red meat/Deli Meats like Chicken, Ham, Pork, Hamburger, Hot dogs, etc.; Rice, Bread or Pasta (made of white flour); Any form of protein that is cooked, baked or fried.
<b>Tea Break/Snack</b>	Tea with sugar or cream; Cookies; Pop-Tarts and other pastries (made of white flour); Ice cream, etc.

**Note:** According to Dr. Timothy Brantley, most health problems are not caused by genetics or germs but by the Standard American Diet.

The result of practicing S.A.D., on a daily basis, is a high level of excess acidity, leading to child obesity, adult obesity, inadequate immune system, chronic infection, various diseases, and cancer, which dramatically shortens the average standardized human mortality rate, as compared to the past.

Too alarming, in fact, that we see more and more children experiencing heart attacks, high blood pressure, diabetes becoming an epidemic, obesity is now a norm, and cancer is on an ever-growing rise.

**Before we go on, let's go through an exercise and hopefully you will see some insights over your daily meals.**

**In our Alkaline Diet Journal, write down everything that you put into your mouth for the past 24-48 hours. You also want to include the sauce, the spices, and the liquids. The key here is to be as truthful as you can otherwise you would not benefit from this exercise.**

# Understanding Acid Alkaline Balance



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Alkaline-acid imbalance or excess acidity is responsible for degenerating and weakening all systems in the body, and sadly is a common occurrence, which millions of people suffer from around the globe. The ratio of today's population who suffer from acid related diseases, as compared to the population of people who practice and enjoy the benefits of alkalizing food is a ratio that baffles comprehension.

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According to ongoing medical surveys, the decline in health is rising at an alarming rate, despite the knowledge of the consequences of eating unhealthily. In order to achieve overall health, the body needs to maintain sufficient alkaline reserves, to ensure the energy demands of the body are met. When there is a need to eliminate excess acidity, the body taps into the electrolyte reserves of the body, and depletes it, which leaves the human body in a destabilized state. This is why maintaining healthy pH levels, by eating alkalizing food, is the key to sustaining overall health and well-being.

The study of the effects of alkaline-acid imbalance is not a new concept to us. In 1933, a ground-breaking and revolutionary book was published by a doctor from New York City, Dr. William Howard Hay. The book was called, "A New Health Era".

The book discussed the effects of self poisoning or autotoxication, due to the excess buildup of acid in the human body, the very basis in which the concept of alkalinity was born. The doctor discusses in his book, the misconception society has placed in our minds. This misconception is the consumption of acidic food, and that it is good for us, but in truth, it is the cause for our demise. The food in which we place such high regard is the same that is responsible for killing us.

In more recent times, the book, by Dr. Theodore A. Baroody, “Alkalize Or Die”, supports Dr. Hays previous discoveries. Dr. Theodore A. Baroody clearly states, “The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!” (Theodore A. Baroody, N.D., D.C., Ph.D.)

If these accomplished doctors have the same findings, which address the underlying problems faced by countless people around the world, then it is about time we sit down and listen to what they have to say.

## Understanding how pH works

The potential of hydrogen, or simply known as pH, is the method in which alkalinity or acidity is measured in a solution. The scale is measured starting from 0 – 14. The lower levels of the potential of hydrogen entails a greater acidity level of the solution, and the higher the potential of hydrogen entails a greater alkalinity level of the solution. When the solution is neither alkaline nor acid, it is placed at pH 7, which is considered neutral.

Human bodies are mostly made up of water. In fact, the body consists of staggering 70 percent water. Different areas in the body require different levels of pH levels. The pH levels are composed of positively (acid) and negatively (alkaline) charged ions. The body relies on this balance to survive, and constantly works to balance these pH levels. When there is imbalance, infection and disease occurs.

Acidic				pH Level Range			Alkaline			
pH	pH	pH	pH	pH	pH	pH	pH	pH	pH	pH
4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5

Please take note that the pH levels in the stomach or stomach acid is different from what is being discussed in this chapter. The topic at hand is the pH levels of body fluids and body tissues, which are two different things.

The balance between alkalinity and acidity is measured by means of calculating pH levels in the body. The pH levels are as follows, 0 (extremely acidic) up to 14 (extremely alkaline). Ideally, it is healthy to keep the fluids in the body at neutral pH levels (from pH of 7.0 to pH of 7.4). Any pH levels below 7 are considered acidic, and pH levels above 7 are considered alkaline.

When the pH levels drop to pH of 5.3 and below, this is considered highly acidic, and the body unable to assimilate much needed vitamins and minerals. Science and medicine has proved that neutral levels, or higher, eliminates the possibility of infection and disease afflicting all men, women, or children.

At these healthy levels, oxygen in the body is well circulated, the natural process of healing and detoxification is no longer compromised, the cells easily regenerate, and the immune system's function is optimized, leaving the body less susceptible to disease.



## How Does pH Affect Your Health

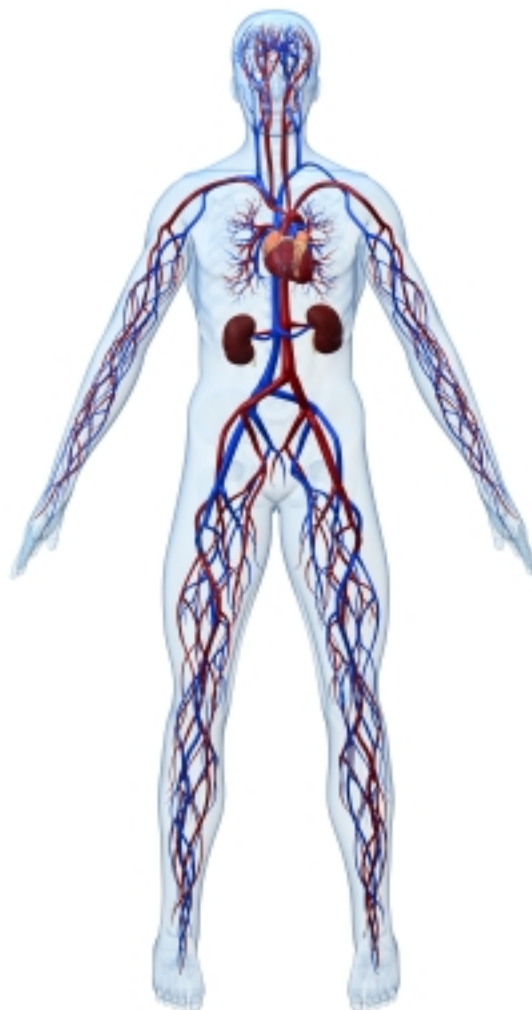
Various parts in the body have their own ideal pH levels. These areas maintain their own ideal pH levels to maintain performance and functionality. The blood has to strictly comply with a specific pH level. Ideally, the blood has to maintain pH levels, not going over and under, pH 7.3 and pH 7.5, respectively.

The body continuously allocates and reallocates resources and nutrients to maintain a healthy and balanced pH level, which is needed for the different systems to function effectively and efficiently.

Unfortunately, in most cases, the majority have imbalanced pH levels. Imbalanced pH levels lead to health problems, such as obesity, premature aging, fatigue, etc. To assure a healthy and balanced pH level, the body constantly needs minerals and nutrients, such as potassium, sodium, calcium, and most of all magnesium.

These nutrients are needed to neutralize and counter the harmful effects of acidity in the blood. If this natural process fails, the acid will spread to the various organs, having extremely negative effects and consequences, leading to numerous health problems.

The best way to avoid the harmful effects of acidic pH levels is administering simple pH level tests, adequate exercise, and including alkalizing food to the daily diet.

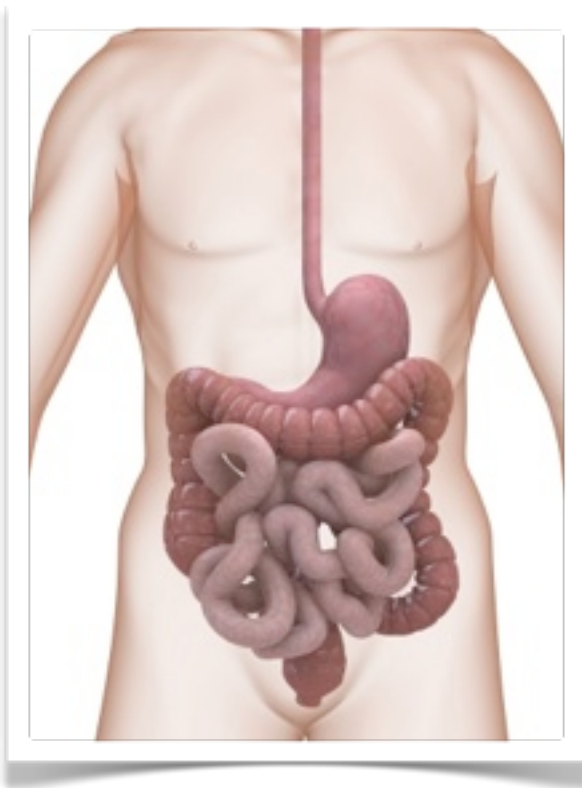


## pH Equation To Overall Health

According to the leading medical researchers and doctors, the blood has to maintain, at all times, a slightly alkaline healthy pH level, to be able to naturally heal chronic infections and diseases. Once this delicate balance is tipped, total disaster will take place. This is why the body does everything in its power to maintain this delicate balance. The body will sacrifice allocated nutrients, designated to various parts of the body, just to maintain the pH levels in blood, if the reserves are depleted, which is why we must ensure our body always has a significant amount of reserves.

It is critical to maintain ideal pH levels in blood, because, only in these ideal pH levels, the body naturally combats diseases, fights infections, and properly heals in these ideal pH levels. Again, maintaining the ideal pH levels in blood is extremely critical.

## The pH Levels Affects Everything:



The pH level in blood has to be maintained at a slight alkaline level, at a small average of pH 7.3 at all times. Slightly above or below this slim average will definitely lead to infection and life threatening disease.

When the delicate pH level in blood is somehow disrupted, this presents the ideal breeding grounds for pathogens to spread, abnormally grow, and wreak havoc in the body.

When the delicate pH level in blood is somehow disrupted, the normally helpful enzymes reverse their functions and cause harm.

When the delicate pH level in blood is somehow disrupted, the circulation of oxygen to tissues and cells, needed for regeneration, is dramatically restricted.

## pH Levels – Controlling Life’s Vital Necessities

Like the requirements of the brain, this master processor and control room requires fuel to carry out its functions, and this vital fuel is none other than glucose. The brain requires a constantly running supply of glucose, which is delivered by means of a highly efficient and logistical blood stream.

The blood stream is only efficient when pH levels are ideally balanced. Ideal pH levels controls the vital role of insulin, which is the well-organized allocation and distribution of sugar to the demanding requirements of the cells in the body. Insulin also controls and regulates the blood sugar level.

As the blood’s pH levels in blood leans towards acidic pH levels, fatty acids, which are negatively charged (“electro-magnetically charged”), change their polarity to positive, automatically magnetize, attracting all negatively charged objects, and immediately attach themselves to the arterial walls (“electro-magnetically charged”), which are negatively charged.

This concept is exactly the way magnets work, the concept of opposites attracting to opposites, and negative attracting to positive, in simpler terms. This is the result of over indulgence in the American diet. The American diet is the cause for the situation mentioned above, and is responsible for most heart conditions victimizing countless people around the world. In truth, we should blame ourselves for indulging in this kind of diet.

# The pH Levels Controls Each And Every Bodily Function

## Enzymes – Bimolecular Catalysts

Enzymes are a part and play a major role in the biochemical process. Thousands upon thousands of enzymes carry out chemical processes in different areas in the body. Many of these processes are so uniquely specific, that they are like unique puzzle pieces to a greater picture.

In other words, they have one particular function they are responsible for. If the balance of the pH level in the blood is disrupted, even just slightly, the specialized functions of these enzymes are disrupted as well, and it is entirely possible for these enzymes to have harmful reverse effects.

## Mineral Absorption

Mineral absorption is also significantly affected by pH levels. The different minerals needed by the body have their own required pH levels in order to be absorbed. Minerals that belong to a lower priority have a much larger pH level range, in order to be absorbed in the body. Minerals that belong to a higher priority have a much smaller pH level range, in order to be absorbed in the body.

Here are the different pH level requirements, in order to absorb nutrients in the body. These nutrients, followed by the degree of their required pH range, are listed below:

**Magnesium and sodium** has a wider pH level requirement range, in order to be absorbed in the body.

**Potassium and Calcium** has a wide pH level requirement range, in order to be absorbed in the body.

**Iron and manganese** has a medium pH level requirement range, in order to be absorbed in the body.

**Copper and zinc** has a small pH level requirement range, in order to be absorbed in the body.

**Iodine** has a smaller pH level requirement range, in order to be absorbed in the body.

Iodine has a much higher priority, when it comes to absorption in the body. Iodine requires a close to perfect pH level range, in order to be absorbed in the body. Iodine, if not the most, is undoubtedly one of the majorly essential minerals needed for the optimal functionality of the thyroid. Unfortunately, the thyroid is deprived of iodine if the pH level range is no longer ideal and close to perfect.

In a society with a widespread state of pH imbalance, problems, regarding the thyroid, are on a constantly soaring rise. More and more cases of thyroid problems are no longer surprising.

*Thyroid problems have been very well associated with arthritis, diabetes, heart conditions, depression, obesity, chronic fatigue, cancer, and so much more. From these diseases, more and more reports of evolved variations of these diseases are documented in medical records.*

Mainly due to the massive soil depletion caused by agriculture, the over indulgence in excessively acidic food, and a widespread mineral deficiency, our neglect has led us to a number of environmental and health degrading problems.

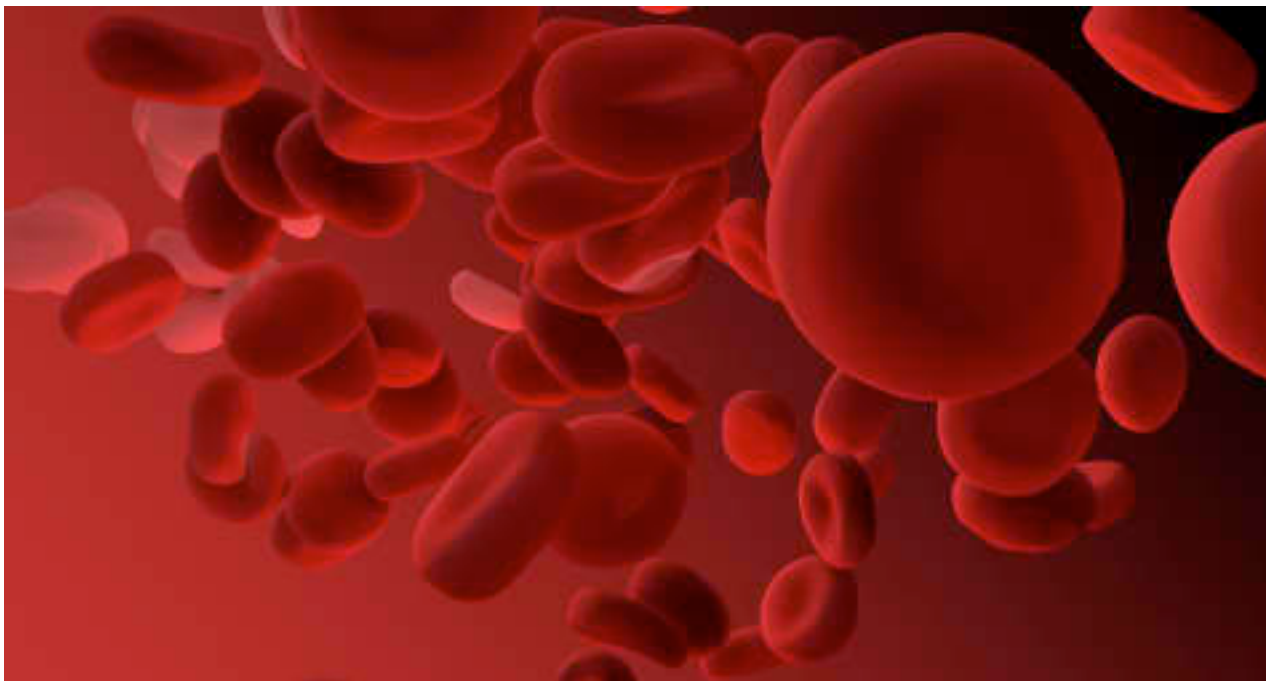
A deficiency in the required minerals results to less electric activity in the body, which leaves us less nourished and inadequately energized. The amount of mineral reserves determines the amount of electricity generated in the body. The accelerated flow of electricity in the body is controlled and regulated by the different and specific pH levels. Disrupted pH levels equate to catastrophic and devastating results. Therefore, it is imperative to maintain the healthy and ideal pH levels in the body.

