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TOP 10 NUTRITION MISTAKES

**A Comprehensive Guide to
Avoid Weight-Loss
Pitfalls!**



by Emma Deangela

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before we begin...

Why Do Most Diet Plans Fail?

Have you spent a whole load of money and considerable time on diet programs and 'health foods' that promised results, but only to leave you disappointed? You may be committing one of these Top 10 Nutrition Mistakes that is hindering your success. Be sure to read and understand them to avoid all these pitfalls when you are on The Alkaline Diet!

10 Common Nutrition Mistakes

1. Writing the alkaline diet off as a ‘diet for the tree-huggers’

“The Alkaline Diet is not for me. I don’t want to be a prisoner to food, and I can’t give up meat!” A group of our customers share these sentiments. Many people actually mistake The Alkaline Diet to be a highly restrictive, vegan or vegetarian-like diet. Yes, the bulk of alkalinity comes from eating fresh, whole fruits and vegetables (not the processed or withered down kind), and to achieve the best results in the shortest time possible, your body needs to rid itself of the acidic toxins.

Therefore, during the initial stage of 1 week or so, it is highly recommended to commit to a diet comprising mainly of fruits and vegetables, nut and pulses, and whole grains. But if you are not ready to jump into the bandwagon and write off meat in the initial stages, you can slowly ease it off by gradually reducing the portion.

For example, if you are used to eating an entire steak and fries for dinner, on Day 1, retain the steak but skip the fries! Replace the fries something healthier and more alkaline, e.g. stir-fried broccoli. Do this gradually by reducing one portion of your daily

unhealthy food and you'll soon find that it'll become a habit. Another trick is to eat alkaline whenever you can. If you don't have much healthy lunch choices at your workplace, bring some food to work (more economical in the long run). Or, you can make do with the unhealthy selection during lunch but head back home to prepare your healthy dinner!

Just remember, although there are no shortcuts to The Alkaline Diet Program, it is flexible. You don't have to freak out or worry excessively if you can't find time to prepare your meal or if there aren't healthier choices available.

2. Giving Up Sugar for Artificial Sweeteners

Don't get me wrong, giving up sugar is good for you! As you may have already know, sugar is one of the deadly culprits of weight gain. Highly addictive, sugar spikes your blood sugar and you'll derive a feel-good feeling from eating sugar-coated foods. The improved mood from consuming sweets, sweetened chocolate chocolate and soft drinks is no different from drugs. Over consumption of processed sugar, like white sugar, forms acidic ash in your body which will rob you of your energy and hinder your weight loss efforts.



It's amazing that most Americans don't realize how much sugar they are consuming every day. The consumption of fruit juices, health drinks (think of bottle water supplemented with synthesized vitamins), biscuits, cereals, ketchup sauce and the list goes on. They are heavily laden with sugar. You are no different from grabbing a tablespoon, scooping a few scoops of sugar and stuffing them in your mouth (Yes, it's that serious).

For most processed food, you can find sugar as one of the main ingredients when you read the ingredients list. If you see any of this sugar or disguised sugar form in the first 5 ingredients on the package, avoid them:

- sucrose
- maltose
- high fructose corn syrup
- evaporated cane juice
- cane sugar, malt syrup
- syrup
- xylose
- maple syrup
- rice syrup
- corn sweetener
- fruit juice concentrate
- saccharose
- dextrose
- fructose

- invert sugar
- lactose
- crystalline fructose

If you can fight off your sugar cravings, chances are you will see the numbers on the weighing scale dip, without you lifting a finger! Take note that the first few days of fighting the cravings will be tough. Weaning sugar is like kicking off a nasty drug addiction, and once your body is detoxed from all the acidic sugary ash, your cravings will be gone.

In the process of weaning yourself off sugar, you begin to look for sugar-substitutes - something that is as yummy as sugar and taste just as sweet. The desire for sugar makes it so easy to succumb to artificial sweeteners.

Artificial sweeteners are marketed as sugar substitutes that are suitable for diabetics. The next time you go shopping, if you pick up a product that states 'suitable for diabetics', it is likely to contain one of the following, all of which are even worse than sugar.

- aspartame
- saccharin
- sucralose
- sorbitol



Some of the foods that contain artificial sweeteners are Diet Coke, vitamins that give off effervescence, diabetic sweets, and certain health drinks.

Artificial sugar is produced in the lab, and will disrupt the hormones production in your body. This means that aspartame and the like make it harder for your body to burn off fats and calories. Besides disrupting your weight loss efforts, studies have shown that aspartame is linked to cancer.

If you want something sweet without sacrificing a healthy body, try stevia or natural, raw, unprocessed honey. Stevia is 30 times sweeter than sugar, and comes from a plant, so a little stevia goes a long way in sweetening your coffee or tea!

