

Acid Alkaline Diet SIMPLIFIED!

Quick Start Guide



ACID ALKALINE DIET SIMPLIFIED! QUICK START GUIDE

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Quick Start Guide: What to do Today!

I know how hard it is to get started! More often than not, getting started is what stands between you and the greatness you could have in your life.

Research shows that over 90% of people never get past the first chapter of the books they buy. This Quick Start Guide is meant to change all that...

Start Where You Are...

You have already made a decision to change your life for the better by investing in this home study course, and it would be a shame if you became one of the statistics.

Let's not waste time worrying about whether you're doing this right... you're going to make mistakes, and that's part of life.

What's for sure is that **you'll be better off than you were before you started, even when you make mistakes!**

So start where you are. No need to prepare. No need to wait.

You already have everything you need to get started... **so let's go!**

4 Steps To Alkalizing In 15 Minutes - Right Now!

If you have never alkalized before, follow these steps, and **you'll be alkalizing in the next 15 minutes:**

Step #1. Go to your kitchen, and pour water into four tall glasses. If you have lemons or limes, cut one into slices, and squeeze a slice into each of the glasses (you can throw the slice in too if you like). Then put a small pinch of baking soda in each glass, give it a quick stir, and you're ready to go!

Drink one right there on the spot, and set the other 3 aside. Drink these before you go to sleep tonight. Why? Because the most important point about alkalizing is hydrating with good, alkaline waters... and you must start this right now.

Step #2. Grab a pen and a piece of paper. Go to your fridge, and write down everything you have in the fridge. Circle all the raw vegetables (not frozen, cooked, fried, nuked, toasted, boiled or sautéed). Do you have enough for a big, fresh salad? If you do, make a point of eating the biggest salad you can make with your next meals of the day (of course, share with the rest of your family! 😊) If you don't, make sure you go shopping for salad stuff right away.

Step #3. Use the same pen and paper to write down everything you ate or drank today. Be sure not to miss anything... if it passed your lips, it goes on the list. Then circle everything that was frozen, cooked, fried, nuked, toasted, boiled, or sautéed. Everything you circled was probably acidic!

Step #4. Take out your calendar, and block off 2 hours each week for the next 6 weeks at a time where you will not be disturbed. Make a date with yourself to read the home study course manual during that time. If you don't do this, you could very well join the statistics I mentioned above.

So what did you accomplish in these four simple steps?

1. You began hydrating your body for better health.
2. You took a tally of what you have to work with.
3. You (hopefully) will be adding a significant alkaline food to the rest of your meals today.
4. You started to take note of what you're feeding your body.
5. **You started to alkalize!**

See, that wasn't that hard, was it? 😊

Here's What To Do Today

Now that you've gotten started, we need to make sure you **stay on course**. Here are the steps to follow to set yourself up for success:

- Step #1.** Make sure you have all the pieces to the home study course. Do this by comparing the list of files you downloaded to the list found in the "Packing List" file in the download package. If you're missing anything, go back and download it off the website.
- Step #2.** Open the "Acid Alkaline Diet Simplified!" course manual on your computer, and make sure your printer is hooked up and ready to go.
- Step #3.** Print out the Alkaline Food Chart. It's in the Appendices at the end of the course manual. Stick it on your fridge door for easy reference. Review this Chart and start to make conscious decisions at each meal to eat more of the foods on the Alkaline side of the Chart and to avoid the foods on the Acidic side of the Chart.
- Step #4.** Print out the Sample Menu and Alkalizing Recipes pages... they're also in the Appendices at the end of the course manual. Start to read through these recipes and pick out a couple you think you'll like. You probably won't have a lot of the ingredients, but at least you'll start to become familiar with the ingredients and look for them the next time you go shopping.
- Step #5.** Print out the Shopping List. It is also in the Appendices at the end of the course manual. Mark the ingredients from the recipes you selected in Step #4 above, and make sure you pick these up the next time you go shopping.
- Step #6.** Go shopping for good foods. Compare what you need to get with what you have in your fridge already (see Step #2 above). I know that a lot of the ingredients and items on the Shopping List are not found in every town and every country, but do your best. Again, **it's important that you get started**... you'll get better at it as you keep going. You'll find farmers markets, health food stores, and other quality stores where you can get alkaline foods. Don't forget to pick up some distilled water, if you don't have a quality water filter at home (See the Chapter 2 in the home study course manual).
- Step #7.** If you haven't done it already, take out your calendar, and block off 2 hours each week for the next 6 weeks at a time where you will not be disturbed. Make a date with yourself to read the home study course manual during that time. **I can't emphasize enough how important it is to do this!**

If you follow these steps, you should be well on your way to succeeding with this course!