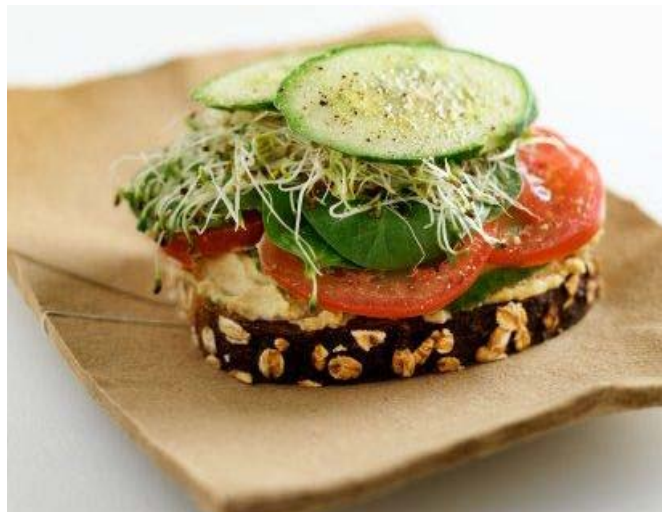


# ACID ALKALINE DIET SIMPLIFIED!

## COURSE MANUAL



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<http://www.AcidAlkalineDiet.com>

**or the forum:**

<http://www.AcidAlkalineDiet.com/forum>

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## Welcome to *Acid Alkaline Diet Simplified!*

Dear Friend,

Welcome to *Acid Alkaline Diet Simplified!*, and congratulations on your commitment to take your body and your life to the next level. As you begin this program, you are taking the first steps towards transforming your health and vitality. I am thrilled to share this incredible information with you, not just because they are the culmination of my many years of experience in the field, but because they have helped thousands of people just like you achieve a new level of health and vitality. *Acid Alkaline Diet Simplified!* is an opportunity not just to talk about, but to experience an extraordinary, healthy lifestyle.

Over 10 years ago, I began to study the methods that have become *Acid Alkaline Diet Simplified!*. For many years, I observed and researched all the fad diets, supplements, magic pills, and gadgets that promised overnight fitness, and wondered if staying healthy was necessarily as difficult as it seemed.

The question I attempted to answer was: how can we prevent our health from deteriorating, or better yet, how can we regain our youth. In our life time, we go from the point when we seemed to be running on a nuclear reactor (just look at any kid under 6 years old and you'll know what I mean) to the point where we are literally falling apart at the seams, getting worse every day. Why?

What I discovered in the past few years has not only answered these questions, but has given me a clear, simple answer to the puzzle of health. I now realize that health need not be difficult to maintain or regain. The principles I have learned have not only been proven by science, but they have prompted many scientists to take an active stance to spread the good knowledge.

*Acid Alkaline Diet Simplified!* is your chance to learn how I have created a level of consistent health and energy. But don't just take my word for it! Apply seriously the principles I have listed in this course for the duration and judge their vitality first hand by the results they produce. When you understand how your body works and give it the respect and care it deserves, it will take care of you!

Make a point to enjoy this course and have fun with it... but most importantly use it! In order for you achieve your health goals and physical vitality, you must make these principles a part of your life. Always keep in mind that what you have done so far for your health has given you the results you have today... so if you want better (or just different) results, you must take different actions. Congratulations once again on making the commitment to take action, and to create an extraordinary health and vitality.

To your health,

Michael Murray, LE  
Nutritional Coach

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## Read This Only If You Want This To Work!

In the previous version of my home study course, I had included a nice introduction that made the case for alkalizing, what it was all about, and why it was so critical to healthy living...

I was so proud of it! It took me a while to write it, and I thought it made a lot of sense.

It turns out that **9 out of 10 people didn't read it!!!!**

It seems that they were more interested in *diving right in*, and didn't have the patience to read a couple of pages of "fluff" (their words, not mine)! So I moved that entire section to the end of this manual (see Appendix G)...

So, let's dive right in!...

### ***Where Do I Start?***

The first thing to do is to open the Quick Start Guide that accompanied the home study course. That Guide includes instructions for what to do right now, today, and this week.

Open that file right now, and follow the instructions listed there the best way you can. It will only take you 15 minutes to get started with alkalizing your body right now!

Once you're finished with the Quick Start Guide, come back to this point in the program and continue reading.

### ***How Is the Program Organized?***

In this course, you will learn how to notice, understand, and support your body.

The course doesn't make any assumptions about your health or your level of understanding of the topics covered. So if you are an old hand at some of the topics I cover, I strongly urge you to read those topics anyway. I have made every effort to provide you with information you can use, as opposed to theoretical knowledge that doesn't apply to your daily life.

There is something useful for everyone in every lesson!

The course is divided into five weekly lessons and homework assignments. You should set aside two hours each week, at the beginning of your week, to go through the lesson for that week and to map out an action plan for your week.

It is absolutely critical that you read all the material for each week before proceeding with that week's homework assignments. Frequently, the main point of a lesson is made towards the end of the lesson, and if you skip reading the lesson in its entirety, you'll probably miss the boat!