The best part is that it does not contain any calories, and has zero glycemic index, so it won't spike your blood sugar level. Buy unprocessed, raw honey instead of pasteurized honey. You can purchase both products at your local health food store or supermarkets.



3. Avoiding Fat like the Plague

While Atkins dictates you to consume a diet full of proteins, the next worst thing that you are scammed of is eliminating fats from your diet. Remove the animal fats! Less oil when you are cooking! Skip the extra virgin olive oil when you are preparing the salad dressing!

Right? You can't be more wrong. These advice are only half-truths. The truth is that you should kick off deep-fried foods from your diet. There is no exception. Fried foods like french fries, deep fried chicken cutlet, are fatty foods you should avoid like the plague. This is especially so if you buy these from food stalls.

When you prepare fried foods at home, you use fresh oil, and switch to a brand new batch after one round of frying. But what about fried foods prepared by most vendors? They re-use the oil, and filter them, and volia, it is used to deep-fry yet another batch of french fries. The re-used oil gets toxic and produces carcinogenic agent, giving off a foul-smelling stench.

Besides deep-fried foods, another type of oil that you should steer clear from is hydrogenated oil. So it means things like margarine, doughnuts and candy bars are a big NO.

The healthy fats that you should include in your diet are fish and nut sources of fats. Think Omega 3 from wild fish that is so crucial to build your body's immune system and also provides anti-inflammatory properties, and prevent infections in the body.

If your body lacks Omega 3, it is very difficult for you to lose weight. Sources of Omega 3 include wild fish like salmon, mackerel, flax seeds, chia seeds and even free-range eggs. If you find yourself deficient of Omega 3, it can lead to hair loss, a weakened cardiovascular function, and duller moods. Look for pharmaceutical grade fish oil to ensure that you are receiving sufficient Omega 3 intake daily.



4. Go on a No-Carbo diet

“ I lost weight on the Atkins diet. Totally carbs-free, and I get to eat my meat *and* lose pounds at the same time!” Sounds familiar? A few years back when the Atkins diet was highly popular, many celebrities endorse it as the next in-thing. It’s not uncommon to see office ladies queuing up at salad bars choosing only the meat and vegetable option, skipping out on the carbohydrate altogether.

Do people lose weight while going on a no-carbo diet? Yes, definitely, but be prepared for a *horrible experience*. Besides feeling extremely constipated, it is common to smell foul gas from the body, and having extremely bad breath that will make you feel embarrassed speaking even to your best friend.

Another side effect is extreme fatigue, dizziness, insomnia and other digestive disorder. You wouldn’t last long on this diet because the excitement of losing weight (albeit temporarily and unhealthy) die down fast when the side effects caught up and is too much to bear.

Cutting down on carbohydrates, especially processed carbohydrates like white bread, pasta, is one of the *key* ways to keeping lean, but remember the golden rule - reduce the processed carbs and increase high density unprocessed carbs like brown rice and quinoa.

Besides eating foods rich in good carbohydrates that make you feel full without eating too much of it, you should also indulge in fiber-rich food. The fibers - insoluble and soluble ones act like a broom to sweep the toxins of your body.

Without the toxic burden, your liver and adrenal glands are able to produce fat burning hormones even when you are not exercising. Your body literally becomes a fat-burning machine 24/7, all because you have chosen your carbs wisely!