## The Blood – a Person’s Reflection as to who they are

Looking into the lens of a microscope, causes and effects can clearly be seen in live blood. When a person is feeling unwell, it is clearly seen in the characteristics of his or her blood. Often times, the worse the person feels, the worse his or her blood looks.

When that person overcomes sickness or gets better, the blood looks better as well. This is a simple analogy or cause and effect. Keep the blood healthy at all times, and the person will feel better at all times. Clean and healthy blood equates to a clean and healthy person.

Furthermore, there is something more to this cause and effect. Something more profound is happening. When the person perfectly healthy, often times, the attitude is more pleasant as well. The condition of mental wellbeing is well aligned and correlates with the condition of physical wellbeing. A decrease in physical wellbeing will greatly affect and alter mental wellbeing as well. Again, where is this clearly seen or reflected on? Of course, it is clearly seen and reflected in the blood.



## The Status of Overall Health Depends on Biological Processes

Overall health greatly depends on the give and take relationship of the biological processes in the blood and in the human body. These biological processes are affected by microbial-like elements that are formed and exist in the blood, which are shaped and developed according to the metabolic balances in the body.

The form in which they take determines the functions that they make, which is greatly influenced by the given environment they are presented with. This environment is determined by the food eaten and the lifestyle chosen.

Whatever the present metabolic condition may be, the microbial-like elements will coexist, within the person, in perfect harmony and an ideal balance will take place.

This is highly dependent on the environment the person provides them.

Unfortunately, this may also the opposite way.

Once everything within becomes imbalanced, the necessary countermeasures must be applied. To achieve overall health, one must balance the situation within.



## Understanding the Biological and Internal Environment

When the body's pH level in the blood is altered from what is ideal, this becomes the ideal breeding grounds for opportunistic parasitic microorganisms to thrive and reproduce at an abnormal and accelerated rate. The amount of opportunistic parasitic microorganisms found within us is a clear indication of how fast we age, or in more gruesome terms, an indication of how fast we rot and decay, while alive.

That is absolutely right; aging is exactly that, rotting and decomposing, while still alive. This is simply past of the cycle of life. It is what disease does to us, and is completely part of the process of living. Whatever we were in before we came to be is exactly what we will turn into when we cease to exist.

**The biochemical process, pH levels are responsible for, is the driving force behind this decomposition, while living. This will be discussed later on. However, please take note that this is not the only aspect of the aging process. There are other factors that contribute to this process. One of which is the electrical and oxidative aspect to the process. In other words, this is process in which people rust.**

On a more physical level, the process of disease and aging is just the same as rusting and rotting. It is the natural course for all things. The first subject to be discussed will be rotting, and subsequently rusting will be discussed.



## The Relationship Between Biochemical Processes and Ph Levels in the Body

Let us describe, in simple terms, the biochemical procedure, which lays the foundations for the rotting stages in the human body. This is the procedure in which the change or alteration in pH levels affects the regeneration of the tissues and blood in the body. To better explain this, as simple as possible, let us look at the process, in which food is burned and absorbed (metabolism), and how the body ultimately reacts to the by-products produced through the digestion of food.

pH

A by-product, as a result of the metabolism of food is carbon dioxide (CO<sub>2</sub>). As we have all learned back in our early days in school, carbon dioxide is expelled by the lungs, through the natural process of exhaling. However, to totally eliminate all remaining carbon dioxide, which is naturally produced through metabolism, the human lungs will need a rate of respiration that is far beyond normal breathing.

Maintaining this accelerated rate at constant rates will be very difficult to sustain. Due to this, other methods of expelling carbon dioxide is utilized and put into play, to relieve the stress. These methods are as follows:

The carbon dioxide is combined with ammonia, which is generated from oxidizing glutamine, and is converted into urea that is found in the liver, which is then excreted by means of the kidneys.

Water is combined with the carbon dioxide by means of a process, which utilizes the carbonic anhydrase enzyme and the mineral zinc; a co-enzyme. By means of this process, the by-product carbonic acid is produced, which is broken down into the chemical element hydrogen and bicarbonate molecules and atoms.

Now there it is. This is where hydrogen comes into the picture. Again, what does the acronym pH refer to? It stands for potential of hydrogen, remember? When hydrogen enters the subject, we now talk about the potential formation of acids. When bicarbonates are talked about, we talk about the bases or alkaline substances. Acids are normally produced as a by-product of the process of metabolism.

*The body, ideally, has the proper tools and capability to eliminate excess acid, but, due to poor and unhealthy eating habits, low breathing, inadequate exercise, high levels of exposure to toxins, and much more, which results to liver stress and kidney failure, the body can no longer efficiently and effectively eliminate these acids as they normally do. In this situation, what can the body do to eliminate excessive acid buildup? If the body can no longer eliminate acids, it is left with no choice but to store it. As we all know, the body pays direly for storing excess acids.*

When the human body is left with excessive acid buildup it cannot eliminate or flush out, the excess acid is stored for extraction at a later time. Now where is stored, if it can potentially harm all the other organs? The acids are stored in interstitial spaces, which are called extracellular matrixes, or the empty space around the cells in the body, also called the mesenchyme.

When the human body temporarily stores hydrogen molecules, atoms, or protons (all acids) in its extracellular matrixes around the cells, it is designed and programmed to remove these acids on a later time.

Hence, to be able to achieve the ideal balance, it is naturally programmed to produce and allocate an equal amount of bicarbonates, for every amount of acid molecules that is stored in the body's tissues. The role of the bicarbonates is to later escort these acids out of the blood and out of the body.

This is the body's method of compensating for the excess acid, which it was unable to eliminate. What was mentioned about is the relationship between pH levels and the blood and tissues.

It is a relationship similar to aircrafts and an airport. Sooner or later it will have to let the aircraft fly, to avoid congested air traffic. If the body is experiencing excessive acid overload, the acid is stored in the body's tissues, which causes the pH levels in the tissues to decrease, and, in turn, the blood makes up for this change and alters itself towards alkaline levels, which causes the blood pH levels to increase.

## The question is why is this so important? Is this process really that important?

The answer is, yes it absolutely is. We are just about to start with the way the body rots or decomposes, while still alive, in other words, aging. Before this topic is discussed, let us find out the result of the body unable to eliminate excessive buildup of acid. What happens when acid builds up and accumulates, the body is overwhelmed and does not know where to further store it, and is unable to eliminate the acid?

While more acid starts to accumulate inside our body, it remained stored and the more that is being pushed further, this ultimately gets closer to the cell. If and when it gets near a cell, its first reaction would be is to displace **potassium**, then **magnesium** and finally **sodium**.

In case you are unaware, **potassium**, **magnesium** and **sodium** are the three vital minerals in our system (body). Immediately, **potassium** and **magnesium** will disappear from our bodies while, **sodium** will remain as an automatic action or preservation mechanism of our body. Bear in mind, our body knows that it must place alkaline molecules in the blood to accompany this increasing acid build up in our tissues and cells.

What it does is to draw calcium (this is when our mineral reserves are gauged as low; this is often the case when one eats a typical modern American diet). **Calcium** as we all know is the most alkaline type of mineral, this is mostly found on our bones. The drawn calcium is then placed into the blood. This then often

leads to free calcium excess. This is considered as something that a person must not have, as this is the reason behind diseases like osteoporosis, arthritis, etc. Again, this happens as the body's way to compensate for overgrowth of tissue acidosis, somewhere inside our body.

# calcium

Let us talk more about **calcium**, you must bear in mind that it does not really leave the bones just for the sake of balancing acid. **Calcium** is not known as a buffer. However, when potassium leaves, it will automatically bind with **phosphorus** found inside the bone and while it is in the process of exiting the bone, out goes **calcium** as well. In this kind of a situation, what the body often requires is for more potassium bicarbonate, organic sodium (perhaps), magnesium, and there is a possibility that zinc may be included as well. Again, zinc helps the whole proper process of acid breakdown. **Calcium** needs to be acquired sensibly and so does potassium. As we all know, potassium can easily aggravate disease such as cancer. It is in an acid type of environment that cancer thrives.

## The Four Controlling Minerals

Since the four most important minerals have been discussed, namely sodium, magnesium, potassium, and calcium, it is time to push the topic a little bit further. What is not known by the greater public is that the four of these minerals are the four controlling minerals, which are responsible for controlling the parasympathetic and sympathetic nervous system. In simpler terms, the P.S.N.S. or parasympathetic nervous system literally controls the “rest and digest” reaction mechanism. The S.N.S. or sympathetic nervous system controls the “fight or flight” reaction mechanism. Now this is how the four controlling minerals work, or the nervous systems they control:

### Calcium

- Calcium is a stimulatory mineral
- Calcium stimulates responses from the S.N.S.

### Magnesium

- Magnesium is an inhibitory mineral
- Magnesium inhibits responses from the S.N.S.

### Potassium

- Potassium is a stimulatory mineral
- Potassium stimulates responses from the P.S.N.S.

### Sodium

- Sodium is an inhibitory mineral
- Sodium inhibits responses from the P.S.N.S.

When the body runs into an acidic condition, surplus free calcium stimulates responses from the S.N.S. or sympathetic nervous system. When magnesium is not around to balance out the imbalanced pH levels, and when potassium reserves are depleted; as a result, the P.S.N.S. or parasympathetic nervous system is not stimulated to balance out the S.N.S. or sympathetic nervous system, and is further being inhibited by sodium.

The body is hard at work in trying to maintain sodium levels, due to the loss and lack of magnesium and potassium. These are one of the scenarios that may happen

in the body. The inhibiting minerals offset the stimulating minerals, and the other way around, once they detect an imbalanced pH level.

Now what does this do exactly? An individual with acidic pH levels tends to rant, rave, is hyperactive, has a short temper, moves too quickly, and as a result burns out quickly as well. This is what to expect from a person with an acidic pH level. Now, what happens when this same person, with an acidic pH level, is pushed to the limit?

This individual is categorized as an extreme P.S.N.S or parasympathetic nervous system dominant, which means that the individual tends to be fatigued, lethargic, and lazy. However, this is a common mistake. In most cases, these are the symptoms of an individual pushed far beyond the S.N.S. or sympathetic nervous system dominance to utter collapse.

According to some of the older fundamental health care specialists, true P.S.N.S. or parasympathetic nervous system dominant individuals are rare, but the next generation of radical and revolutionary health care specialists begs to differ. Clinically speaking, according to them, individuals may be a true P.S.N.S. or parasympathetic nervous system dominant, and stay that way. This part, of the biochemical puzzle, will be discussed below.



## Acid-Alkaline and Blood-Tissue Biochemistry

When acid accumulates in the body, and cannot be immediately eliminated, the body stores the excess acid in the tissues, around the cells. The area that they are stored in is mainly the area that individual will be experiencing a problem with. When a molecule of accumulated acid is stored by the body, it will even out this imbalance by producing an equal amount of an alkaline molecule or atom in blood. The result will be a highly alkaline pH level in the blood.

Now something significant will happen when there is an increase in oxygen in an already high alkaline pH level in the blood. With the rise of alkalinity in the blood, the blood increases the amount of oxygen; hence, allowing the cells to contain more oxygen. This may sound good, but, in reality, it is completely the opposite. The reason behind this is a biochemical reaction called the Bohr Effect.

The Bohr Effect, by definition, is the saturation of the blood cells, through excess oxygen, when the alkaline pH levels are high. The dilemma here is that the cells in the blood are unable to release the oxygen. Due to this, the rest of the cells in the body are deprived of oxygen, and the oxygen is not well distributed to other parts that need them. Many problems arise as a result of oxygen deficiency. One of which is cancer. The less oxygen there is in the body, the more ideal the environment for the development of cancer.

Biologically, human blood is slightly alkaline, due presence of acids in the body. The cells in the blood cannot risk releasing the oxygen, to help counter the effects of acidity in blood; thus, depriving other parts in the body of oxygen.

The blood may be fighting acidity, but what about the other parts in the body that need oxygen? Sadly, the pH level, without oxygen, changes into an acid pH level, and this is where cancer cells start to develop. The changing of the pH levels or the environment in the body is called anaerobic fermentation, or in other words rotting. Candida, fungus, and mold thrive in this type of environment as well. The sad thing is this is not a new discovery. We've known all about the ideal environments of cancer, since its discovery by biologists in 1903.



# Causes of Acid Alkaline Imbalance



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There are numerous factors that contribute to acidic pH levels. The following are the most typical causes contributing to acidic pH levels:

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## **Standard American Diet (SAD)**

The most important reason is due to the Standard American Diet, practiced in developed countries, and is gaining popularity in developing countries, is one of the contributing factors to excess acidity. The food contained in the Standard American diet consists of eighty percent acidic food, when the requirement is only twenty-five percent. Since the diet consists of eighty percent acidic food, the body tends to be excessively acidic, which leads to a vast number of health problems.





## **Chronic Stress**

Chronic Stress refers to stress that occurs for a long period of time or frequently. Experiencing Chronic stress is extremely damaging to the body, and is the cause of conditions such as ulcers, upset stomachs, backaches, headaches, insomnia, depression, anxiety, hypertension, anger, varicose veins, and hemorrhoids. In extremely severe cases, chronic stress leads to panic disorders and panic attacks.

There are various methods of controlling and treating chronic stress. This includes a healthy diet, exercise, stress management, adequate rest, relaxation techniques, and the relaxing activities like hobbies.

A proper and healthy diet containing sufficient amounts of magnesium will assist in controlling and eliminating stress. Stress is one of the major causes of magnesium deficiency, which is why stress becomes chronic. Due to magnesium deficiencies, caused by chronic stress, the body is susceptible to a variety of health threatening medical conditions.

In near recent discoveries, an ever growing number of people are reported to suffer from chronic stress. The growing cases of chronic stress is doubling at an alarming rate; paving the way to more and more people stricken by disease.

Doctors and medical researchers have well documented the significance of

the relationship between disease and stress. These studies document the escalated damaging effects triggered by stress. Stress, according to these studies, worsens depression, cardiovascular diseases, and speeds up the development of HIV or AIDS and many more incurable illnesses.

## **Dehydration**

Dehydration or hypohydration, by definition, is the excessive loss of water in the body. It literally is the elimination of fluids from any object. Dehydration entails a significant deficiency or lack of water molecules in the body, leading to a consequent loss in nutrients as well.

Since the human body consists of more than 70 percent water, a loss of water causes it to lose effectiveness in carrying out its functions, leaving it susceptible to various conditions and diseases.

## **Non-steroidal Anti-inflammatory Medication and Aspirin**

The use of non-steroidal anti-inflammatory medication and aspirin is one of the causes of excess acidity. These synthetic drugs are known temporarily solve a few ailments, but is known to promote acidity, and leaves the body susceptible acid related diseases.

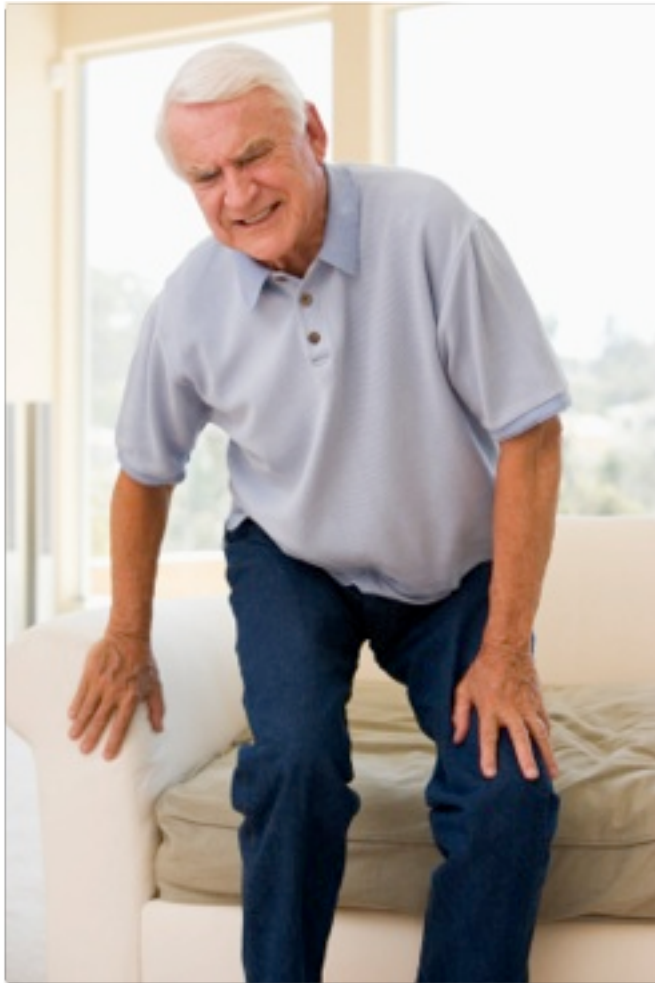
# Consequences of Acidosis



A body, suffering from excess acidity, will tend to have thickened blood, which over coagulates, and fails to oxygenate sufficiently. Due to this, the cells in the body are unable to dispose of waste, hence, impairing the healing abilities of the body. This decreased healing factor is brought about by impure blood, damaged cells, a great deal of body fat, inflammation, and hampered immune system.