As with anything else in life, you will get out of this course only what you put into it.

If you skip the material covered in the lessons, or if you do not do the homework assignments, you will be shooting yourself in the foot. You have already invested in this course... why not play all out to get the maximum benefits you could get?

It only takes five short weeks to rebuild a foundation for your health and vitality. So make a commitment to stay the course.

### Let Yourself Win

There is a saying "What gets measured, gets done. What gets recorded gets done better!"

I want you to do better. I want you to make a point to report to yourself your own successes and failures. To help you do that, I have provided you with a [Success Area](http://acidalkalinediet.com/forum) on the forum: (<http://acidalkalinediet.com/forum>). You will need to register there and create a new thread for yourself where you will record your progress.

This is your task to do Right Now:

**Step 1)** Register on the forum:

<http://acidalkalinediet.com/forum/profile.php?mode=register&agreed=true>

**Step 2)** Go to the introduce yourself section. Then I want you to create a new post and add the following right now:

- Your initial health conditions
- What you have done so far to fix them (and the results)
- Your top three health conditions that you want to change

Feel free to add your story if you like.

**Step 3)** Next go to the success log area and you are going to create your daily log thread.

Create your thread and call it something like "Michael's Success Journey" or something similar.

You will use this Success Log to keep your motivation high, until you build the necessary momentum to carry you forward past this course.

I want you to review and post your progress at least weekly, you can do it daily if that will keep you on track. It is a beautifully motivating and satisfying thing to see health problems, aches and pains disappear.

Before you proceed to lesson one, make sure you do the steps above.

Start right now!

Don't wait until tomorrow or the beginning of the week. Stand where you are, and begin your journey into better health and vitality *this instant!* Don't you deserve it?

Proceed to Lesson One *ONLY* once you have finished your work here.



## Lesson 1: Borrow Nature's Gold

### Lesson Goals:

- Learn the critical role proper hydration plays in the alkaline diet.
- Learn to recognize and identify the signs of dehydration.
- Learn how to hydrate properly and what kinds of waters to use.
- Identify how much water you need to drink, and set a schedule for increasing your water intake to get there.

Perhaps you have heard the adage "Nature's gold is green"... Well, the gold we're talking about here is not green, golden, red, yellow, or any other color. As a matter of fact, the gold I'm referring to doesn't have *any* color (or at least, it shouldn't).

### **Want To Be Rich?**

I'm sure by now you've recognized that the gold that I was referring to is WATER.

Water is an essential and *the* major component of all living matter, and the largest single component of our bodies. Water is the *one* substance (other than oxygen) that we must absolutely have if we are to survive.

An adult can live several weeks without food, but no more than about 10 days without water:

- You can lose 50% of your glucose and survive,
- You can lose 50% of your body fat and survive,
- You can lose 50% of your protein and survive,
- You can lose only 20% of your water before you die of dehydration!

Our brains are approximately 80% water. Keep in mind that when we are born our bodies are 90% water and 10% matter. As an aging adult, our bodies begin losing water, dehydration sets in, and hydration falls to about 70% water and 30% matter. Upon death, the body is only 50% water!

Interestingly, because of the gradualness of the sensation of thirst over a number of years, our bodies become chronically and increasingly dehydrated, from an early adult age... and we don't even notice it! Just because we don't feel thirsty, it doesn't mean that we are not dehydrated.



Since the water we drink provides for all cellular and bodily functions (digestion, respiration, perspiration, elimination just to name a few), the decrease in our daily water intake affects the efficiency of all cellular activity.

Try to visualize your cells as a fish in a fish bowl: Just like the fish is only as healthy as the water it swims in, the cell is only as healthy as the fluids it is bathed in! As our bodies become more and more dehydrated (and polluted by the things we put in our bodies – more on that in the following chapters), the integrity of the fluids inside and outside our cells is compromised... and just like a fish in a fish bowl, our cells begin to get sick and fail, and so does our health!

Still not convinced that you simply *must* drink more water? Well, then consider this: incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off.

Although most of us take it for granted, water may be the only true “magic potion” for permanent weight loss. If weight loss was one of the goals you listed above, or if you suffer from water retention, you simply *must* read the following article by Dr. Donald S. Robertson M.D., M.Sc., the medical director of Southwest Bariatric Nutrition Center in Scottsdale, AZ. He emphasizes the critical importance of water as follows:

Water naturally suppresses the appetite and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

Here's why: The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver.

One of liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes less fat, thus more fat remains stored in the body and weight loss stops.

**Drinking enough water is the best treatment for fluid retention.** When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen feet, legs, and hands.

Diuretics offer a temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity. Thus the condition quickly returns.

The best way to overcome the problem of water retention is to give your body what it needs: plenty of water. Only then will stored water be released.

If you have a constant problem with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The more salt you eat, the more water your system retains to dilute it.

But getting rid of unneeded salt is easy – just drink more water. As it's forced through the kidneys, it takes *away* excess sodium.