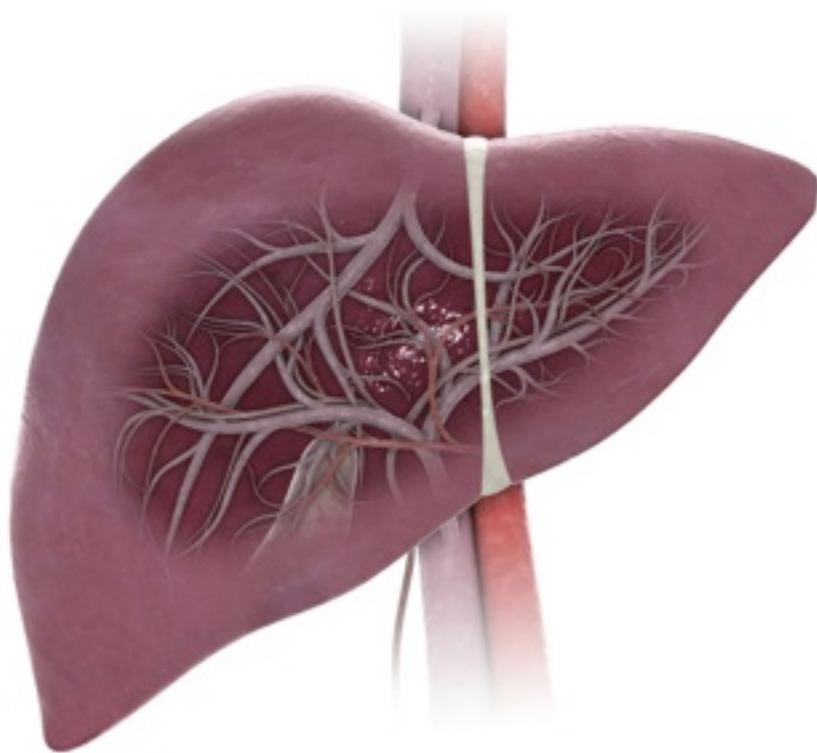
5. Factory-made substances is NOT Food

We see these advertisements popping in front of the TV screen, bright colors with a slim lady or buff guy introducing a brand-new health product that is going to blow your minds away. If these processed 'health foods' work their magic, why is the number of obese Americans increasing? I assure you that it's no coincidence!

The rule of the thumb is, if you can't pronounce the chemicals in your food or have no idea where it comes from, ditch it. You're better off without these hydrolyzed vegetable proteins, artificial sweeteners and other junk clogging up your system! Never substitute natural foods for convenience as you will be paying your dues when you are older and your body functions less optimally as compared to when you are young.

But how do these laboratory foods affect your weight loss endeavours? Artificial substances are not welcomed by the liver, which is in charge of the detoxifying process. These chemicals are toxins to the body and the liver will be exhausted from cleansing your body from the toxins that it is too worn out to burn body fats.

The lack of synthesis of Insulin Growth Factor (IGF), a fat-burning hormone responsible for (you guessed it) burning fats, especially during your sleep. A severe shortage of the IGF due to eating garbage food is certainly one of the main culprits of weight gain.



6. Dehydrating Yourself

Our body is three quarters made up of water, so it's important that you drink at least 8 glasses of fresh, preferably alkaline water to cleanse your body of toxins.

How do you get alkaline water? Besides water filters, you can add a dash of freshly squeezed lemon to your jug of water to increase the pH, and also to add a little citrusy flavor. Another plus point about drinking water is the ability to boost metabolism, by clearing the liver of toxins and ensuring it produces the fat-burning hormones - a job that is attributed to the liver to assist in weight loss.



Besides being great for your metabolism, drinking a large amount of water also helps your body to move bowels easily, and it is also a natural diuretic.

Many people mistake dehydration as hunger when all they needed was to drink a glass of water to avoid consuming unhealthy snacks which are often laden with hydrogenated oil and calories. All you need to do is to drink a glass of filtered water before your dinner to avoid over-eating. The great bonus about water - it is cheap and clean water can be found easily!

7. You Can't Make Up for Lost Sleep on Weekends

Wake up at 6.30am, get through the day, and head home at 8pm. Grab a late dinner and after showering, it's time for the prime time TV show at 10pm. And there's still computer games and Facebook! Very soon, it'll be past 12 midnight and you're still not in bed.

Sounds familiar? If you keep up with this from the start of the week, you'll be pretty drained by Friday as you sleep less than 7 hours a day, which is really the minimum amount of rest time you should try to achieve. It's best to be in bed by 11pm to allow your body to detoxify itself and prepare itself for deep sleep.



How about catching up on lost sleep on weekends? Have you ever tried sleeping at 2am on Friday and waking up at 3pm on the following Saturday afternoon, only to find yourself still exhausted even though you've slept for more than 12 hours?

The truth is that your body has already lost 'gasp' - 5 days of repairing and restoration mode from Mondays to Fridays where the ideal optimal period is from 11am-3am. Thus the essential time for your liver and adrenals to detox and repair the body's cells is impaired, which in turn hinders your weight loss efforts! So make it a good habit and discipline to stick to proper sleeping and waking hours!

8. Being Sucked Dry By Fake ‘Health Foods’

What defines health food? According to many billion dollar health food companies, it refers to processed, pre-packaged foods that contain “certain ingredients” to boost certain functions of your body, like filled with antioxidants, or can help to burn fats. But the truth is, you have been cheated.

Have you ever bought tons of health foods in a desperate attempt to lose weight, only to find yourself gaining even more weight after that? The culprit is **hydrogenated oil** found in many of these health foods. If you do a quick browsing at the supermarket, you will find that almost all of the energy bars, snack bars, health bars and protein shakes contain hydrogenated oil, artificial flavor, Fractionated Palm Kernel Oil, Evaporated cane juice syrup and rice crisp that are highly processed. So how can they ever be good for you?

Another myth has to do with **coconut oil**. You see, a few decades ago where the soy farmers were thinking of ways to market their soy products and a health food, they managed to find universities to conduct skewed research, by shining the limelight on saturated fats in coconut oil and forging the connection to heart disease. I call it The Soy Deception.