Excess acidity, in the blood, obstructs the absorption of vitamins, starves the body of the necessary nutrients, results in the buildup of toxins in the cells, compromises organ functionality, causes the sensation of weakness, causes improper digestion, causes bloating and the buildup of excess gas, causes unhealthy and excess weight gain, accelerates aging, and the long list goes on. Excess acidity is the ideal breeding grounds for a vast number of microorganisms, like bacteria, viruses, fungus, parasites, and Candida (yeast).



Most types of infections and diseases find acidic bodies to be the ideal environment to grow and thrive. The compromised immune system results to a decreased resistance to colds, fever, infections, herpes, sores, dramatically reduced energy, asthma, and increased allergic reactions.

Allergies are caused by an inflamed reaction, which is triggered by the effects of excess acidity. Disorders caused by excess acidity are characterized in symptoms such as tension, tightness, stiffness, jerking, and twitching.

The illnesses associated with excess acidity are Parkinson's Disease, Multiple Sclerosis, Seizures, Attention-deficit Hyperactivity Disorder

(A.D.D.), Osteochondritis Dissecans, Alcoholic Tremors, the grinding of the teeth, stuttering, blood clotting, poor circulation, back pains, Fibromyalgia, Gout, Sarcoidosis, Scleroderma, Tuberculosis, acid Reflux, Lupus, Cancer, and many more.

Excess acidity also allows the buildup of bad cholesterol or LDL cholesterol in the arteries. When bad cholesterol builds up and overwhelms the arteries, the artery walls are damaged, and death by heart failure is imminent. The numerous conditions caused by the excess acidity, as a result of the consumption of acid rich food, defy logic and comprehension.

# What is your pH Level



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There are many ways for you to test your body's pH level. The most common way is using a pH strip which you will read later on. However, with the pH strip, you would still need to incorporate other methods in order to know whether your body is acidic.

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## Testing pH Level Using pH Test Strips

The pH level test strips utilize color-coded paper test strips, which are sensitive to various pH levels, and reveal the specific pH level of the urine and saliva, which corresponds to the pH levels in the body.

**It is imperative not to drink, eat, or brush the teeth prior to administering the pH level test.**

There is definitely a strong association between the body's pH of internal environment and of the saliva and urine; the saliva and the urine do become acidic when our body's internal environment becomes way too acidic. You can easily learn the pH of said fluids using pH test strips. Said strips are specifically made for saliva and urine tests, most that are available in the market today are accurate and economical.

## Testing the pH Levels of Saliva

To administer this simple pH level test, all that is needed is a few pH level test strips, a spoon (preferably plastic), and a spoonful of fresh saliva. Swallow a few times so that the mouth is clear, and stimulates the secretion of new saliva. Discharge the new saliva into a spoon (preferably plastic). Do not directly place the pH level test paper into the mouth, due to the presence of chemicals on the paper. Tear off an inch of the pH level test paper, and immerse or swab the piece of paper in the spoonful of saliva.

Wait for the piece of pH level test paper to change in color. When the color of the piece of paper changes, compare the color to the color chart shown on the box or label. If the value shown is below pH 7.0, the pH level of the saliva is acidic, and above pH 7.0 is alkaline. Continue recording the test results for a couple of weeks, and test the pH levels three times a day (morning, afternoon, and evening) to determine the pH level trend of the body. While a little bit more acidic than the pH level of blood, generally the pH level of saliva closely mirrors that of blood, but not after meals, and is a good indicator of the status of health. It also indicates the retention levels of the body.

The optimal pH levels of saliva ranges above pH 7.0. A test result showing pH levels lower than pH 6.8 is an indication of insufficient alkalinity, leaning towards acidity. If the pH reading is lower, this is an indication of deficiencies in alkaline minerals (mainly magnesium and calcium) and poor food assimilation.

If the pH level reading is below the ideal, this is a clear invitation for infections and disease. If the average pH level of the saliva is maintained at pH 6.8 to pH 7.2, during the entire day, the body is at a healthy pH level. If the pH level of saliva is maintained at pH 6.8 every morning, the problems associated with excess acidity usually go away.

## Testing the pH Levels of Urine

The pH level of urine is an indication of the body's efforts in maintaining the healthy pH level of blood. Urine reveals anabolic (alkaline building) and catabolic (acid tearing) cycles. The pH level of urine is an indication of the efforts of the body's kidneys, lungs, adrenals, and gonads in regulating the body's pH balance, by using the hormones and buffer salts.

Urine can present an accurate picture of the body's chemical makeup, due to the amount of buffer salts that is filtered through the kidneys. The ideal pH level of urine ranges from pH 6.5 to pH 7.0, and the urinary pH levels are lower during the mornings and higher during the evenings.



The pH levels of urine vary widely. The pH levels of urine are affected by biochemicals eliminated from the body. These biochemicals include surplus vitamins, minerals, and by-products of metabolism, which include medications and toxins eliminated from the body.

Digestive enzymes do not affect the pH levels of urine as much as the pH levels of saliva. However, the pH levels of urine is greatly affected by preservatives, pollutants, stress, food, amount of water drank, amount of pathogens in the system, amount of rest, and the amount of biochemical activities in the body.



# Directions for pH test



Generally you want to take the tests several times in the day. After waking up in the morning, before having breakfast, tear off the two strips, swab the saliva on the pH level test strip, and compare the colors that correspond to chart on the box. After this, dip the second pH level test strip in a plastic container containing the second urination in the morning, and compare the colors that correspond to chart on the box.

For optimal test results ignore the first batch of the morning's first urination. Once the second batch of urine comes, proceed with the pH level testing. This is due to the fact that the first batch contains a significant amount of acidity, since the kidneys were hard at work, filtering acid from the body, all through the night. This is without taking any kind or type of food. While other urine tests are advised to be taken before taking a meal.

Please note that tests must be taken with the person not eating anything for the test to work properly. If you happen to take meals before the said test, this may interfere with the actual reading. The table shown below is an example that you must follow if you want to track your pH Readings.

Date	pH Readings			Notes
	First Woke Up Test	Before Lunch	Before Dinner	
2 <sup>nd</sup> July	6	5	5	The day before Went to the restaurant for dinner
3 <sup>rd</sup> July				
4 <sup>th</sup> July				

# What do the pH readings represent?



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Various scenarios that one may expect to see and these are some of the interpretations you can derive from for your pH readings.

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## **Scenario #1: All the urine tests are alkaline**

Be reminded that your first urine test is bound to come out as acidic, as our body is programmed to eliminate acid all through the night, while we are asleep. If your urine happens to be all alkaline, then your internal environment may actually face a hard time in eliminating what's supposed to be eliminated while we are asleep (i.e. acid, etc.); and this is BAD. However, if you happen to be a vegetarian (who are accustomed to seldom or not eating grains or dairy products and other acidifying food), this may actually mean that you are fine; simply translates to GOOD. Another scenario would be, is that a urine can be alkaline but the body is purely acidic (this is the case when a person experiences difficulty in digesting acids, and that the body used its alkalizing substances to digest acids). One way to confirm this condition or symptom is by looking at other symptoms that a person experienced or is experiencing.

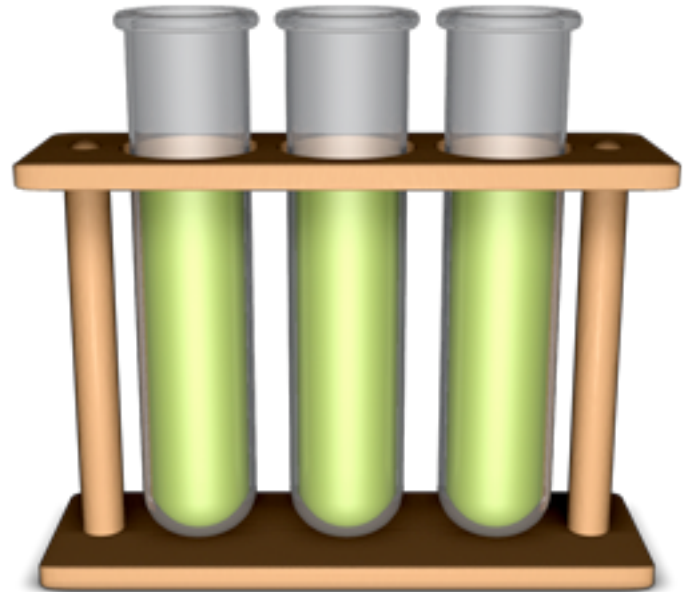
## **Scenario #2: All the urine tests are acidic.**

The lower your pH readings are (i.e. pH of 4.5 or 5.0), your internal environment is considered as extremely acidic as opposed to someone with a pH reading of 6.0 or 7.0. But then again, if there is a consistent pattern of lower pH levels, it is highly recommended that you must seek the advice of your physician, or to simply follow the instructions that you can see in this book.



### **Scenario #3: Slightly Neutral (Best Scenario to be in).**

As long as your first urine test comes out as acidic, and the following readings comes out as alkaline, this only mean that you are OKAY. However, again, to be on the safe side you must look for other symptoms as one symptom can easily mimic another. If things are not diagnosed properly, then you might end up associating a symptom that is not even relevant to your current condition.



### **Scenario #4: If it is not uniformed or the same.**

If your case happens to be constantly changing (i.e. your pH level at noon or in the evening is acidic, and in between those hours it is neutral except in the morning). This only proves that there is indeed an excess in the acidity level. This unfortunately cannot be entrusted to your pH strips alone. You cannot solely rely on it, It is a must that you look for other symptoms (if ever there is more than one).

It is also important to list down your readings for a whole week or two, for you to track its consistency and get an accurate reading. You can use the chart in the appendix to record down your daily pH readings. It is of high importance that you track your daily readings for a week or two.

Besides analyzing the pH readings, you would also need to look at the various problems a person is suffering from currently to have a more accurate analysis of his or her internal environment.

# Analysis of symptoms



## Do you experience any of these?

### **The following are signs of acidification:**

- *The lack of energy, fatigue (constant), loss of psychic drive and physical tone, a feeling of heaviness in the limbs, the feeling of inability to cope.*
- *You frequently feel cold; you are always with a low body temperature.*
- *You tend to acquire infections.*
- *You suddenly feel the loss of joy, drive and enthusiasm.*
- *There is a tendency of depression.*
- *You get agitated without a valid cause; you feel nervous; hyperactive; and you are sensitive to noises that are high-pitched; easily stressed.*
- *Your face is very pale.*
- *You experience headaches.*
- *Your eyes tears easily.*
- *You are suffering from conjunctivitis or the inflammation of the conjunctiva.*
- *You are suffering from inflammation of the eyelids and corneas.*
- *You possess acidic saliva.*
- *You start to have loose teeth.*
- *You are with an inflamed and sensitive gum.*
- *You are with mouth ulcers.*
- *You experience cracking on the corner of your lips.*
- *You have a recurring throat and tonsils infections.*
- *Your teeth are suddenly sensitive to acidic, hot or cold food or drinks.*
- *Your teeth are prone to cracking or chipping.*
- *You experience pain in the nerves of your tooth/teeth.*
- *You constantly experience an excess stomach acid.*
- *You constantly experience acid regurgitation.*
- *You experience gastritis.*
- *You are with ulcer.*
- *Your nails are thin, always splits and it breaks easily.*
- *Your hair appears to be dull, with lots of split ends and one that easily falls out.*
- *You are with dry skin.*
- *Your skin tends to get irritated in areas where there's heavy sweat concentration.*
- *You are with hives.*
- *Your leg is constantly with cramps and experiences spasms.*

If you are currently experiencing more than two of the following symptoms stated above, chances are that you are acidic. However, you must refer to your pH tests for you to be able to conclude your current diagnosis from the symptoms stated above. With these 2 diagnoses, you now have a better understanding of your current acid alkaline level of your body.

You can also visit your doctor and do a more detailed analysis of your body's acid alkaline balance to have a more accurate readings of You can also visit your doctor and do a more detailed analysis of your body's acid alkaline balance to have a more accurate reading of our acid alkaline level.

In the next section, you will discover some of the principles to achieve a healthy acid alkaline balance and live a healthy life.

# The Keys to Great Health



## PART TWO

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In this section, you will discover the principles behind having an acid alkalize balance in your body. In the first portion, you will discover the principles to the alkaline diet. Later in the chapter, you will see some of the examples of the typical diet and understand how you can change your diet so that you can balance the acid alkaline balance in your body. You will also discover the essential food combinations rules to help you further in eating the right way.

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Generally, the alkaline diet involves the consumption of organic fresh citrus fruits, organic fresh vegetables, organic fresh tubers, legumes, and an assortment of nuts. The alkaline diet avoids the consumption of refined grains, dairy products, meat, and salt, which are mainly the components of the Standard American Diet. Alkaline diets assists in the maintenance of a slightly alkaline pH level ranging from pH 7.35 to pH 7.45 of the blood, without tipping the fragile balance of the required pH levels in the body.

Chlorophyll, the pigmentation in the leaves of plants, and the basis of the alkaline diet, is among the immensely studied elements in the scientific world, and is utilized in the treatment of periodontal diseases, low iron, diabetes, wounds, ulcers, and body odor. Food rich in chlorophyll is widely used in the alternative and preventive medicine as a way of preventing infections and diseases, and its alkalizing effects to the body.

The advantages of alkaline diets given to its practitioners are hard to deny. It has been an effective means of treatment for various diseases, as a result to excess acidity. Studies have shown dramatically increased vigor, an increase in muscle mass, a clearer mind, and the increase in the value of overall health. The food in alkaline diets boosts the body's energy levels or intensity. Furthermore, as an added bonus, alkaline diets are known to promote weight loss, which is ideal for people who are sick of the problems that come with obesity.

The combination of the alkaline diet, coupled with the right exercise and habits, will ultimately result to an improved and better looking physique. The most alluring and intriguing advantage of alkaline diets is its aptitude in delaying the degenerating and rotting effects of aging, which is why the diet's popularity is gaining in momentum. The alkaline diet is truly alternative medicine's adaptation of the fountain of youth.

In the next few pages, you will discover the key principles of food combination and how to follow these principles to balance the acidity in your body by eating the right way.

## **Key #1 – The right food combination will take care of your stomach**

Eating the right food combination is one of the most important factors to balance the acid alkaline level in your body. It is important for proper digestion and assimilation of nutrients our body needs to sustain life – you will utilize the energy in your body more efficiently because different types of foods require different digestive enzymes, acid and alkaline. If you eat the right food combination, you can easily build a strong internal system and not rob you of energy.

Do you remember the last time when you eat these food combinations like rice and meat, potatoes and meat, milk and cereal, fruits after your meals? How did you feel immediately after eating these foods? What about 20 minutes after the meal? Did you feel totally exhausted after the meal, heartburn, indigestion, or just feel sleepy after the meal? Did you have excessive gas in your stomach that causes you to burp frequently?

In most situations, you are feeling this way because of the wrong food combination in your meal. As we go a long, it would be beneficial for you to record down the foods that you eat and classify them according to proteins, starch, fruits, sugar, vegetables and dairy foods.

### **Eat Starchy food and Protein food separately**

Protein foods (meat, dairy, nuts, seeds, etc) require an acid medium like hydrochloric acid and pepsin for digestion while starchy foods require alkaline medium for digestion. When these 2 types of foods are eaten together, the mediums present would neutralize one another. Digestion in this case would be very difficult and result in fermentation and decomposition. This would then cause in digestive disorders and gas.