**The overweight person needs more water than the thin one.** Larger people have larger metabolic loads. Since we know that water is the key to fat metabolism, it

follows that the overweight person needs more water.

**Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration.** It also helps to prevent the sagging skin that usually follows weight loss. Shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy, and resilient.

**Water helps rid the body of waste.** During weight loss, the body has a lot more waste to get rid of – all the metabolized fat must be shed. Again, adequate water helps flush out the waste.

**Water can help relieve constipation.** When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But when a person drinks enough water, normal bowel function usually returns.

So far, we've discovered some remarkable truths about water and weight loss:

- The body will not function properly without enough water and can't metabolize stored fat efficiently.
- Retained water shows up as excess weight.
- To get rid of excess water you must drink more water.
- Drinking water is essential to weight loss

How much water is enough? On the average, a person should drink six to eight glasses every day, and it's best to have small amounts throughout the day. Four ounces of water – every 30 minutes to one hour – is much more balanced than guzzling all at one time.

When the body gets the water it needs to function optimally, its fluids are perfectly balanced. When this happens you have reached the "breakthrough point." What does this mean?

- Endocrine-gland function improves.
- Fluid retention is alleviated as stored water is lost.
- More fat is used as fuel because the liver is free to metabolize stored fat.
- Natural thirst returns.
- There is a loss of hunger almost overnight.

If you stop drinking enough water, your body fluids will be thrown out of balance again, and you may experience fluid retention, unexplained weight gain, and loss of thirst. To remedy the situation you'll have to go back and force another "breakthrough."

Source: Robertson, Donald S. M.D., M. SC., Robertson, Carol P., *The Snowbird Diet*, Warner Books, 1996.

So if you want to be rich – with health and vitality that is – then you must keep your body hydrated. But how do you hydrate properly, what kinds of water/liquids count, and how much should you drink? I'm glad you asked...

## How Do You Hydrate Properly?

So, how do you hydrate properly? Well, before we can get to that, we need to take a look at where we stand. After all, you can't plot a course to point B if you don't know where point A is, right?

So, let's go through an exercise together that will hopefully put things in perspective for you. In the space below, write down everything that has crossed your lips in the past 24 hours. Include both liquids and solids. And don't forget, you've got to be brutally honest; otherwise the only person losing is you!

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Let's look at a typical American diet. See if you can figure out why this person might not feel very energetic and perform at his/her best? Does your diet look something like this?

### **SAD For 24 Hours (Standard American Diet)**

- 2 Cups of coffee with creamer
- 1 Muffin
- 1 Milky Way bar
- 1 Taco Bell Double Decker Taco
- 1 Bag of chips
- 3 Sodas
- 2 Granola bars
- 1 Plate of veal and pasta
- 2 Cups of ice cream
- 2 Cookies

As you can see from this SAD example, this individual is forcing his/her body to work overtime to squeeze out whatever moisture it can from the dry foods he/she is eating.

He/she is asking her body to perform some amazing miracles: take all this dry food, somehow get enough water to digest it all, and then get even more water from somewhere to flush out the impurities in the food and liquids, as well as those that are created by normal bodily processes.

And to make things even worse, the liquids he/she is drinking are *dehydrating* his/her body even more! The caffeine in the coffee and sodas alone will soak up more water when it is being flushed out of his/her body than the liquid it came in.

And then there is the other junk he/she put in the coffee and the artificial colors and sweeteners in the soda that his/her body must flush out (more on artificial sweeteners in the chapter on sugars).

So the point of proper hydration is not only about drinking water; it is also about eating foods that are water-rich and avoiding those that dehydrate you. Ever had a slice of pizza with soda? Or a bag of chips? Or a cup of coffee? Remember how your mouth felt after eating/drinking it? That dry, pasty feeling in your mouth is your body telling you that what you just asked it to deal with is dehydrating you. And that's not the worst of it! (More on that later)

Our bodies consist of 70% water. Doesn't it stand to reason that our diets should also reflect that reality? A diet that consists of 70% pure water and water-rich foods is the only one that allows your body to cleanse itself. The typical American diet that consists of only 15% water-rich foods is nothing but *suicide*, even though it's committed over a number of years.

## ACID ALKALINE DIET SIMPLIFIED!

So what are some water-rich foods? Here's a short table of water content of some common foods. See if you can figure out what foods you should be eating more of, and which ones you should avoid.