After the rampant attacks on coconut oil, it is being labelled as being rich in saturated fats, clogging arteries and skyrocketing

cholesterol level, finally linking it to an increase risk in heart attack and high blood pressure. Besides marketing soy aggressively, it is also touted as the next 'health food' which contains isoflavone to fight against cancer.

Do you know that many of these soy bean oils and soy products come in the form of hydrogenated soy bean oil, which has been subjected to high heating and contains toxic trans fatty acids. Besides hydrogenated soy bean oil, there are also other substances added to substitute for pure soy bean oil, so it's almost certain that you will *not* get non-GMO, unprocessed soy bean oil in supposedly healthy soy products.



In fact, coconut oil (unprocessed or extra virgin types and not the hydrogenated oil), contains medium chain fatty acid which is resistant to high heat. Also, natives from tropical countries have been using coconut oil as their main cooking oil for many years and there has not been any correlation between coconut oil consumption and cardiovascular diseases.

Another tactic by the Western media is to uncover the reason behind healthier and slimmer Asians and drawing a relation to high consumption of soy products. Do you know that Asians don't make soy the bulk of their diet? Most of the soy products come in the form of fermented soy sauce, tempeh, miso, natto and not the textured soy protein that we see in veggie burgers and mock meat. So avoid unfermented soy, especially those that come from GMO, to avoid imbalance in the thyroid functions and to keep the metabolism rate high to burn off fats easily.

9. Eating Without Discipline

Here's some very bad eating habits and trust me, 80% of sick and unhealthy people have made at least one of these mistakes. Don't fall prey to them and look for alternatives to manage your hunger pangs:

- **Celebrating with food**

You should never celebrate with junk food like fast foods, fries, pizzas and ice cream. Once you start celebrating with these comfort foods, it will be easy for you to celebrate every other occasion 'once in a while', and it may pave the way for emotional eating. Typically celebration using foods often conjure the image of sweet, sugary treats. Why not reward yourself with almond spread on sprouted bread, or even a delicious plate of fruit salad? Better yet, celebrate by rewarding yourself with a movie or buying yourself a new book.



- **Eating at Different Frequencies Throughout the Day**

Eating at irregular intervals with varying portions hurts your metabolism. One of the age-old adage is to consume a hearty breakfast as it is the most important meal of the day.

Breakfast is indeed important as it kicks the body from its slumber, and by digesting breakfast, the metabolism engine is ignited. If you delay breakfast or skip it altogether, the metabolism engine will start a few hours later, and imagine the number of fat burning hours you will lost. Your body will also assume that you don't need to burn off as many fats, and your metabolism will slow down.

Another bad misconception about breakfast is the contents of the breakfast itself. How many times have you seen in movies and dramas where sausages and sunny-side up are served with a glass of milk or pre-packaged orange juice? These are definitely not the kind of breakfast that you should eating. Try some freshly made fruit smoothies (made from almond milk and not cow's milk), and a plate of fresh berries.

Another poor eating frequency is to eat late at night. You are usually sanctuary in the evening and snacking or having supper on your couch just means that you are going to pile up the calories and storing them as fats before bed time.

To break this eating pattern, eat at regular intervals throughout the day. It is advisable to have 5 light meals instead of 2 heavy meals so that you will not feel hungry at night. If the hunger pangs are too much to bear, grab some fruits like berries. The chewing action sends a signal to your brain that you are having food intake and it will help to make you think that you are already full.

- **Telling yourself, it's just 'one more'**

How many times have you engaged in self-talk that it's just another chocolate, just another chips, just another slice of cake? These 'just-anothers' are going to stop you from achieving your goals.

If you feel hungry and would like to snack, stay away from candy bars and the likes. Opt for healthier foods like a quinoa cracker, fruits and vegetables salad, or even raw nuts. Keep sufficient supply in your home and office so you will always have these healthier options available at your convenience.

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10. Going On a Starvation Diet

The last mistake is probably the worst of all. Slimming salons and health products often promise fast results, at the expense of a strictly controlled diet. Surviving on apples and water only all day is just a very miserable crash diet.

The good news is that you will see a drop in the numbers on the weighing scale. The bad news? These are only loss of fluid and muscle mass! The fats don't get burned off so you are literally starving yourself but the fats still won't go away. You will see your weight yo-yo after you stop starving yourself, which is the last thing you've ever wanted.

To see success on shedding the pounds, it makes sense to commit yourself to healthy eating and exercising. Remember, the key to staying successful on the Alkaline Diet is to make lifestyle changes that you can commit to.

Stay motivated by reminding yourself how you will look and feel after you have successfully stayed on the diet. Once you have realized the change it has made to your health and body, eating Alkaline will become a habit instead of a discipline routine! You will be surprised at the change!