Eating incompatible food combinations would require more energy to digest the foods. Essentially, this additional energy require to digest the food is simply a waste of energy and is potentially causing you diseases. Excessive acid would also be produced for digestion causing an acid alkaline imbalance. And earlier on you have learned that having too much acid in your body is bad for your health.

You can simply avoid this by eating starchy foods and protein food at different meals to avoid having incompatible food combinations. Foods like rice and meat or potatoes and meat should not be at the same meal. And if you are a vegan, you should always avoid eating grains or potatoes with nuts and seeds.

**For most people, just by reducing the consumption of meat in your meals, you can easily reduce the acidity level in your body.**



### **Eat only one kind of protein food at a meal**

Different proteins would differ in their acidity and type, their timing and strength of secretions for different proteins. You want to avoid combining avocado with nuts, nor any of the following protein foods with each other: eggs, cheese, soy beans, nuts, avocado.

For optimal digestion, it is best to eat only one variety of nuts at the same time. For most people, eating 2 or 3 varieties of nuts together at the same time are fine for their body. You may need to experiment a little to find out whether it is okay for you.

### **Eat proteins and fats at separate meals**

Food especially nuts contains over 50% of fat and this require longer period of digestion. Fat in food is holding back the secretion of gastric juices through a small wall. Therefore, when taking food that is fat concentrated with protein food gastric catabolism decreases by the degree of lipid concentration inside the stomach. Leaving fat to remain undigested until gastric juices is done with its task on the complex protein molecules.

Though all protein food (primary) contains high concentration of fat, lipid/s would be held in suspension, while waiting for catabolism in the intestine, this without impeding gastric action. Free fats like butter, milk and oil tend to coat gastric mucosa, and this inhibits any effort in secreting gastric juice. The fat that surrounds fried food (i.e. fries, chicken, etc.) is also regarded as free fat.

### **Forget the desserts**

We are fond of eating desserts after meals. Sadly, this becomes a heavy burden on our stomach, this also requires no immediate digestion and they ferment. When this happen bacteria do turn them to alcohols, vinegars and acetic acids.

Furthermore, desserts contain large amount of sugar which would increase the acidity level in our body. Generally, you would want to replace your desserts with healthier choices like fruits and natural foods.





## Eating fruits alone



### **What are the benefits in eating fruits?**

Fruits are the type of food that people are most attracted to, as this always first entices our senses. We are born with natural instinct for eating sweet food and that instinct draws us naturally to fruits. Also, fruits have been consumed as far back in time as we know; while grains, legumes and dairy products have only been introduced to us for only 10,000 years or even lesser. Anthropological studies have shown us that fruits are indeed an integral part of the human diet since time immemorial.

Fruits have always been known as one of the healthiest food there is. We all know that it is seen as healthy food, and that we must eat more of it due to the vitamins that it possesses. However, even after knowing this, there are still very few people who actually include this in their daily diet. Fruits are mainly taken only for snacks and desserts, and are rarely seen as a staple food. To many, it is something that cannot sustain hard working man and women as opposed to having bread or meat. Many still does not realize that fruits must be a staple part of one's daily diet.

### **The following are benefits that fruit eating offers:**

- Natural source of sugar that we need for energy
- Packed with vitamins, and still the only one that represents the best source of vitamins as opposed to other type of food.
- Packed with anti-oxidants.
- Much easier to digest as opposed to grains. Fruits are pre-digested. Digesting ripe fruits hardly requires digestive enzymes, in other words it is less taxing to our bodies.
- Alkaline forming.
- It contains abundant source of pure water.
- Easy to eat, does not need much preparation.
- Our senses are nourished not just our taste buds.
- Eating fruits can actually extend one's lifespan. In September 2001, a study published in the British Medical Journal showed that eating fresh fruits offers the best bet for long life. Same study showed that those who frequently eat fruits had 32% lower risk of dying from cerebrovascular disease like stroke, and that 24% much lower risk of dying from ischemic heart disease.
- It contains lots of fiber (which is important for optimum digestion).

**Most people are not absorbing these nutrients and vitamins of fruits because they are eating it the wrong way.**

### **Fruits do not combine well with other food.**

The main reason is that fruits do contain simple sugar that does not require digestion. This makes them stay in a lesser period inside our stomachs. Other food that are rich in protein, fat and starch are known to stay in the stomach for a much longer period as they do require more time in digestion. Therefore, if you eat fruit after a meal, its sugar will stay longer in the stomach and will eventually ferment; that is the reason why most people experience problems in digestion. And some also blames that particular fruit and claims that they experience an allergic reaction.

There are a lot of people who experience a hard time in eating fruits alone for a meal. They will be full after eat melons alone, but will get hungry not so long after that. One must know that for obvious reason melons are not calorie dense. While eating a small cantaloupe (about 200 calories are present) is not enough to sustain a person for very long. To some, who have read somewhere that it is not allowed

to mix melons with other fruits, they will just try to wait until their next meal and then eat something else and will overeat dried nuts and fruits to compensate in between those meals.

The answer to this problem is quite simple, since fruits are known to be digested fast; it is possible to eat a fruit before eating any other food. You are allowed to eat as much fruit as you can when you are hungry. However, it is ideal to eat one type of fruit only.

**Wait for 15 to 30 minutes and then eat any food that you desire.**

This can be in the form of salad, with a little avocado with tomatoes, nuts or anything. This can also be a cooked food. If you are following food combination rules without any success, this information pose to be valuable for you.

The same rule applies with combining other fruits. For example, you can eat melon all you want, and if you feel that you are still hungry, you can always eat another type of fruit just to satisfy your appetite. Again, it is not necessary to melons alone if you already ate one before taking another food. You can have melon and after that you can eat avocado. The only thing that you remember is that is important to eat fruits first and not after your meals, and that it is ideal to have one variety at a time.

**Keep 20% of your stomach empty**

Overeating is very harmful to your body as a lot of energy will be wasted to digest the excess foods in your stomach. This will result in an increase of excess acids in your stomach to help you digest the foods well. If you have digestive problems, overeating would harm your body even more.

There is a famous study by Dr. Edward J. Masaro where he tested this theory of overeating with rats. 13% of the rats which are allowed to eat as much as it wanted still survived after 810 days. 97% of the second group of rats whose food consumption was cut by 60% still survived. 50% of the rats whose food consumption are as much as the first group but proteins were cut in half still survived.

We tend to overeat because it takes around 20 minutes before the stomach finished sending a signal to our brain to indicate we are full. If you tend to overeat, do slow down and you definitely will eat lesser.

The moral of the story here is eating less and you can live longer.

### **Don't drink any fluids at meals**

Drinking fluids at meals would dilute the digestive juices and slows the digestive process. Most people usually eat their meals with soda, tea, wine, or juice. These drinks not only dilute the digestive process but also complicate the digestion process.

If you want to drink any fluid, do it 45 minutes after your meal. Before your meal, if you want to drink any soup or fluid, make sure you do it 30 minutes before the meal as well.

### **A meal must always consist of alkalizing food**

If you are eating a meal that consists of only meat and rice, then you are consuming a meal that consists of only acidifying foods. Having a meal that only contains acidifying food is very bad for your body as your body would more excessive acids in the stomach to digest these foods. For instance, if your meal only consists of meat and no vegetables, then there are no alkalizing foods to counterbalance the acidity of the meat. If you add vegetables to the meal, you will counterbalance the excess acidity of the acidic foods.



## **The amount of alkalizing food must always be more than the amount of acidifying food for every meal**

Having a small portion of alkalizing food like vegetables in your meals is insufficient; especially you are eating a huge proportion of acidic foods. For the maximum effectiveness to counterbalance acidity, you would need to have more alkalizing food than acidifying foods.

To maintain healthy conditions or pH levels, a relatively healthy diet consists of sixty percent alkaline food and forty percent acidic food. If the individual is leaning towards acidic pH levels, the diet must consist of eighty percent alkaline food and twenty percent acidic food. In this case, if your diet only consists of meat and starch, and that you eat very little vegetables, fruits and other alkalizing food. You can do the opposite by eating more alkalizing food (80%) and less acidifying food (20%).

### **Eat 5 or more servings of fruits and vegetables a day**

Five or more servings a day, is a good rule of thumb for fruit and vegetable consumption. The more you consume fruits and vegetables, the better it is for you. Typically, fruits contain certain amount of acid, however, fruits also have an alkaline response in our bodies. They are well-thought-out as bicarbonate precursors, thus, they have an alkalizing effect on our bodies.

If possible, always try to keep a stock of fruit bowl. Always keep baggies of celery, carrots, green peppers and other vegetables that you and your family may enjoy eating raw in your refrigerator.

### **Limit intakes of meat, eggs and other dairy products**

Meat, Eggs and other Dairy products do have an acidifying effect on the chemistry of your body. If possible, do try to limit intake of these said food group. These, along with nuts, grains and legumes, should comprise not more than a third of your daily diet.

Many of the people would think that these foods would give us the protein that the body needs and hence they are not willing to reduce the intakes of meat, eggs and dairy products. The question here is do how much protein do we need? Protein Myth – How much protein does a human body really need?



## Protein Myth - How much protein do we really need?



What is the best form to get one? These can and actually cause heated debates. There are some who are concerned whether they are actually getting enough protein regardless if they are vegetarians or not. Are animal products the only way for us to get protein? A lot of people say that meat is the best way since it was man's first food. Finding out how much protein a people needs also depends on who you're listening to at that moment and their certain thoughts of actual consumption of animal products.

According to Dr. M. Ted Morter, Jr., "the problem with protein is excess". "following premise, if a little protein is good, a lot is better, can actually lead you down to the path of disease."

Dr. Morter also suggests that one must keep their daily animal protein intake under 47 grams/day (this is about less than 2 ounces), and try to keep protein excess consumption to rare special occasions. He also believes that one can

actually maintain glowing health on a daily protein intake of amount that is found in 2 eggs.

Protein is found in many food other than animal products (i.e. a slice of cheese pizza contains 6 grams of protein and 1 cup of potatoes contains 7 grams of protein), yet most people wouldn't even think they were getting protein at all from eating potatoes.

Dr. Morter also says to make sure to include protein from food other than animal products. He states, "Even without meat, a variety of typical American foods will give you at least enough protein."

The fact is no authorities do completely agree on "how much protein we actually need". The following are more suggestions on protein amounts from various organizations:

- *According from the reports of the American Journal of Clinical Nutrition estimate, "that we need 2 1/2 percent of our daily calories from protein.*
- *According to The World Health Organization sets the protein requirements at 4 1/2 percent of caloric intake per day for both men and women.*
- *According to The Food and Nutrition Board of the National Academy of Sciences gives a range of 4 1/2 to 6 percent as the range for the needs of protein for 98 percent of the US population.*
- *According to The National Research Council cites a figure of 8% of our daily calories needs to come from protein.*

**Let us take a look at how Mother Nature designs our human body.**

Mother’s milk has 2.38 percent more protein during the first week, after the child is born. This is due to the fact that the infant’s body dramatically develops in this period, building mass as compared to the time when they were in their mother’s womb. Therefore, it is of the utmost importance for infants to consume a significant amount of protein during this crucial time.

**Protein Percentages in Plant Foods**

<b>Plant Foods</b>	<b>Proteins Composition</b>
spinach	49%
broccoli	45%
lettuce	34%
cauliflower	40%
kale	45%
zucchini	28%
cabbage	22%
Chinese cabbage	34%
Mung bean sprouts	43%
bamboo shoots	39%
wheat germ	31%
strawberries, oranges, cherries, apricots, watermelon	8%
lemons	16%
honeydew melon	10%
navy beancontains 26% protein	26%
mushrooms	38%
pumpkin seeds	21%
soybean sprouts	54%
oats	15%
brown rice	8%
whole wheat	17%
walnuts	13%
pecans	5%
filberts	8%

(Source: Nutritive Value of American Foods in Common Units, USDA Handbook No. 456)



On the infant's second month, the protein levels in the mother's milk significantly drops from 2.38 percent to 1.79 percent. Although the infant is constantly growing and developing, the boost in growth is not as fast and the need for an extra amount of protein is no longer required.

Right before the third month, the protein levels in the mother's milk drops further more from 1.79 percent to 1.49 percent. This amount of protein can sustain the child's growth and development, without the assistance of any supplements.

On the infant's sixth month, the protein levels drop from 1.49 percent to 1.07 percent. This is due to the fact that most infants are receiving supplemental feeding. On the other hand, there are some who are adamant that breastfeeding is still best, without the need for additional supplemental feeding.

Now, you might ask what this has to do with our consumption of dairy products. The logic here is, if during the initial week, an infant only need 2.38 percent of protein, and during the succeeding months, they need less and less. Given this information, do you think you really need so much protein?

We need protein to stay alive, to help us build tissue and more, and its importance can never be denied. But know that protein is available to us from many other sources like plants, vegetables, etc. as well as animal products.

Protein is important. Without enough protein, our metabolic rate becomes extremely low. But be reminded that you are looking for quality in protein and not quantity. You don't need to bombard your body with excessive amounts of animal protein to lose or gain weight. There are also plenty of proteins found in plant foods like the list below.

Now you have all the key principles of food combinations, you can compare it with the diet you are eating on a daily basis and notice whether you have violate any of these food combinations principles. The first step you would need to do is to be aware of your diet. Only with awareness then you can start to change your diet progressively. You can straight away apply some of these principles in one or two of the meals and feel the effects on your body.

# Analysis of your meals



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Most of the time, we are choosing the foods based on our eating habits – this could be because of media influence, peers, parents, or even based on our culture. If these foods are healthy, your health should pose no problem. But if your health is showing problems, you should pay more attention and adjust your diet accordingly.

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One of the worst things that could happen is when you are ignorant about which foods are bad for your health and continue consuming it for many years. Hence, this chapter could help you greatly in gaining awareness of the common meals in your daily life – whether are they acidifying or healthy. You will see several menus on the breakfast, lunch and dinner and you will see other alternatives to the meals. Before we proceed to the analysis of meals, do take a look at the classification of acidic and alkaline foods at the end of the book and you will know how different foods fall into the acid or alkaline category.

# Breakfast

Breakfast is the most important meal for the day; studies have shown that skipping breakfast would result in fatigue and exhaustion throughout the day. Not only is it important to have breakfast, it is even more important for you to eat a healthy breakfast.

These are 3 samples of typical American breakfasts.

Breakfast Samples	Alkalizing	Slightly To Moderate Acidic	Highly Acidic
<b>A</b>		Egg	White bread, ham sandwiches or burgers on white bread, coffee or tea with milk and sugar, jam
<b>B</b>	Raw milk	Cereal Processed milk	
<b>C</b>			Coffee, Doughnut, croissant, sweet rolls, cakes, (sweet pastries)

As you can see, the typical American breakfasts contain mostly acidic foods. Let's take a closer look at how these breakfasts actually violates those principles we talked earlier on.

**Breakfast sample A** is a typical American breakfast consisting of bread, meat, coffee and jam.

White bread is made from refined white flour and is produced from whole wheat grain where it is subjected to the refining process. As a result, most of the health benefits are also being removed. What is bad about white flour is it contains a large proportion of high glycemic index carbohydrates and these carbohydrates cause sugar to be released into the bloodstream rapidly. As you know, sugar

produce an acidic stomach and if you eat more foods of refined white flour, it will cause an acid alkaline imbalance in your body.

If you replace white bread with whole grain bread without yeast, it can help you lower the acidity level. And you can even reduce the acid intake by consuming bread that is prepared with whole-grain flour.



Jam, Jellies and marmalades are extremely acidic due to several reasons. They have a very high level of sugar content. In order to preserve them, they need to have high acidity to prevent the growth of food poisoning bacteria and maintains the flavor of the fruits. High sugar content (some are at least 68%) to prevent the moulds and yeast to grow.

Coffee is highly acidic because of the purine content. In short, purine is a compound that when metabolized, it will form a crystalline compound which includes uric acid, caffeine and xanthine. If you are thinking about decaffeinated coffee, it is no less acidifying. Some of the best substitutes for coffee would include

Roasted Grains and Chicory which are used by many coffee drinkers to change their habits.

When you want to sweeten these beverages, do your best to use sugar that is unrefined as much as possible. Unrefined sugar still contains all the vitamins, enzymes, and other elements and would help in being metabolized in our body easily without producing acidic acid waste products. You should try to avoid white or brown sugar altogether. It would be the best if you can just drink the beverages as it is without adding any sugar at all.