### Water Content of Some Common Foods

<u>Food</u>	<u>%</u>	<u>Food</u>	<u>%</u>
Cucumbers Raw	96%	Cherries raw	80%
Lettuce Head	96%	Fruit Cocktail	80%
Squash Boiled	96%	Potatoes Boiled	80%
Watermelon	95%	Bananas	76%
Celery	94%	Eggs Raw Whole	74%
Tomatoes Raw	93%	Pasta Cooked	72%
Bean Sprouts	92%	Chicken Grilled	71%
Broccoli	92%	Sweet Potatoes Boiled	71%
Cabbage Raw	92%	Fish Baked	68%
Eggplant Raw	92%	Turkey Roasted	62%
Spinach Raw	92%	Veal Grilled	60%
Cauliflower Raw	91%	Ham Smoked Cooked	54%
Carrots Raw	90%	Beef Steak	50%
Peaches Raw	90%	Pork Chops Grilled	45%
Strawberries Raw	90%	Cheese	39%
Watercress Raw	90%	Bread	36%
Onions	89%	Cake	32%
Papaya Raw	89%	Jams/Preserves	30%
Grapefruit Raw	88%	Margarine	20%
Oranges	88%	Butter	16%
Plums Raw	87%	Honey	15%
Parsley Raw	86%	Corn Chips	10%
Apples	85%	Almonds Raw	7%
Apricots	85%	Pecans	7%
Pineapple Raw	85%	Peanuts Shelled	6%
Grapes	82%	Biscuits	4%
Pears Raw	82%	Cereal	4%
Peas Raw	81%	Walnuts Raw	4%
Raspberries	81%	Oil	0%

Source: *Nutrition and Physical Fitness* 9th Edition by L. Jean Bogert Ph.D., George M. Briggs, Ph.D. and Doris Howes Calloway, Ph.D..

### Are You A Dried Prune?

So, the important question is: Does your body look like a dry prune on the inside? Here are a few sure-fire ways to know when you are dehydrated. As you read these, try to answer the following questions: Which one of these do you experience? Which one do you experience most often? Afterwards, proceed to the worksheet that is designed to help you gauge your level of hydration.

### 1. Dry, pasty feeling in your mouth, or dry lips.

Everyone is familiar with what that feels like. If you're not familiar with this, then drink a cup of coffee or tea and you'll know what I'm talking about. Unfortunately, most people mistake this sensation for that of hunger. We all have done it at some point: we are thirsty but instead we reach for some food. After all, eating is the best, fastest way to moisten your mouth with saliva, isn't it? This mistake is one of the most common reasons people overeat.

Try this once and see my point for yourself: next time you are hungry, pay attention to how full your stomach is and how dry your mouth is. Drink 2 cups of water (no ice – to allow for quick absorption) and wait 2 minutes. If you are still hungry and your stomach is not full, then you are really hungry.

### 2. Dark-colored, pungent urine.

It's true! I'm not trying to gross you out here. The concentration of impurities in your urine is what causes it to have that darker yellow/orange color and gives it that sharp odor. This tells you two things: there were a lot of impurities to be excreted in the urine *and* there was very little water to use for this excretion.

So, not only are the foods and drinks you're ingesting poisoning your body and forcing it to work hard to eliminate them, but you are also drinking very little water so there isn't much left for your body to use for this vital elimination function.

### 3. Dry skin.

Your skin is the largest organ in your body! When your body needs to eliminate toxins from your system, the skin is one of the first organs to be put to work. In effect, *your skin is your third kidney*. Whatever is happening inside your body is reflected in your skin's condition. If your skin is dry, then your insides are also dry. If your skin is full of pimples and break-outs, then you've got a lot of toxicity in your system – so much so that the toxicity is bubbling up through your skin. Normal human skin is supposed to be soft, flexible, and free of sharp odors.

### 4. Hard stool, constipation or other elimination problems.

Ever spent 15 in the bathroom only to have a one inch piece of rock-hard stool to show for it? Normal elimination is one of the first things your body will fail to do if you are dehydrated. After all, elimination is not a function that is immediately vital to your survival – your body is more interested in your survival than avoiding constipation.

You see, the thing that softens your stool and helps it move down your 30 feet of intestinal track is – you guessed it – WATER! So when you are dehydrated, the waste material in your digestive tract moves through your bowels very slowly. As you eat more and more food, more and more waste products pile up in your digestive tract, and before you know it, you have constipation. Congratulations!

So, the next time you look after you're done – it's OK, we all do it! – pay attention to what your stool looks like. If it's rock-hard and in short pieces, or if it sinks right to the bottom, then you're terribly dehydrated.

### 5. Low energy and weakness.

One of the easiest ways to know when you are dehydrated is to gauge your energy



levels. Assuming you're getting enough oxygen (more on that in later chapters), losing only 2% of your body's water can cause you to feel drowsy, to reduce your mental acuity, to reduce your eye-hand coordination and to reduce muscular strength.

### **6. Water retention.**

This sounds counterintuitive at first, but when we consider that our bodies tend to accumulate things we don't get enough of, we can see why water retention can be a sign of dehydration.

The less water you drink, the more your body thinks it is in famine, the more it will retain all the water it can store.

Water retention can also be the result of improper diet (more on that in later chapter) that forces your body to retain water to maintain proper chemical balance in your bodily fluids (e.g., if you eat something really salty like pizza and chase it down with a can of Coke).

Let's put all of this into perspective.

If you experience any of these conditions, especially for any extended period of time, you probably are drying your body like a prune! A normal, healthy body should not experience any of these conditions. This is a good sign that you are heading down a track that can only lead to more health problems.