The best natural alternatives to sugar are black molasses, raw honey, sugar cane, organic maple syrup.

What about sausages, bacon and egg?

Meat and eggs in general is highly acidic. When we are consuming these foods with bread, it makes the digestion process even more difficult as starch and protein require different mediums for digestion.

When we eat this kind of food combination for breakfast, the pH level in our body would be highly acidic. To balance the pH level of our blood and to digest these foods, our body would be robbed of energy and as a result this will make us feeling tired and lethargic.

If you have been following such diets in the past, try to recall how do you feel after eating these foods?

**For breakfast sample #B,** it is a typical breakfast of cereal and milk.

You might be shocked to know that cereals are acidifying. However you can still keep them as they are considered a good source of energy for the body. The big problem of cereals is that they are difficult to digest. When cereals are difficult to digest, the body would create a more acidic environment which leads to greater problem of acidity. You can simply improve the cereal by cooking it and it will help the body to digest it better.



Another reason why cereal can be quite acidic is because it has a high sugar content, which is used to enhance the flavor of the flakes. It would be best if you can find cereals with little or no sugar, or are only sweetened using natural sugar rather than refined sugar.

Milk can be classified into raw or homogenized (processed). Nowadays, milk on the shelf of the supermarkets is homogenized to control the hazards of contagious bacterial disease. However by processing the milk, it loses all the valuable enzymes and without these enzymes, milk is very difficult to digest. If you want to mix milk with cereal, it is best to mix raw milk instead. Other than milk,



there are many healthy alternatives to milk like Rice Dream that is also delicious and give you many health benefits.

**For breakfast sample #C,** it is a typical breakfast of coffee, doughnut, croissant, sweet rolls, cakes, (sweet pastries).



This may look like one of the breakfast that is not only delicious, but fast. You may also feel a surge of energy after eating this kind of breakfast.

These sweet pastries are highly acidic due to the fact that there is high sugar content in these foods and if your coffee contains sugar, it will be a double whammy. The surge in energy level is more likely come from the high sugar content of these foods and it is a temporary boost of energy. You would need to use the stimulant more and more often once the energy are used up resulting in a bad vicious cycle. At the end of the day, you would feel totally exhausted.

To break this vicious cycle, switch it with foods that give you real energy like whole grain organic bread and do away with the coffee using substitutes like chicory.

## Healthy breakfast alternatives

After a night of rest and recuperation for the body, rather than clogging up our body with all the acidic foods or huge amount of food that takes all day to digest, we want to have something that gives the body what it needs, which must be easy to digest and also helps to clean up the body.

The best breakfast you would want to have is an all fruits and vegetables breakfast. You will receive more information at the all fruits section.

The idea here is to only consume fresh vegetables and or freshly squeezed fruit juice from the time you wake up till around 12 o clock in the afternoon. Try this diet for 10-20 days; you will feel a surge of energy that you have never felt before.

## Other alkaline breakfast alternatives

Alternative 1: Banana smoothie made from Rice Dream, or almond milk. You can use other fruits for the smoothie as well.

Alternative 2: Steamed apple juice – This is a very healthy, illness free recipe that is taught by many Asian doctors. If you consistently drink this recipe for a long period of time, it can strengthen your immune system especially your lungs. Common illnesses like flu and cough would stay away from you.

Directions: Simply peel the skins of the apples and cut them into smaller slices. Next, pour these slices of apples into boiling water and continue to boil it for 30 – 45 minutes. And you are ready to drink. You can vary the concentration of the juice by varying the amount of water.

Alternative 3: A glass of water with a squeeze of lemon, salad with cucumber, romaine leaf and spinach, and a glass of almond milk. For more alternatives, take a look at “What To Eat” section.





## Lunch

For the next section, we will be looking at the American typical lunch.

For most of the people, lunch is considered the main meal of the day. Lunch usually includes meat, starch and vegetables, accompanied with wine, coffee or soft drinks. Sweet desserts are lined up at the end of the lunch. In most cases, the acid-alkaline balance would be shifted to the acidic level.

Lunch Samples	Alkalizing	Slightly To Moderate Acidic	Highly Acidic
<b>A</b>	Salad Vegetables		Fish and Chip/ Chicken Chop/Pork Chop Red Meat French Fries Soft drinks or wine White Bread White Rice Sauce or Gravy Ice Cream
<b>B</b>	Herbs	White Meat	Pasta made from refined white flour Seafood Tomato sauce Cheese Red Meat
<b>C</b>			Coffee, Doughnut, croissant, sweet rolls, cakes, (sweet pastries)

Let's take a look at some of the lunch samples that most of the people have on a daily basis.



**Lunch Sample A** is a typical meal of Western food like fish and chip (it can be chicken chop, pork chop), french fries and soft drinks. Meat is acidifying foods even for both white meat and red meat. To add on top of that, the cooking methods for these meats also contribute to the acidity of the food. When these meats are deep-fried with a lot of oil, the overall meat would be more acidifying as the stomach now needs to excrete more acids to digest the meat. It is also advisable to consume white meat than red meat as red meat is more acidifying.

The potatoes which are alkalizing in nature become acidic when you start to consume them as French Fries due to the way that it is being cooked.

White bread and white rice are starchy foods that are acidifying in nature. And they are eaten by many people quite frequently during lunch time. Remember in the previous section, you should always try to avoid combining starchy food and protein in the same meal. Having starch and proteins in the same meal is not a good food combination.

Sweet desserts are usually made by refined white sugar and this would influence the acid-alkaline balance of the body. The sugar and the protein food combination is also a bad food combination as mentioned above. You would also want to avoid eating fruits after your meal.

Salad and vegetables are the only alkalizing foods in this example and it helps to readjust the acid alkaline balance. You definitely want to have a big portion of vegetables otherwise it would not serve its purpose in helping to balance the acidity of the meal.



**Lunch Sample B** is another typical pasta meal. Like white bread, pasta is made of refined white flour and is starchy foods. A better way is to have pasta made from whole grain.

Again, if you mixed the pasta with the meat, you would end up having starch and protein in the same meal as well. Having vegetarian pasta would definitely be more beneficial to the acid alkaline level as you would no longer be mixing proteins with starch.

The tomato sauce used for the pasta can be quite acidifying as tomatoes itself are acidifying and the acidity increases after it is being cooked and their vitamins and minerals are destroyed. In fact, tomatoes are best eaten raw.

Now you may be thinking that it is impossible to eat pasta without sauce, you can use pesto sauce. Having more vegetables in your pasta would definitely be better and healthier for your body.

## Alternative Alkalizing Lunch

In this section, you'll find some simple alkalizing lunch that can give you a better understanding of what should consist in your alkaline meal. For a more detailed meal plans and nutritional guidelines, you need to take a look in the section of "What To Eat".

It is almost impossible to have 100% alkalizing lunch if you are eating meat. But you can definitely reduce the acidity by reducing the amount of meat, how you cook the meat and the type of meat. You can also counter balance the meal by adding a large proportion of vegetables to your lunch. The best thing you could do is to have vegetarian meals.

<b>Lunch</b>	<b>Alkalizing</b>	<b>Slightly To Moderate Acidic</b>	<b>Highly Acidic</b>
<b>A</b>	Vegetable Salad	Tofu Seeds Nuts	
<b>B</b>	Cooked Vegetables Mushrooms	Brown rice Potatoes	

## Basis of an alkalizing lunch

From above, you can see that being alkaline can be as easy as including vegetable salad, more vegetables, and less meat. In fact, this is the easiest way for you to start a more alkaline diet.

You can see that one of the best way to start an alkaline diet is to include salads before your meal. Salads can be very alkalizing especially when you are using many varieties of raw vegetables. For any meal that has cooked starches, you should always begin with a large green salad. From the example above, you can see that the sample lunch meal consists of both salads as well as cooked starches and vegetables.

For sample A, it is a green salad mixed with tofu and for sample B, it is cooked brown rice mixed with mushroom, carrots and a bit of vegetables. Unlike the proportion you see in the picture below, you may want to have a bigger portion of salads compared with the cooked brown rice in order to have a balanced alkaline diet.



**MEAL A**



**MEAL B**

## Dinner

Dinner is very similar to lunch for most people. For some people, they have very heavy dinner during the night. In actual fact, our body is about to rest for the night and it is not necessary to have heavy dinner when our body is about to rest.

If you have a highly acidic dinner, the body would spend the night trying to adjust back to acidity level in your body on top of the amount of acidity accumulated in your body throughout the day.

You would want to have a light dinner so that your body can rejuvenate well during the night and not working hard to digest the foods. Hence you would also want to eat lesser acidic foods compare to your lunch.

To have a better sleep, you may want to avoid these foods such as garlic, spices, onions, sweet fruits and even the habits of eating late at night. The sugar and acids in the fruits may prevent you from falling asleep and even affect your sleep.

It would be advisable for you to follow closely to the alkalizing meals provided above for dinner.

It would be best that you do not consume any foods just an hour or 2 before you go to bed so your stomach can rest during the night. If you are incredibly hungry, it is best to have an apple or few bites of raw vegetables and nothing else.



# What To Eat



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In the previous sections, we have covered many alkaline principles and in this section, we will cover more in details exactly what food to eat and why you should eat the food. By the end of this section, I hope you will have a strong understanding on preparing a balanced and alkaline diet.

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When I first started on the alkaline diet, I thought the diet was basically eating all the alkaline foods and nothing else.

But the problem is there are so many alkaline foods out there.

Are we supposed to consume all the alkaline foods? What are the foods we need to include to have a healthy and balanced alkaline diet with all the necessary vitamins and minerals for our body?

To achieve a balanced pH and a great health, I'm going to introduce a simple rule of the thumb:



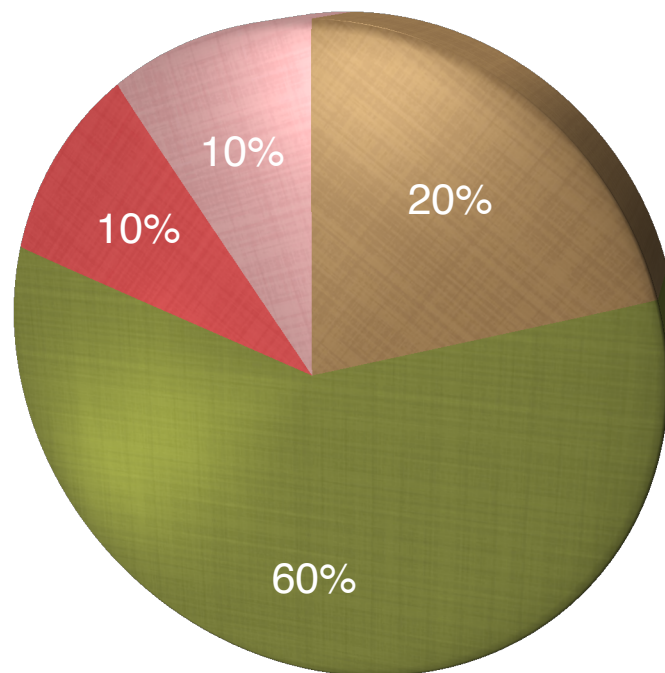
## The Golden Nutrition Formula

Just imagine that you are having a meal right now and it's divided into 10 portions. Ideally, your meal must be allocated into the following proportions:

Approximately 60 - 70% should comprise vegetables, 20% on fruits, 10-15% on grains and the last 5-10% on protein.

● Fruits      ● Vegetables      ● Grains      ● Proteins

### Golden Nutrition Formula



In the following section, we'll go into details of what exactly you should eat for each individual category

## Vegetables

There are dozens of vegetables readily available and each of the vegetables has different health benefits and minerals.

### **What kind of vegetables should we eat?**



In order to have a balanced nutrition and minerals from different kinds of vegetables as much as possible, we have classified vegetables into the following group:—

Land Vegetables  
Root & Tuberous Vegetables,  
Sprouts & Sea Vegetables  
Fungi Vegetables

Each of these categories of vegetables has their own individual characteristics and they are essential for our health and body.

## Land Vegetables - Leafy, Melons and Legumes

**Leafy Vegetables** refers to plants that have edible leaves. Although it is of paramount importance to make green leafy vegetables, we often do not do so. It is therefore important to include leafy vegetables in your meals as it has the benefits of being highly alkalizing. Some of the benefits are as shown:

### Rich in Chlorophyll

Chlorophyll is essential in helping the blood stream to create **healthy blood cells** and strengthening the immune system by removing the bad bacteria in the bloodstream and preventing the growth of unhealthy bacteria.

Have you ever wondered why chlorophyll is such an effective agent in creating new blood cells? The answer lies in the chemical composition of chlorophyll which has similar cell structure as haemoglobin, with the only difference being the core of chlorophyll contains magnesium while that of haemoglobin contains iron.

Firstly, due to its title of being a powerful blood creator, it creates more haemoglobin thus **increasing the transportation of oxygen**. Secondly, chlorophyll carries **magnesium**, which has a **highly alkalising effect** on our body. Magnesium is also a vital mineral for proper functioning of our body which is discussed in the earlier section.

Chlorophyll stored in the leaves gives green leafy vegetables the dark green hue. To retain this powerful blood creator and cleanser, leafy vegetables should not be overcooked. They are best eaten raw and two of the best preparation methods are salads and freshly blended juices.

### High in Fibre

Besides being rich in chlorophyll, leafy vegetables are also full of fiber, which **flush toxins and wastes** out of your digestive system. Dark green vegetables contain Vitamins A, D, E and K, and minerals such as iron, potassium, magnesium and phytochemicals that are important to our health. Research has shown that including leafy vegetables in daily meals can reduce illnesses like diabetes, heart



## **Melon and Gourd Vegetables**

Some of the most common foods in this category are watermelon, pumpkin, winter melon, bitter gourd, cantaloupes, honeydew, sweet melon and many more. **Melons** are mostly alkaline in nature.

In essence, melons are rich in carotenoids that help in preventing diseases such as prostate and oral cancer. Zooming into more details, pumpkin also provides a lot of vitamin A, C and beta-carotene that are crucial for our health. The juices of melons like honeydew and watermelon are excellent reserves of minerals, similar to those that can be found in natural distilled water, as their water are derived from deep down in the soil. You will be drinking the goodness of these pure minerals each time you consume melons.



**Gourds** such as bitter gourd are low in cholesterol and saturated fats, and high in dietary fiber, zinc, magnesium, riboflavin, iron, manganese and vitamin C. Bitter gourd is famous for its many medicinal properties – alleviating illnesses like fever, cough, diarrhea, diabetes, high blood pressure and more. The Chinese associates bitter gourd to have ‘cooling’ properties, perfect for reducing the ‘heatiness’ of most tropical Asian countries.

## Legumes Vegetables

Legumes are pods that split into halves in the middle and they are excellent sources of nutrient-dense proteins and contain cholesterol-lowering fiber and other phytochemicals.

Because of its rich sources of high-quality proteins, legumes are a good substitute for animal-sourced proteins. The water-soluble fiber present in legumes helps to lower bad cholesterol in our bodies and thus reduces the risk of cardiovascular diseases. Not only are legumes rich in water-soluble fiber, it also contains insoluble fiber which is necessary for your digestive system to be healthy.

Legumes are rich in minerals like magnesium, copper, iron and folic acid which are essential for our body to function, and beans which come under the legumes family, also contains a high amount of vitamin B6 and anti-oxidants, which can help to prevent cancer.

**Folic acid** helps the bloodstream in the creation of new blood cells and our body certainly needs these new blood cells everyday! Some examples of legumes are soybeans, and all the different types of pulses. So grab legumes today and include them as part of a delightful meal!

## Root and Tuberos Vegetables

These are edible roots of the vegetables that grow underground and thus absorb plenty of nutrients from the soil. Initially, roots were consumed by the peasants as it is relatively easy to grow and can withstand long storage periods. It is advisable to consume roots on a daily basis as it's bursting with goodness with its low-calories-high-fibre characteristics.

Besides such complex carbohydrates and vitamins, as the “storage centre” for a plant's nutrients, roots are an excellent source of proteins and phytonutrients.

Phytonutrients are valuable to our body because it contains anti-oxidants to fight the free radicals in our body. Have you ever marveled at the brilliant colours of roots vegetables? Well, they are derived from phytonutrients, which give roots their awesome color and unique taste. Carotenoids, and flavonoids, are two of the largest components of phytonutrients and some of these phytonutrients simply cannot be found elsewhere than vegetables.





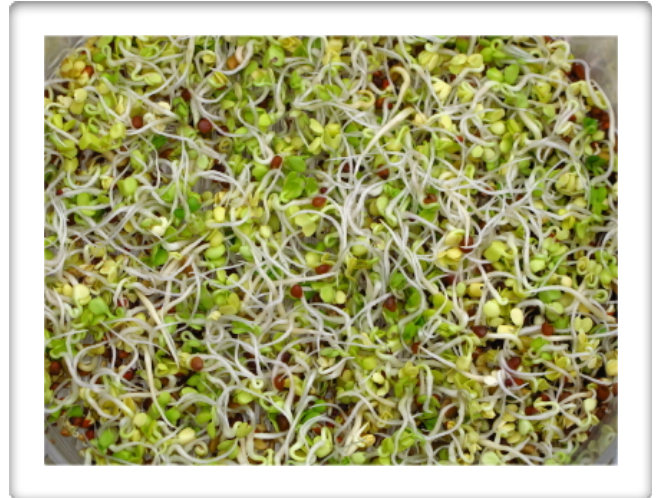
There is a wide array of roots vegetables popular in the Western culture, such as beetroots, carrots, potatoes, onion, sweet potatoes, turnips, delicious when prepared as salads or in stews. You can find out more at the recipes section.

## Sprouts and Sea Vegetables

### *Sprouts Vegetables*

Sprouts have a highly alkalizing effect on our body, and provide our body with essential enzymes needed to break down carbohydrates, proteins and fats into simple sugars, amino acids and fatty acids so much that it gives our body a heightened level of vitality.

Do not underestimate this seemingly inconspicuous vegetable! Sprouts can be consumed raw, and raw foods have an abundance of oxygen, to promote the growth of healthy cells.



In fact, sprouts are extremely rich in biophotons which act as a catalyst to help the body repair defective cells and at the same time give surges of energy to our body!

One of the ingredients is sprouts is **antioxidants** which reduces free radicals which are created through the use of electronic devices that emit electromagnetic rays and also from the preservatives and additives found in our food. Thus, if you have distaste for sprouts, it's a good time to think about how to re-include them in our daily meals as we certainly want to eliminate those free radicals – they oxidize in our body and alter the biochemical structures of healthy cells. And most free radicals are acidic in nature, so consuming sprouts will keep the acid-alkaline balance in check.

Sprouts are easily available from your local supermarket, but if they do not happen to sell your favorite sprouts, you can follow these instructions to sprout any beans you desire! For vegetarians, sprouts are an excellent source of proteins, and proven to be much more alkaline than acidic proteins that are derived from meat sources.

## Sea Vegetables

If you have yet to discover the goodness and richness of sea vegetables, you are not alone as sea vegetables are not heavily consumed by Westerners. In fact, people in Japan and other Asian countries have, for many years, included sea vegetables as part of their daily staple. The environment in which sea vegetables grow is similar to the human blood, which makes it an excellent booster to our daily health.

Various studies done globally have revealed that the compositions of sea vegetables, **vitamins A and C**, have direct benefits on our body's immune system, increasing our body's metabolism and wound healing as well as staggering the aging process. Furthermore, **Vitamin B12** is also found in sea vegetables. The anti-inflammatory properties of sea vegetables also help accelerate the healing process of wounds. Research conducted by the University of California suggested that consuming appropriate portions of sea vegetables help to reduce the risk of breast cancer.

Perhaps the most important minerals found in sea vegetables are **iodine** and **iron**, as well as enzymes and amino acids. Iodine is essential to promote healthy thyroid function. As part of the key ingredients to creating hormones, metabolism will be affected if there are insufficient iodine to synthesize thyroid hormones.

Some examples of sea vegetables are kombu, nori, wakame, and kelp. They can either be prepared as a salad, wrapped with sushi, or as part of a delightful bowl of



## Fungi Vegetables

Generally, fungi vegetables are a family of vegetables that do not contain the green chlorophyll, therefore they do not get their food from photosynthesis. Instead, they feed on organic materials such as living plants and logs, packed full of proteins and loved by foodies for its flavor and texture.

### Mushrooms

Mushrooms are an excellent source selenium, niacin and riboflavin, and low in calories, so they're a great alternative to meat if you are planning to lose weight.

Some medicinal mushrooms are the best herb in the world like the maitake, shii take, and reishi. In short, they have shown to boost our heart health, balance our blood sugar and lower the rate of falling sick.

However, do take note not to eat excessive amounts of mushroom. Some mushrooms contain purine which brown down in the body to produce uric acid. Excessive consumption of mushrooms will thus result in excess accumulation of uric acid in the body, and uric acid related health problems such as the formation of kidney stones and “gout”, which is a very painful form of arthritis caused by a build up of uric acid in the tissues, especially at the joints

## Consumption of Vegetables

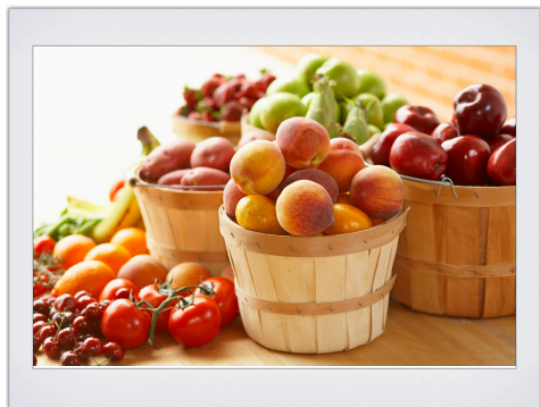
*You can have a variety of vegetables in one day or it can be spread out over a period of 1-2 weeks. Generally, as long as you followed these principles closely, you are able to eat an alkaline diet as well as maintain a healthy lifestyle.*

*Most people may have a special preference on a specific kind of vegetables over another. However, it is important that no matter how much you dislike a particular kind of vegetables, you would still need to consume some portions of it in order to enjoy the full benefits of*



## Fruits

Another 20% of your diet should comprise of fruits. Although the food pyramid categorizes fruits and vegetables as one group, ideally your consumption of fruits should only be limited to 20% of your diet.



The best choices are fresh organic fruits, and depending on whether it is organic, you can choose to peel off the skin. It's best to retain the skins of organic fruits as there's no pesticide residues found on them. However, inorganic fruits like apples and strawberries have pesticides and wax on them to give it the shiny gleen so it's always wise to peel the skin and wash the fruits thoroughly to rid of the wax.

But you may ask – sugars from fruits are natural, so they should not be harmful to your body, right?

Well, the truth is that the fruits that are harvested today are much sweeter than in the past through hybridization and other processes – think in terms of seedless watermelons and new varieties of fruits. While it is true that fruits contain rich reserves of vitamins and minerals, you shouldn't consume too much of them as most fruits are very high in sugar content, and consuming an excessive amount of sugar will cause your body to be acidic.

If your diet consists of mainly raw fruits, it will be advisable to consume more of those that are less sweet, like avocados, tomatoes and grapefruits. Try to include more colors and choices to get the wholesome health benefits. Also, cut down on fruit juices. They may seem a convenient choice, but processed fruits usually have minimal amount of fiber and are dangerously high in sugar.

Besides harming your body with excess acidity, sugars will also result in chronic fatigue, tooth decay, eating of muscle tissues and yo-yo weight. What's more, hormonal problems often results from a high-fruit diet, where the hormones encounter difficulty in regulating the excessive blood sugar in the body, and such imbalance have a direct link to diabetes and cardiovascular diseases.

The remaining 10-20% can be split further into 10-15% grains and 10% proteins.

## Grains

Common urban myths, especially those that proclaim to lose weight – dictates that carbohydrates should be completely stripped off your diet. That's a misconception because complex carbohydrates found in grains are the fuel of our body- they provide our body with the energy you need for daily activities.

In the Traditional Chinese Medicine (TCM), they considered whole grains as the foundation of human vitality. They even consider the different type of grains as herbs that have special health effects.

For instance in TCM, brown rice boosts the function of large intestine and lungs while millet strengthens the spleen and stomach. Brown rice strengthens the 'qi', which is the flow of energy in our body, making our body more energetic. It is believed in the Chinese culture that athletes should consume more brown rice so that they will have more vigor. Brown rice is also an excellent source of magnesium, selenium and fiber.

Whole grains are food like brown rice, millet, red rice, wholemeal bread, are rich in fiber, which will help to reduce the risk of coronary heart diseases, and help to reduce constipation. Besides being rich in fiber, whole grains are also rich in vitamin B (folate, niacin, riboflavin, thiamin) and minerals (magnesium, iron and selenium).

The next time you go shopping for grains, remember to choose whole grains instead of processed grains. Whole grains are the entire grains that are edible, whether it is rice or oats, or wheat.

You may also want to get organic whole grains instead of normal whole grains. Non-organic brown rice is found to contain traces of arsenic that may cause cancer when consume in large amount. In fact, processed inorganic white rice is a better alternative than inorganic brown rice. The hull of inorganic brown rice is often sprayed with pesticides so it won't be advisable to consume inorganic brown rice.



Notice in this case, even though grains are considered acidic in nature but we do not want to go overboard and have everything alkaline in our meals and driving our pH level to be above 7.5. Having 10% of grains in our meals would keep our body's pH in balance.

## Proteins

In the earlier section of this book, we talked about the fact that we do not need too much protein for a healthy lifestyle.

For the vegans, they are always constantly afraid that do not have sufficient protein and hence they try to replace meat with beans and tofu.

Even the experts have different opinions on how much protein we need! The truth is the protein from fruits and vegetables is sufficient and you do not need to consume additional protein.

You may also hear that vegans or vegetarians are lacking of complete protein that can only derive from animals.

Complete protein is a complete nonsense that is totally refuted by modern nutritionist. It is observed from a vegetarian population that all the essential amino acids can be obtained from vegetables or grains eaten over a 1-2 day period.

As quoted by Andrew Well, MD: “You may have heard that vegetable sources of protein are "incomplete" and become "complete" only when correctly combined. Research has discredited that notion so you don't have to worry that you won't get enough usable protein if you don't put together some magical combination of foods at each meal.”

## Key #2 – Oxygen & Exercises

We all know that without Oxygen, life is unsustainable. We can go on without food and water for days, but minutes without Oxygen, that we cannot survive. Oxygen is one of the most vital elements required to sustain life. It not only gives us life, it also destroys harmful bacteria in our bodies (this is without affecting good bacteria that our body needs).

Lifestyles of today with depleted Oxygen levels in our atmosphere do require our cells to use more oxygen to help us deal with several stresses on our body's ability to function well.

### How to Breathe Healthily

Life consists of but a chain of life giving breaths. In short, breathing is living. Man can live without consuming food for long periods of time, can do without water for a few days, but, without breathing oxygen, it would take just a few minutes for man to cease to exist. Breathing is the most vital aspect to living, which deserves our utmost attention.



Breathing properly is among the most essential parts of maintaining health and well being. There is a proper and improper way of breathing. Young children deeply breathe by means of their diaphragm. However, adults breathe from the chest, and breathe rapidly and more shallow. Deeply breathing is the most ideal.

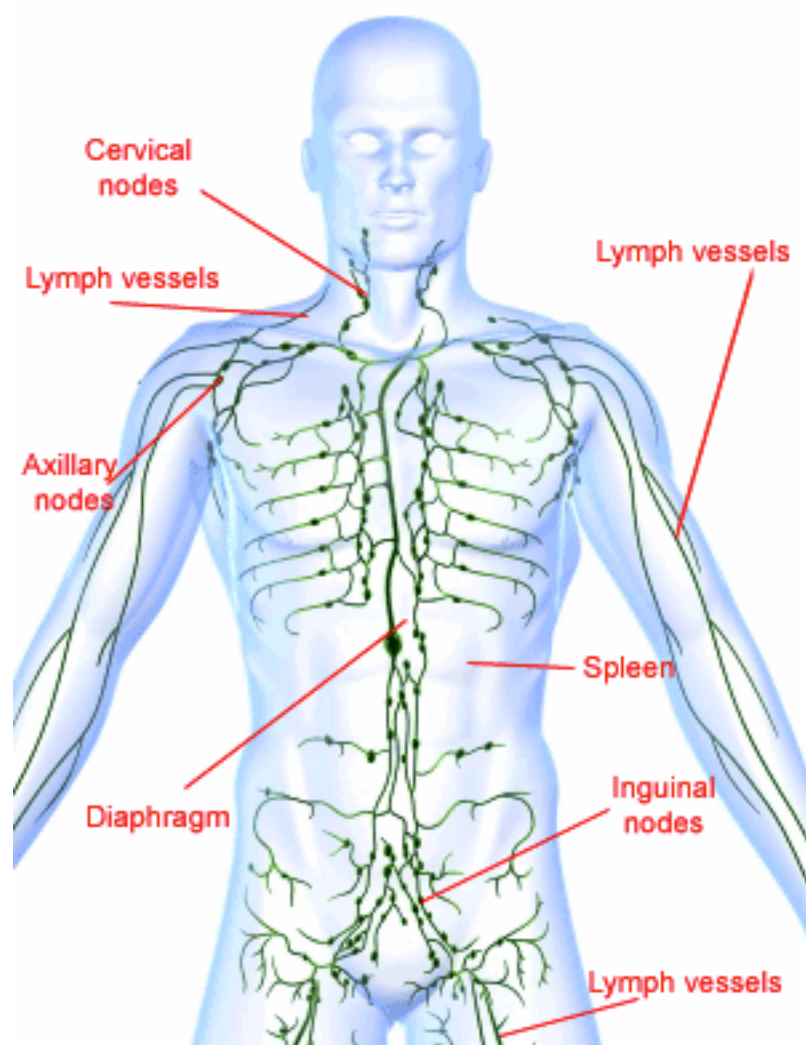
It is recommended to take a few minutes every day to practice deep breathing. At the bottom of the page, a breathing exercise will be found to help you breathe deeply throughout the entire day.

## The Lymphatic System and Deep Breathing

The efficiency of the lymphatic system is highly dependent on the level of deep breathing. Now, what is the lymphatic system? Others think the lymphatic system works the same way a sewage system works. Each and every cell in the human body is enveloped in lymph membranes.

This is how the lymphatic system functions. Blood, pumped from the heart, flows through the narrow and porous capillaries. Oxygen and nutrients, carried through the blood to the capillaries, are absorbed into the fluid lymph membrane, which covers the cells in the body.

The cells in the body are programmed to absorb the oxygen and nutrients they require to carry out their duties, followed by the secretion of toxins, some of the toxins are





excreted back to the capillaries. However, blood proteins, dead cells, and additional toxic substances are removed through the human body's lymphatic system. The lymphatic system is stimulated and activated by means of deep breathing.

The cells in body are highly dependent on the body's lymphatic system to rid the cells of toxic substances and surplus liquid materials, which are mainly responsible for the restriction of oxygen the cells require for rejuvenation and regeneration. The outer lymphatic membrane is responsible for absorbing toxic materials and dead cells, which are considered poisonous to the body, and are neutralized and destroyed.

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To give you an idea on how important and vital the lymphatic system is to the human body, in just 24 hours of the lymphatic system's shutdown, the body will be unable to eliminate excess fluids and blood proteins around the body's cells, and the result will be a definite death. This is why it is of the utmost importance to stimulate activity in the lymphatic system through deep breathing or jumping on a small trampoline. These are the two ways to get your lymphatic system going, and running efficiently.

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The lymph acquired throughout the human body is drained in the blood, through two ducts, which can be found at the bottom of the neck. From the two ducts, the liquid travels to the thoracic duct. Breathing is responsible for this action to continuously occur. Breathing deeply and exhaling deeply massages the thoracic duct upwards towards the neck, and allows the abundant flow of fluid. The duct releases the lymph into the body's veins, and in turn develops into an element of blood. After this, the lymph travels to the body's liver and goes through the process of metabolism, and is finally filtered through the kidneys.



This is what you should know about the lymphatic system. The said system is two times the size of the circulatory system. There is two times more lymph than there is blood, and there is two times more lymph vessels than there are blood vessels. The key to good health is keeping the lymphatic system running and free flowing.

As we all have learned, the human body consists of mostly water. A portion of the water is found in the blood stream, most of the water is found in the body's lymphatic system. The cells are found in an abundance of lymph, which is a fluid pale in color.