When is "now" a good time to turn this train wreck around?

### **How Much Is Enough?**

So, now that you know how dehydrated you are, let's turn our attention to how we can fix the problem. Obviously, we're looking to reverse/prevent the conditions we listed above, so we want to drink enough water to achieve the following:

1. Moist mouth and lips
2. Clear, odor-free urine
3. Soft, odor-free skin
4. Soft stool and frequent, pain-free elimination
5. Steady energy levels
6. No water retention

To do all this, we need to drink *at a minimum* ½ our bodyweight (in lbs.) in ounces of water<sup>1</sup>. For example, a 130 lbs. adult female would drink at a minimum 65 ounces of pure water – that's about two 1 liter bottles.

The key to hydration is to drink less, more often, as opposed to more, less often: drink water throughout the day, not just once or twice during the day.

---

<sup>1</sup> Please consult a physician before making any changes to your dietary intake if you have any health conditions that prevent you from drinking or handling an increased volume of liquids (e.g., kidney failure, urinary track infection, prostate problems).



Ideally, you should take no more than a week to get your fluid intake up to this amount.

Remember, this is the minimum you should be drinking. Obviously, if you are exercising, playing any sports, have any chronic health issues, live/work in a dry place, or are active in general, you should increase this amount by 50%. That is, drink *a minimum* of  $\frac{3}{4}$  of your body weight (in lbs.) in ounces of water. For an active adult female of 130 lbs., that translates to approximately 98 ounces of pure water, or about three 1 liter bottles.

With all this drinking, you'll be going to the bathroom quite a few times. Your body is not used to this much liquid; it is used to being dehydrated and operating in survival mode.

As you hydrate more and your body becomes accustomed to the increased water intake, you'll notice that your frequency of urination levels off – you'll be able to handle your water better.

Think of it this way: you are peeing your way to health! It is a small price to pay for better health.

### What Kind Of Water To Drink?

Believe it or not, water comes in many varieties. A closer look at your favorite supermarket's water section will present you with many options: mountain spring water, drinking water, distilled water, carbonated water, just to name a few.

There is also tap water, and home purification systems that range from the simplest carbon filters (e.g., Brita™ water pitchers) to multi-filter reverse osmosis systems. So, which one is better? Which one should you use?

Let's remember the reason we want to increase our water intake: to remove impurities, toxins, and acids from our system and to provide pure water for our bodies to use. It stands to reason that the water we chose should then be free of impurities, toxins and acids, right?

In addition, as we learned in the first chapter, when dietary and other factors cause an overly acidic condition in our bloodstream, the body is forced to either eliminate or to store away the acidic wastes in order to restore our body's critical pH balance.

If acidic wastes cannot be eliminated through the bowels, lungs, skin, or kidneys, they'll be deposited in various organs such as liver, colon, joints, connective tissues, and muscles including the heart. This in turn leads to all sorts of health problems in the long run.

So the water we drink should help us slow this process down by removing the acid build-up, *not* by adding to it.

So, we must choose only pure water with an *alkaline pH*.

Unfortunately, that is not always possible, practical, or affordable. As you'll see in the following paragraphs, most water has an acidic pH. That is why it is so critical that we alkalize our waters with supplements such as InnerLight's Prime PH or a dash of baking soda. Regardless of what kind of water you choose to drink, always include an alkalizing supplement with the water.

With that in mind, let's consider our options, ranked here by their order of preference.

### BEST – Distilled Water

Distilled water is probably the best overall option, as it is readily available in most supermarkets and presents a cost effective option for everyday use. By its very nature, distilled water does not (should not) contain any impurities, and its pH should be very close to neutral.

In some cases, especially if the water used for distillation is from a chlorinated or municipal water source, chlorine and some other chemicals in the water may be heated into gas and travel with the steam, ending up in the final distillation product.

Be sure to check the labels; distillation should ideally be followed by some form of carbon filtration and/or ozonation.

Also, due to the processing and storage of the water in plastic containers that allow the carbon dioxide from the air to enter the water, the pH of these waters tend to shift towards acidity by the time you buy them in stores<sup>2</sup>.

An alternative to purchasing distilled water in stores is to buy a home distillation system.

These devices cost between \$300 and \$400 and require very little maintenance. If you are considering purchasing a distillation system, be sure to select one that includes a post-distillation filter such as a granular activated carbon filter (see Carbon Filters below).

Regardless of the system you choose, be sure to use an alkalizing agent to correct the water pH imbalance.

### **BEST – KDF Home Purification Systems**

"Kinetic Degradation Fluxion" (KDF) was developed and patented in 1987. This water purification system utilizes an all-natural process in which the "dissimilar" metals copper and zinc create a temporary charge from the flow-through of water that kills microorganisms and alters or removes many problem contaminants. It also conditions water with a "softening" effect.

KDF has been proven<sup>3</sup> to be the best way to remove major contaminants, bacteria, and pesticides from our water, and shown to stay active longer than any other purification method. In most cases, the result is better water than bottled water, at a fraction of the cost.