Similar to the body's cardiovascular system, the body's lymphatic system consists of various channels, nodes (filters), and valves. However, unlike the body's cardiovascular system, the body's lymphatic system does not have a central pumping organ like the heart, which pumps the lymph in and out the lymph vessels. In the place of a pumping heart, the lymphatic system relies on muscle movement, gravity, and, most of all, breathing for the lymphatic fluid through the entire body.

When the lymph system is free flowing and working efficiently, the body is healthy. When the efficiency of the lymph system is compromised, then there will be a lot of trouble for the body. When this happens, the result will be catastrophic, and will eventually lead to death. All the other major systems in the human are body are negatively affected, when the lymphatic system is not working properly.

As a result, the body's defense against harmful substances is impaired. Aside from working as a filter from toxic substances, the body's lymph nodes are responsible for producing antibodies which are in charge of fighting viruses and bacteria. The said system is also responsible for destroying abnormal cells, which can develop in the body. Abnormal cells such as potential cancer cells. The lymph system not only works as a sewage system of the body, the system also works as an integral part of the body's immune system.

The lymphatic system is essential if all the functions of the body are to work efficiently. The need to keep the system clear at all times is essential. In order to do this, its drainage capacity has to be increased, and the consumption of toxins has to be kept at a minimum. All of these are accomplished through a healthy diet, the reduction of stress, adequate exercise, and breathing deeply.

## Breathing – A Vital Essential We Must Never Forget

Aside from a prerequisite to living, breathing is also essentially needed in good health and well being. Yes, you do breathe whether you like it or not. However, there is a proper method of breathing unknown to the vast majority.

There is a process that determines the way you breathe. This will only take a few seconds of your time. Stay still, and try not to move. Try to determine how deeply you breathe in and breathe out. Now try to notice which part of your body is moving. Is your chest moving, or is your stomach moving. Now try to determine how much your lungs can carry.

Majority of the people breathes from the chest and are called “shallow breathers.” Each and every time they draw breath, they only 30 percent of their lung’s capacity to contain oxygen, and is mostly stored beneath the chest cavity. This is done by the body when it naturally tries to conserve energy.



However, when the body does this, you do not get enough oxygen to optimize your bodily functions. The body does not fully alkalize, and does not get the required energy it needs. Furthermore, due to the bad posture most people have, they do not even get the 30 percent capacity of shallow breathing.

You might think to yourself, “Why is shallow breathing a problem?” There are a number of health conditions, which come as a result to shallow breathing, problems such as chronic fatigue, heart disease, numbness, muscular cramps, digestive problems, panic attacks, hallucinations, and nightmares.

The reason why these health problems occur is because the richest source of blood comes from the lower lungs. When you deprive yourself of oxygen by breathing the wrong way, you deprive your body of optimal bodily functions.

**Properly breathing requires the use of the diaphragm.** The diaphragm is a muscle layer, which separates the lungs and the chest cavity from the abdominal cavity. Breathing properly requires the diaphragm to contract, and the stomach sticks out. This process expands the lungs and fills it with air.

Now this is how to properly do it.

1. *Try to imagine air flowing into your lungs from the bottom up. Place a hand on your chest and a hand on your stomach.*
2. *Slowly inhale by means of your nose, and feel the air go to your abdomen.*
3. *Push your stomach with your hand as gently. Your chest will move a little, when you push your abdomen.*
4. *For optimal results, take ten breaths, three times daily in the following order; inhale, hold for four seconds, and exhale.*

**Use this method of breathing each and every day, most especially when you are tired, lacking in mental focus, stressed out, or are feeling anxiety.** This method of breathing will maximize the amount of oxygen your lungs take in before, during, and following physical activities, which will be discussed in the next topic.

## Movement Stimulates Lymph

No health course would be complete without exercise. But since you've heard it all before, let us look at another aspect to exercising. Yes there is something else exercise or moving your body can do for you.

We all know the importance of exercise in keeping the body toned, maintaining good cardio, and preserving overall health. When most people are asked, "What do you think exercise does for you?" They answer, "It burns calories, and of course, it burns fat." Yes this is true, but other than this, exercise does more. Before we get into this, there is a little bit of information you must know.

There are two circulatory systems in the human body, the cardiovascular system and the lymphatic system. The cardiovascular system is in charge of pumping blood all throughout your body. The lymphatic system is in charge of pumping lymph all throughout your body, acting like a sewage system, which carries toxins and dead cells out of your body.

Our bodies have an average of 15 pints of blood, which is pumped all over the body by the heart. Our bodies also have an average of 45 pints of lymphatic fluid, but have no pump to move it all around the body. The question is what moves all that lymph fluid around? There is just so much of it; even more than blood.

If there is no pump to move lymph fluid around, then what does? If you guessed exercise, you are right on the button. Lymph fluid courses through your body by means of muscle contractions, which squeezes the lymph all throughout a system of valves. Lymph carries harmful toxins to the lungs, and is expelled through exhaling.

Since the information above has been well established, we can therefore conclude that the lymphatic system is better stimulated and functional, if you exercise on a daily basis. When there is a lack of exercise, the forces of gravity pull the lymph fluid down and become stagnant. Since lymph carries harmful toxins, the toxins stay in your body and become stagnant as well. As we all have learned, the longer toxins stay in your body, the more you are susceptible to infections and illnesses, which is not what you want for your body.

## The Difference between Anaerobic And Aerobic Exercises



When we mention aerobic and anaerobic exercises, most people cannot tell the difference. Now what are the major differences between the two, let us start by their definitions.

### **Anaerobic Exercises**

Anaerobic exercises are intense exercises, which activates anaerobic metabolism. It is mostly practiced by athletes in sports that do not involve endurance. These types of exercises focus on developing strength, power, and speed. They are also used by body builders to better develop muscle mass. This leads to a body that performs well in high intensity sports, which lasts for a few seconds at a time; at the most, two minutes. If the physical activity were to exceed two minutes, the athlete would expend too much energy.

## **Aerobic Exercises**

Aerobic exercises are exercises that better optimize the consumption of oxygen in our body. The very meaning of the word “Aerobic” means in the company of oxygen. This refers to the utilization of oxygen in our body’s metabolic, or the process in which our body’s generates energy. Aerobic exercises are meant to improve our endurance, which makes us last longer. They are performed at lower intensities, but at longer durations.

## **The Best Exercise for Breathing**

From the very word itself, aerobic (in the company of oxygen), we can accurately guess which type of exercise is the best type of exercise for breathing. Aerobic exercises teach us how to better optimize the capacity for air of our lungs, thus, taking in more oxygen. This type of exercise improves our stamina, which will be to our advantage in performing our daily activities. In other words, we last much longer, and perform much better.

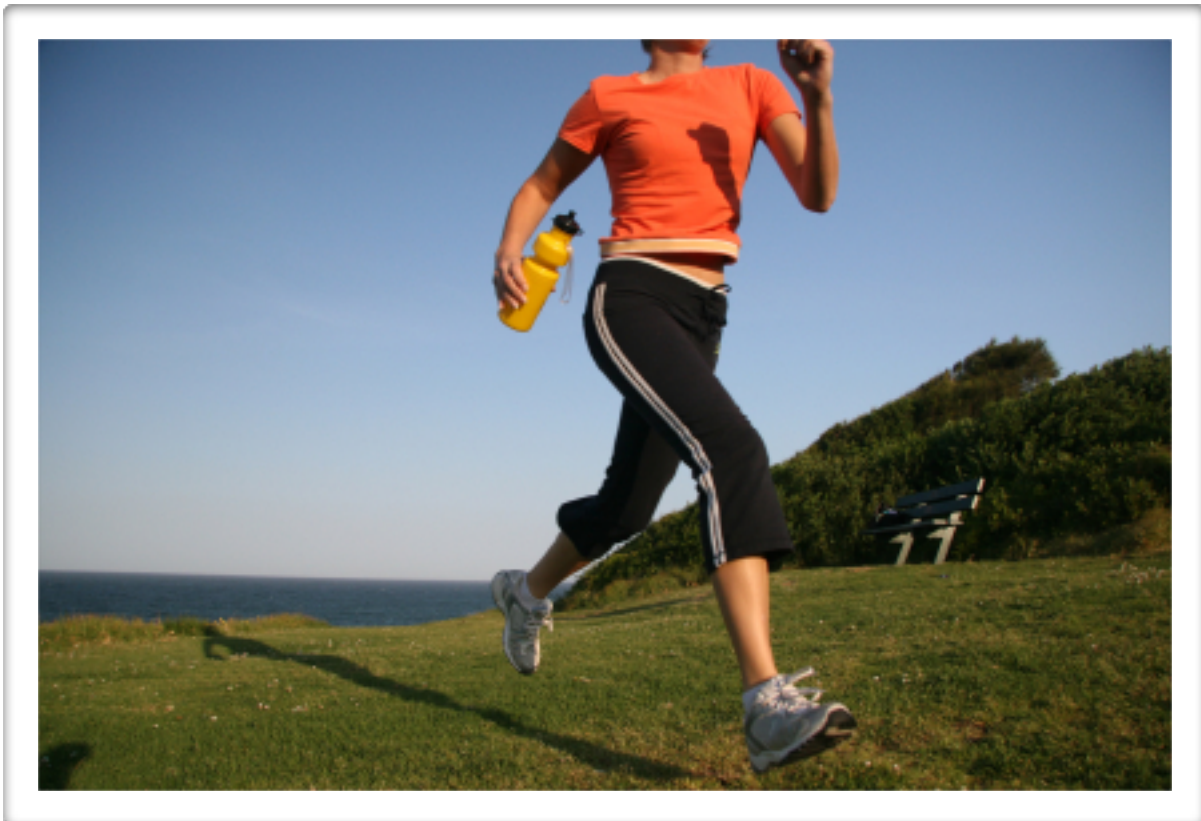
Now, you may ask yourself, which aerobic exercise is the best to improve the way we breathe. Well, all of the types of aerobic exercises improve the quality of our breathing, but there are three types of exercises that are a cut above the rest, when it comes to improving the way we breathe. These exercises are swimming, jogging, and jumping on a trampoline.

Swimming is one of the best forms of aerobic exercise, because it teaches us to hold in more oxygen while in water. It also better distributes oxygen in the body. Jogging is also among the best forms of aerobic exercise, because the moderate speed in which the jogger jogs, keeps optimal oxygen intake at a constant. It is also the, most practical method of improving cardiovascular health, physical fitness, and bone density. Jumping on a trampoline is also one of the best forms of aerobic exercise, because it has the same benefits of jogging, with less strain on the muscles and joints.



With the information given above, aerobic exercises are the best forms of exercises, which dramatically improve and optimize the amount of oxygen our lungs can carry. Try to practice the three best forms of aerobic exercises to improve and correct the way you breathe, and at the same time improve your stamina and overall health.

Now you can ask yourself, what are some of the exercise you love it and enjoy? Design an exercise plan for the next 30 days and for each exercise, do make sure that it is at least 15 minutes not including the warm up and warm down.





# The Underlying Problem – Are you going to take action?



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The Standard American Diet has been proven to cause a vast number of health problems, which has claimed countless lives in the short course of its existence. The diet focuses on taste, and rarely places emphasis on the consequences it causes.

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Despite this fact, the food selection in this type of diet has been over marketed and commercialized to the point that it has been the major staple of countless families around the world; a staple which has been falsely glorified behind a misconceived premise and a misleading advertising scheme.

In other words, the Standard American Diet is an industry which sacrifices the health of its consumers for the greedy purpose of earning more profit, and a profitable industry it has been proved to be; earning billions not in a year, not in a month, not in a week, but in mere days put together. The sacrifice mentioned above, although one of the most, if not the most, profitable of all industries, is not worth the gamble, if the price to pay is the overall health of its consumers.

The people who have indulged in the Standard American Diet are recipients of an unbalanced pH balance, leaning towards acidic pH levels. This imbalance is a manmade condition, which unfortunately the body is not prepared to handle and counter, if overly practiced, in the long run. The said diet consists of more than seventy percent acid forming food, when the nutritional requirement of the body cannot exceed thirty percent.

The standard American diet also deprives the body of the four essential minerals needed in the prevention of excess acidity. Excess acidity, as we have learned, is the cause of most, if not all, the known infections and diseases known to man. Life threatening diseases such as diabetes and all types of cancer are among the consequences of the overindulgence in the said diet. Given the problems mentioned in the previous chapters, a change in habits and lifestyle will definitely have to take place and come into action.

## The Simple Solution

The solution to the problems brought about by the overindulgence in the Standard American Diet is simple; much simpler than most of us may think. The solution can be found on an emphasis on alkaline forming food and a breakaway from the unhealthy habits, which most of us call the normal routine. A routine, if one might add, we should have never put to practice in the first place.

Alkaline diets offer to restore the balance that comes as a result to the damaging effects of the Standard American Diet. An alkaline diet not only restores the pH balance, critical in health, but also prevents illnesses and infections from ever reoccurring. Alkaline diets provide the body with the vital nutrients needed in rejuvenation and regeneration. In other words, alkaline diets offer the option to stay youthful for as long as possible.



Like in most diets, people often question a diet's ability to satisfy the taste buds. True, the selection of food in the Standard American Diet does tickle our taste buds' fancy, but thanks to the genius of technology, ingenuity, and inspiration, who says that the food selection in alkaline diets cannot be as enjoyable and delectable?

The word "indulgence" is often associated to a negative connotation. This is due to the fact to the results of indulging in fatty food, processed food, smoking, manufactured sweets, and alcohol. On the other hand, indulgence in alkaline forming food will bring nothing but good to one's health. Alkaline forming food restores the blood to a healthy slightly alkaline pH level; provides the body with the four essential minerals, namely sodium, magnesium, potassium, and calcium; provides a more than ample supply of energy, which rejuvenates the body, and regenerates the cells and tissues, which dramatically slows down the aging process.

"Dramatically slows down aging." This is an aspect to the alkaline diet that no other diet has even come close to achieving, and a feat the standard American Diet will never achieve. Say goodbye to infections and disease; say goodbye to sluggishness, and say goodbye to premature aging. In a nutshell, alkaline diets provide the practitioners a healthier perspective and alternative to living.

The Fountain of Youth is a legendary spring that allegedly restores youth once one drinks the waters from its spring. The stories of this legendary spring have inspired people to constantly search for its whereabouts, ever since the age of reason, and the quest still continues. Little did these adventurers know that science has found what they have been unsuccessful in searching for. An alkaline diet offers to do just that; restores health, youth, and offers an all new perspective on life. It is up to you to take action and be healthy.

# Acid Alkaline Food Charts

## APPENDIX A

### > ALKALINE FOODS

#### ALKALIZING VEGETABLES

Alfalfa	Cucumber	Mushrooms	Sea Veggies
Barley Grass	Dandelions	Mustard Greens	Spinach, green
Beet Greens	Dulce	Nightshade	Spirulina
Beets	Edible Flowers	Veggies	Sprouts
Broccoli	Eggplant	Onions	Sweet Potatoes
Cabbage	Fermented Veggies	Parsnips	Tomatoes
Carrot	Garlic	(high Glycemic)	Watercress
Cauliflower	Green Beans	Peas	Wheat Grass
Celery	Green Peas	Peppers	Wild Greens
Chard Greens	Kale	Pumpkin	
Chlorella	Kohlrabi	Radishes	
Collard Greens	Lettuce	Rutabaga	

#### ALKALIZING ORIENTAL VEGETABLES

Daikon	Root	Maitake	Reishi	Umeboshi
Dandelion	Kombu	Nori	Shitake	Wakame

#### ALKALIZING FRUITS

Apple	Coconut, fresh	Lime	Rhubarb
Apricot	Currants	Muskmelons	Strawberries
Avocado	Dates, dried	Nectarine	Tangerine
Banana (high Glycemic)	Figs, dried	Orange	Tomato
Berries	Grapes	Peach	Tropical Fruits
Blackberries	Grapefruit	Pear	Umeboshi Plums
Cantaloupe	Honeydew	Pineapple	Watermelon
Cherries, sour	Melon	Raisins	
	Lemon	Raspberries	

## > ALKALINE FOODS

### ALKALIZING PROTEIN

Almonds  
Chestnuts  
Millet

Tempeh  
(fermented)

Tofu  
(fermented)

Whey Protein  
Powder

### ALKALIZING SWEETENERS

Stevia

### ALKALIZING SPICES & SEASONINGS

Chili Pepper	Herbs (all)	Tamari
Cinnamon	Miso	
Curry	Mustard	
Ginger	Sea Salt	

### ALKALIZING OTHER

Alkaline Antioxidant Water	Granules Mineral Water
Apple Cider Vinegar	Molasses, blackstrap
Bee Pollen	Pro biotic Cultures
Fresh Fruit Juice	Soured Dairy Products
Green Juices	Veggie Juices
Lecithin	

### ALKALIZING MINERALS

Calcium: pH of 12.0  
Cesium: pH of 14.0  
Magnesium: pH of 9.0

Potassium: pH of 14.0  
Sodium: pH of 14.0

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic; however the end products they produce after digestion and assimilation are very alkaline. Therefore, lemons are considered as alkaline forming. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body.