When this KDF technology is combined with high-quality coconut shell "granular activated carbon" (see Carbon Filters below), the result is truly revolutionary.

The KDF protects the carbon from rapid exhaustion with chlorine by handling the chlorine first, thus allowing the carbon to have a much longer effective life. KDF itself has 10 times or more the length of life of activated carbon! A typical KDF home water purification system does not need filter replacement for 1 ½ to two years.

For best results, be sure to use a KDF water purification system that also uses a ceramic filter. A ceramic filter is a microscopic screening agent, made from a fine clay material. It removes any particles greater than 1/2 micron in size, including most bacteria and parasites.

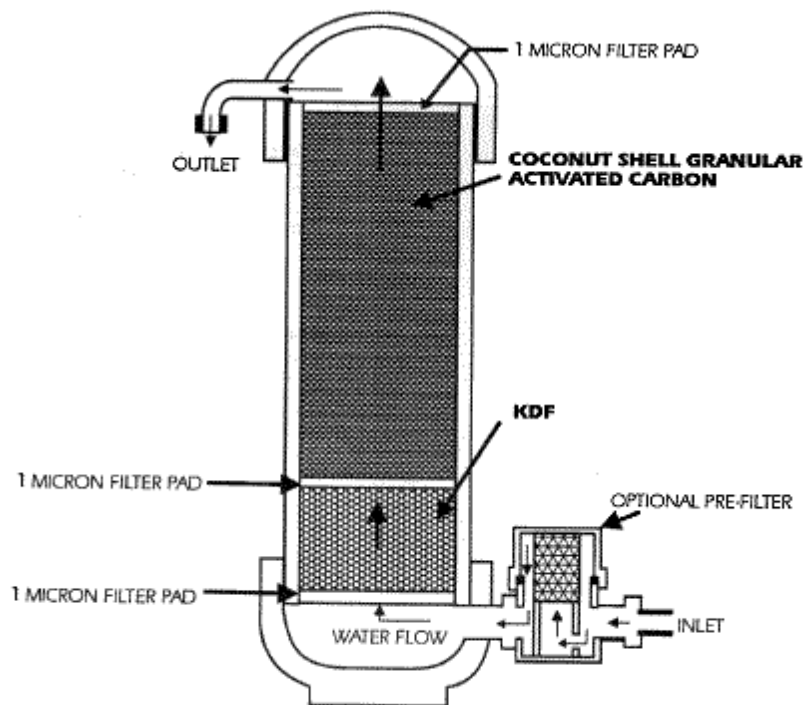
Many water purification systems use multi-step processes that include KDF purification. These would obviously be the best option, and depending on your water usage, might present the most economical option.

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<sup>2</sup> Water + Carbon Dioxide → Carbonic Acid. In chemical terms,  $\text{H}_2\text{O} + \text{CO}_2 \rightarrow \text{H}_2\text{CO}_3$ .

<sup>3</sup> The US Environmental Protection Agency has approved KDF as a "pesticidal device": it has the ability to kill algae, bacteria (including *Pseudomonas fluorescens*, *Vibrio cholera*, *Legionella pneumophila*, and coliforms), fungus, mold, and many parasites and viruses found in drinking water supplies, through the natural process of "electrochemical oxidation/reduction".

**A typical KDF multi-step water purification filter**



I have searched the Internet for reputable companies that offer great deals on these water purification systems. I suggest you save yourself the headache of doing the research and visit [www.acidalkalinediet.com/water.htm](http://www.acidalkalinediet.com/water.htm) to see a list of the ones found.

Of course, no filtration system can change the pH of your original water. So even with a KDF system, you should consider using alkalizing agents such as InnerLight's Prime PH or a dash of baking soda.

### **BETTER – Reverse Osmosis Water**

Reverse osmosis systems are probably the next best option after KDF-purified and distilled water.

The reverse osmosis process uses a semi-permeable membrane to remove and reject up to 99% of impurities and contaminants from water. Contaminants such as iron, lead, nitrate, magnesium, copper, sodium, bacteria, viruses, and much more can be eliminated using only water pressure.

Although most reverse osmosis systems range in cost from a few hundred dollars to thousands of dollars, depending on their intended use and capacity, they present a more cost-effective option than purchasing bottled water (distilled or otherwise).

You should be able to find a decent system for less than \$400 in most hardware stores (e.g., Home Depot, Lowe's), through wholesale clubs (e.g., Costco, Sam's), or online.

There are some key considerations that must be made in purchasing in a reverse osmosis system:

- Reverse osmosis membranes are relatively expensive and can be ruined by sediment, chlorine and bacteria. It is important that a sediment pre-filter and a carbon pre-filter for chlorine are placed in advance of the membrane.
- Reverse osmosis is a slow process. A holding tank is typically used to collect the filtered water for use as needed. Since bacteria, mold and algae can develop in the tank, it should be emptied weekly and freshly filled.
- Timely replacement of the pre-filter, the post-filter, and less frequently the membrane are critical to the proper functionality of a reverse osmosis system. A poorly maintained system can let mold, algae and other contaminants through, which can contribute to health problems.