Therefore, like nearly all animal products, meat is categorized as very acidic forming.

# Acid Alkaline Food Charts

## APPENDIX A

### > ACIDIC FOODS

#### ACIDIFYING VEGETABLES

Corn  
Lentils

Olives  
Winter Squash

#### ACIDIFYING VEGETABLES

Blueberries  
Canned or  
Glazed Fruits  
Cranberries

Currants  
Plums\*\*  
Prunes\*\*

#### ACIDIFYING GRAINS, GRAIN PRODUCTS

Amaranth  
Barley  
Bran, oat  
Bran, wheat  
Bread  
Corn  
Cornstarch

Crackers, soda  
Flour, wheat  
Flour, white  
Hemp Seed  
Flour  
Kamut  
Macaroni

Noodles  
Oatmeal  
Oats (rolled)  
Quinoa  
Rice (all)  
Rice Cakes  
Rye

Spaghetti  
Spelt  
Wheat Germ  
Wheat

#### ACIDIFYING BEANS & LEGUMES

Almond  
Milk  
Black Beans

Chick Peas  
Green Peas  
Kidney

Beans  
Lentils  
Pinto Beans

Red Beans  
Rice Milk  
Soy Beans

Soy Milk  
White  
Beans

#### ACIDIFYING DAIRY

Butter  
Cheese  
Cheese, Processed

Ice Cream  
Ice Milk

#### ACIDIFYING NUTS & BUTTERS

Cashews  
Legumes  
Peanut

Butter  
Peanuts  
Pecans

Tahini  
Walnuts

## > ACIDIC FOODS

### ACIDIFYING ANIMAL PROTEIN

Bacon	Haddock	Pork	Shrimp
Beef	Lamb	Rabbit	Tuna
Carp	Lobster	Salmon	Turkey
Clams	Mussels	Sardines	Veal
Cod	Organ Meats	Sausage	Venison
Corned Beef	Oyster	Scallops	
Fish	Pike	Shellfish	

### ACIDIFYING FATS & OILS

Avocado Oil	Lard
Butter	Olive Oil
Canola Oil	Safflower Oil
Corn Oil	Sesame Oil
Flax Oil	Sunflower Oil
Hemp Seed Oil	

### ACIDIFYING SWEETENERS

Carob	Sugar
Corn Syrup	

### ACIDIFYING ALCOHOL

Beer	Spirits
Hard Liquor	Wine

### ACIDIFYING OTHER FOODS

Catsup	Pepper
Cocoa	Soft Drinks
Coffee	Vinegar
Mustard	

### ACIDIFYING DRUGS & CHEMICALS

Aspirin	Herbicides
Chemicals	Pesticides
Drugs, Medicinal	Tobacco
Drugs, Psychedelic	

### ACIDIFYING JUNK FOOD

Beer: pH of 2.5  
Coca-Cola: pH of 2.0  
Coffee: pH of 4.0

*\*\* These foods leave an alkaline ash but have an acidifying effect on the body.*



## UNKNOWN:

There are several versions of the Acidic and Alkaline Food chart that can be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.

Brazil Nuts	Maple Syrup
Brussel Sprouts	Milk
Buckwheat	Nuts
Cashews	Organic Milk (unpasteurized)
Chicken	Potatoes, white
Corn	Pumpkin Seeds
Cottage Cheese	Quinoa
Eggs	Sauerkraut
Flax Seeds	Soy Products
Green Tea	Sprouted Seeds
Herbal Tea	Squashes
Honey	Sunflower Seeds
Kombucha	Tomatoes
Lima Beans	Yogurt

By now, differentiating acidic and alkalizing food should now be second nature. The charts provided above are categorized as alkalizing and acidic food, their corresponding pH levels, and provides a better understanding on what to avoid and what to choose, but how do we put them all together? Found below is a compilation of recipes examples, which are alternatives to the food we are normally use to, and will make the alkaline diet a much better experience.

# Alkaline Recipes

## APPENDIX B

### “Cream Of Avocado And Broccoli Soup”

#### Ingredients:

- ▶ Good for four servings
- ▶ 2 to 3 broccoli flowers
- ▶ 1 avocado (small)
- ▶ 1 onion (yellow or white)
- ▶ 1 pepper (red or green)
- ▶ 1 stalk of celery
- ▶ 2 cups of yeast free vegetable broth
- ▶ Sea salt (to taste)
- ▶ Spices of your choice to taste (organic cumin, fresh organic cilantro, organic basil)

#### Directions:

Heat the vegetable broth, but don't boil. Add the chopped broccoli and onions, and warm for a couple of minutes. Then place in a blender, add avocado, pepper, celery, and then puree till the soup's consistency is creamy. If desired, add more water. Add choice spices, serve warm, and enjoy!



# “Fresh Organic Vegetable Soup”

## Ingredients:

- ▶ 2 carrots (large)
- ▶ 1 zucchini (small)
- ▶ 1 stalk of celery
- ▶ 1 cup broccoli
- ▶ 3 asparagus stalks
- ▶ 1 onion (yellow or white)
- ▶ 1 quart water
- ▶ 4 to 5 tsp vegetable broth (yeast free)
- ▶ 1 tsp organic fresh basil
- ▶ 2 tsp sea salt (to taste)

## Directions:

Put the water in a pot, add vegetable broth and onion, and boil. While boiling, chop zucchini, broccoli, and asparagus, and shred carrots and stalk of celery in the food processor.

Once water boils, turn off heat, and do not boil vegetables. Leave them in water until the desired tenderness of vegetables. Slightly cool, add all ingredients in blender, and then mix till the consistency is smooth and thick.

Add salt to taste, serve while warm, and then enjoy!



## “Chili-Chilled Gazpacho Soup”

Gazpacho soup is served cold. No cooking is needed. All you need is a blender.

### Ingredients:

- ▶ Serves four
- ▶ 50 tomatoes
- ▶ 1 cucumber (small)
- ▶ 1 pepper (red)
- ▶ 1 onion
- ▶ 2 cloves garlic
- ▶ 1 chili (small)
- ▶ 1 quart water
- ▶ 4 tbsp of cold pressed olive oil
- ▶ Juice of 1 fresh organic lemon
- ▶ 1 dash cayenne pepper
- ▶ Sea salt (to taste)

### Directions:

Remove skin from cucumber, and chop vegetables into large pieces. Place all of the ingredients excluding olive oil in blender, and blend till smooth. Add olive oil and blend until the consistency emulsifies.

Place the mixture in fridge and cool for 2 hrs at least.

Add pepper and salt to taste, stir, put in 2 bowls, chop scallions, tomatoes, and peppers for garnish. Enjoy.



## “Cool Tomato-Avocado Soup”

### Ingredients:

- ▶ Serves four
- ▶ 2 avocados (small)
- ▶ 2 tomatoes (large)
- ▶ 1 celery stalk
- ▶ 1 onion (small)
- ▶ 1 clove garlic
- ▶ Freshly squeezed organic lemon juice
- ▶ 1 handful organic fresh lovage
- ▶ Sea salt and parsley to taste

### Directions:

Put all of the ingredient in blender and blend till smooth. Chill in fridge for at least 2 hours. Serve cold and enjoy this alkaline soup!



## “Sweet Potato and Pumpkin Alkaline Soup”

Not only are pumpkins rich in alkalinity, but also have low calories, which is ideal for people who are watching their weight. Furthermore, pumpkins are high in potassium, zinc, magnesium, iron, fiber, beta-carotene, and iron.

One of the most nutritious vegetables are sweet potatoes, which provide vitamin A, C, B6, copper, manganese, fiber, iron, and potassium. In addition, sweet potatoes contain distinctive proteins that have antioxidant effects. It is time to enjoy this healthy and alkalizing soup!

### Ingredients:

- ▶ 1 half a pound pumpkin
- ▶ Half a pound of sweet potatoes
- ▶ Half a pound of white beans
- ▶ 1 onion
- ▶ 2 cloves garlic
- ▶ 1tbsp extra virgin olive oil (cold pressed)
- ▶ 1 tbsp of your favorite herbs
- ▶ 1 tbsp sage
- ▶ 1 and a half quart of water
- ▶ Pepper and pinch sea salt

### Directions:

Cut the sweet potatoes and the pumpkin into cubes, dice the garlic, slice the onion, chop the herbs, and chop the sage into really fine pieces.

Stir-fry the garlic and onion in a little extra virgin olive oil for a few minutes. Put in the pumpkin, sweet potatoes, sage, and herbs, then fry for an additional 5 minutes. Add the water, cover pot with lid, allow to boil for 30 minutes, till the vegetables are soft and tender.

Lastly, add the white beans, a little salt, and some pepper. Cook for an additional 5 minutes, then serve and enjoy!



## Alkaline Salads

### ”Coleslaw In Avocado Dressing”

If an alkaline salad is desired, here are the things to consider: always use organic fresh fruits and vegetables, use organic extra virgin oil (cold pressed), and, in the place of vinegar, always freshly squeezed organic lemon juice. Choose your desired fresh organic herbs and spices for the seasoning. Enjoy!

#### Ingredients:

- ▶ Half a cup of red or green cabbage
- ▶ 2 carrots
- ▶ 1 whole tomato
- ▶ 1 red onion (small)
- ▶ 3 tbsp parsley (chopped)
- ▶ 1 avocado
- ▶ 3 to 4 tbsp extra virgin olive oil (cold pressed)
- ▶ 1 freshly squeezed organic lemon juice
- ▶ Cayenne pepper and sea salt to taste

#### Directions:

Shred the carrots and cabbage, and mince the tomato, the parsley, and the onion. Place them in a large salad bowl.

For the salad dressing, place the avocado, extra virgin olive oil, and freshly squeezed organic lemon juice in a blender, and blend. Add pepper and salt to taste. Pour on top of salad. Enjoy!





## “Fresh Organic Vegetable Salad”

Remember to take into consideration the following when making an alkaline salad: only use fresh organic fruits and vegetables, use extra virgin olive oil (cold pressed), use freshly squeezed organic lemon juice or lime juice in the place of vinegar. Select your choice of fresh organic herbs and choice spices for the seasoning. Enjoy the alkaline salad.

### Ingredients (salad):

- ▶ 1 head of romaine lettuce
- ▶ 2 chopped tomatoes
- ▶ 2 shredded carrots
- ▶ 1 diced bell pepper (red)
- ▶ 1 diced bell pepper (green)
- ▶ 1 diced cucumber (small)
- ▶ 1 thinly sliced onion (red)

### Ingredients (dressing):

1 freshly squeezed organic lemon or lime juice

### Directions:

Place all the vegetables in a large salad bowl and toss the vegetables. Pour the freshly squeezed organic lemon or lime juice. Add a little sea salt to taste is desired. Enjoy!



## “Broccoli And Tofu Alkaline Salad”



### Ingredients:

- ▶ Serves two
- ▶ 300 grams of organic tofu
- ▶ 2 broccoli flowers
- ▶ 5 tbsp of olive oil (cold pressed)
- ▶ 2 tbsp of soy sauce
- ▶ 1 clove of garlic
- ▶ Half of a bell pepper (red) for garnishing
- ▶ 1 freshly squeezed organic lime juice
- ▶ Sea salt to taste

### Directions:

Dice the tofu. Place the diced tofu in the extra virgin olive oil for and fry for 15 minutes. Remove from heat or switch stove off. Pour soy sauce all over the diced tofu and put aside.

Stir fry the broccoli flowers for about 10 minutes. Set aside after and allow to cool.

For the salad dressing, place the extra virgin olive oil, freshly squeezed organic lime juice, pepper, sea salt, and garlic in a blender and blend till the consistency is smooth. After which, place the broccoli and tofu in the large salad bowl, pour the dressing over the salad and toss well. Garnish the salad with sliced red bell pepper and enjoy.

## “Alkaline Avocado Salad Infused With Untamed Garlic”

Wild garlic, commonly called buckrams, bear’s, or ramson garlic is used for various salads, as a spice, and boiled like vegetable are boiled. Wild garlic is odorless, and contains magnesium, iron, sulfur compounds, and manganese. Avocados are one of the greatest health foods. Avocados prevent and treat breast and prostate cancer, lowers the cholesterol levels in blood. So eat healthy and enjoy this highly alkalizing diet.

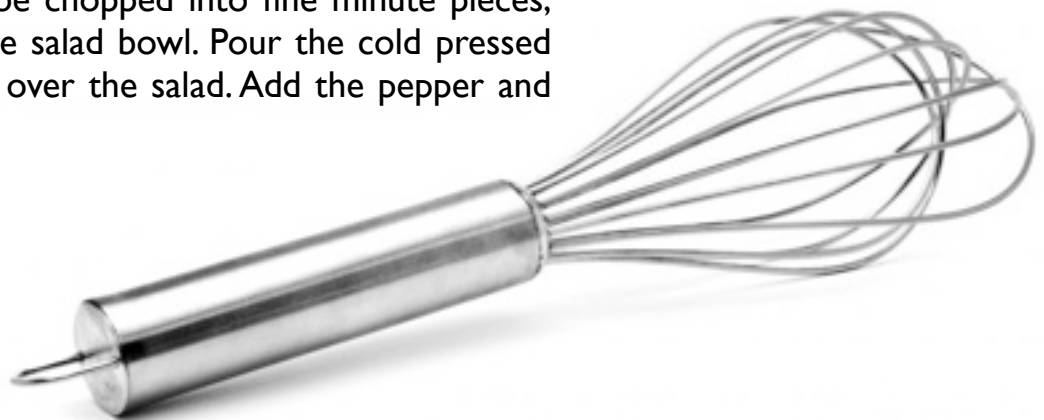
### Ingredients:

- ▶ Serves two
- ▶ 1 whole avocado
- ▶ 1 bunch wild garlic
- ▶ 3 whole tomatoes
- ▶ 1 bell pepper (red)
- ▶ 2 tbsp of extra virgin olive oil (cold pressed)
- ▶ Organic sea salt (to taste)
- ▶ 1 pinch or dash cayenne pepper

### Directions:

Cut both the bell pepper and avocado into halves, after which into thin slices. Chop the three tomatoes into cubes and place into a medium sized salad bowl.

The wild garlic should be chopped into fine minute pieces, and then placed into the salad bowl. Pour the cold pressed extra virgin olive oil all over the salad. Add the pepper and salt to taste. Enjoy!



## “Mediterranean Alkaline Salad”

Remember to take into consideration the following when making an alkaline salad: only use fresh organic fruits and vegetables, use extra virgin olive oil (cold pressed), use freshly squeezed organic lemon juice or lime juice in the place of vinegar. Select your choice of fresh organic herbs and choice spices for the seasoning. Enjoy the alkaline salad.

### Ingredients (salad):

- ▶ 1 bell pepper (red)
- ▶ 1 bell pepper (yellow)
- ▶ 3 tomatoes (large)
- ▶ 10 black organic black olives
- ▶ 1 whole onions
- ▶ 1 leek stalk (small)
- ▶ A few celery leaves

### Ingredients (salad dressing):

- ▶ A third of a cup of freshly squeezed organic lemon juice and lime juice
- ▶ Three fourths of a cup of extra virgin olive oil (cold presses)
- ▶ 1 tsp of garlic powder
- ▶ Half a tsp of ground oregano
- ▶ A fourth tsp of dried rosemary
- ▶ 1 tsp of dried basil
- ▶ Half a tsp of ground cumin
- ▶ Cayenne pepper and sea salt

### Directions:

Dice the tomatoes and the bell peppers. Slice the onions, the celery leaves, and leeks into evenly fine strips. Then place all the vegetables into a salad bowl.

The remaining ingredients are for the alkaline salad dressing. Place the remaining ingredients into a blender and blend. Blend until the mixture emulsifies. Add more of the preferred seasonings, if desired. If a much thicker dressing is desired, add 1 tbsp of linseed oil before blending the dressing.

Pour the alkaline dressing all over the salad and toss well. Enjoy the alkaline salad!