Alternatively, you can buy water purified through reverse osmosis sold in supermarkets as "Drinking Water" in gallon containers.

Regardless of the system, be sure to use an alkalizing agent to correct the water pH imbalance. You should consider using alkalizing agents such as InnerLight's Prime PH or a dash of baking soda.

### **BETTER – Alkaline Mountain Spring Water (Bottled)**

Not all mountain spring waters are created the same. Most mountain spring water is naturally somewhat acidic. Obviously, the acidity factor and the types and amounts of trace minerals dissolved in the water vary depending on the source.

This information can be easily obtained by calling the company that bottles the water you are interested in buying. The only kinds of mountain spring water I would consider would be those that have a naturally alkaline pH. If you can afford these, they would arguably be the best option.

Waters such as Fiji™, Evian™, and Merlin™ have a naturally alkaline pH, in addition to small quantities of naturally-occurring, beneficial trace elements in these waters that act as alkaline buffers.

Unfortunately, these brands of water are somewhat pricy, and may not present a practical choice for everyday use. In addition, the same truth about shifting pH toward the acidic (mentioned above) holds for these types of water stored in plastic containers.

### **JUST OK – Other Bottled Water**

Bottled water is probably the least affordable and possibly the least reliable source of water you could pick. Most bottled water is nothing but filtered tap water, and unless this filtration process involves distillation and/or KDF filtration, it is likely that much of the contaminants remain in the water.

A report by the U.S. Environmental Policy Institute disclosed that its product testing of over 150 different brands of bottled water shows that bottled water "frequently" contains low levels of contaminants, such as heavy metals and solvents.

This is in addition to the fact that most bottled water has an acidic pH, which not only does not help you in your efforts to rid your body of excess acidity, but it adds to the problem.

Pick bottled water only if you are given a choice between that and water coming out of a carbon filtration pitcher (e.g., Brita™ or Pur™) or tap water.

Regardless of the brand, be sure to use an alkalizing agent to correct the water pH imbalance. You should consider using alkalizing agents such as InnerLight's Prime PH or a dash of baking soda.

### NOT OK – Carbon Filtration (By Itself)

For many years, granular activated carbon (GAC) has been the most commonly used medium for home and industrial water filter applications. Granular carbon will remove chlorine, bad taste, odor, color and organic compounds from water, but it is not effective against metals and other inorganic pollutants. Carbon technology has now become overwhelmed by the enormity of the pollution and other contamination problems we face today.

While GAC is an excellent means of organic pollutant removal, bacteria and molds tend to grow in the filters and on the trapped impurities. That is why filters in popular water pitchers such as Brita™ and Pur™ brands must be changed at least every 30 days or after a preset number of refills. In some instances silver impregnation has been utilized in an attempt to prevent the common problem of bacterial growth in the carbon filter, with questionable results.

To make matters worse, once the carbon filter becomes saturated, it begins dumping particulates into the drinking water - either that, or particulates of carbon begin washing out.

Nonetheless, carbon remains an essential component of water purification because of its unique pore structure and adsorptive quality. Because of the microscopic caverns throughout activated carbon it is able to hold a great amount of contaminants. A small amount of activated carbon is equivalent to a large surface area. But to deal with today's level of contaminants, carbon needs to be combined with other media.

### NOT OK – Tap Water

Despite our great technological advances, our tap water is still far from acceptable. Granted that our ability to filter out impurities and contaminants has improved drastically over the last 50 years, but we have also become much more adept at polluting our waters with newer and never-before-seen contaminants.

And let's not forget that many parts of the country still use old pipes and outdated treatment facilities that simply cannot handle new pollutants.

The list of pollutants regularly occurring in your drinking water is simply *too long to list here*. It is amazing how what you don't know can and indeed *does* hurt you!

Want to see the results of water testing in your city? Just head on over to the Natural Resource Defense Council's web site ([www.nrdc.org/water/drinking/uscities/contents.asp](http://www.nrdc.org/water/drinking/uscities/contents.asp)) and follow the appropriate links.

Just to give you an idea of what you might be drinking every day, here is a *short* list of water contaminants typically found in most tap water:

- **Aluminum** is added to water at virtually all water treatment facilities. It is left in the water as a result of adding ALUM, a clarifying chemical.
- **Fluoride** is both natural and added to water as FLUORIDATION.
- **Arsenic** causes bladder, lung & skin cancer; may cause liver and kidney cancer.

## ACID ALKALINE DIET SIMPLIFIED!

- **Lead** causes organ damage and lead to mental retardation.
- **Cryptosporidium** is a microbe that can harm people with weak immune systems.
- **Cadmium** is a heavy metal that can cause breast cancer, kidney damage and bone disease.
- **Bacteria** occur most often in tap water, and can cause serious illness or death. Power outages like the recent event in the eastern U.S. can disrupt water flow causing further contamination.

According to US Environmental Protection Agency's (EPA) web site<sup>4</sup>, the following contaminants are likely to be present in your tap water, because they are a byproduct of the decontaminants that are added to the water!

Contaminant	Typical Levels (mg/L)	Potential Health Hazard
Bromate	0.010	Increased risk of cancer
Chlorite	1.0	Anemia; nervous system effects especially on infants & young children
Haloacetic acids	0.060	Increased risk of cancer
Trihalomethanes	0.10	Liver, kidney or central nervous system problems; increased risk of cancer

### Homework

I know we covered a lot of information here. I hope you have taken the time out to review it carefully and raised your awareness about the critical role the choices you make play in your own health.

Before continuing to next week's material, make a point to take action on the following items. As the old adage goes, "a journey of a thousand miles starts with the first step." So make a commitment to set yourself up to win and do your homework.

#### Homework Item #1:

Calculate how much water you need to be drinking every day based on the following formulas. If you are not active, play any sports, live/work in a dry place, have any chronic health problems (including under- and overweight), then use this formula:

$$\text{Water (oz)} = \text{Body Weight (lbs)} / 2$$

Otherwise, use this formula:

$$\text{Water (oz)} = \text{Body Weight (lbs)} \times 3 / 4$$

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<sup>4</sup> Find the report at [http://www.epa.gov/safewater/mcl.html#d\\_dbps](http://www.epa.gov/safewater/mcl.html#d_dbps).

Then set up a schedule for yourself to reach that amount within the next week or so, using the Success Log on the forum to record your results. Start by taking baby steps. Rome wasn't built in one day, and so it will take you a while to get used to the increased water intake.

Don't forget to correct the pH of your water by adding an alkalizing supplement like Prime PH or a dash of baking soda to your water. In the beginning, you may also want to add fresh lemon/lime juice (or a slice of lemon/lime) to your water for better taste.

### **Homework Item #2:**

Start to increase your physical activity to help the increased water intake wash out any toxins that are stuck in your system. This is a critical step; your results will pivot on your commitment to this. For 15 minutes a day, do whatever is more fun for you: dance to your favorite music, take a nice walk, use the exercise gadget you bought last time and never used, play your favorite sport, or even go up and down the stairs in your home if you have any. JUST DO IT! You have invested your money to get this course, so don't shortchange yourself by ignoring this homework assignment.

### **Homework Item #3:**

Review the information I have provided above about the types of water, and decide which one is right for your needs and budget. If you are considering a water purification system or just need more information on what's available, visit <http://www.acidalkalinediet.com/water.htm>.

### **Homework Item #4:**

Start recording your progress in your Success Log on the forum. Each day, spend 10 minutes to record how much water you drank, and all the foods you ate. Also, be sure to have your Top Three health goals completed before proceeding to the next section.



## Lesson 2: Get The Most Out Of Your Food

### Lesson Goals:

- Learn the critical importance of combining foods properly in the alkaline diet.
- Understand how to combine foods to maximize the nutrients your body absorbs from foods
- Learn the 70/30 rule of thumb
- Understand how to combine foods to support your digestive system
- Learn which foods have the highest energy levels

### **Awareness**

Without a doubt, the first step in getting healthier is becoming aware of your own body. I don't mean just feeling yourself in your own skin or looking at yourself in the mirror every once in a while. I am talking about becoming aware of what is going on in your body, and how your food and drink choices affect your energy levels and overall wellness.

Take a moment to review your list of health problems and actions you have taken so far to fix those problems. You did post them in your Success Log on the forum last week, didn't you? If not, stop right here, go back and complete the exercise before going any farther.

Now, I'm assuming you have completed your exercise and just reviewed your list of steps you have taken to fix them. How effective have they been? More importantly, how did your body respond to those actions? How long did the effects last? Did you end up with another problem because of the actions you took? Did your body send you a message about how those actions affected your system?

You see, our bodies are designed to be healthy and energetic. Do you ever wonder why children have so much energy? They are constantly running, playing, and expanding energy that seems to come from a nuclear reactor. We all used to be like that. Ever wonder why we changed?

Although this change takes place over a number of years, you could get a glimpse of what causes it by observing your daily activities right now. Take a moment to recall the last time you had pasta and meatballs, steak and eggs, steak and potatoes, eggs and hash browns, a hamburger or chicken sandwich with fries. Really remember the occasion and the time immediately afterwards.

How did you feel 20 minutes afterwards? Did you feel an almost immediate drop in your energy (affectionately referred to as "food comma" by some people)? Did you experience heart burn,





indigestion, or that brick-in-the-stomach feeling for a while? Now imagine what your body must go through day in and day out as you keep asking it to deal with meals like this.

The main point I'm trying to get across to you is that by being aware of what you are asking your body to do at any given moment, especially when it comes to eating and drinking, you can make a significant difference in both how you feel now and how you will feel in the future.

All it takes is a little effort until it becomes second nature to you.

To help you along in this endeavor, I will ask you to record everything you eat and drink for this week in your Forum Success Log (see Homework section). That will help you develop the awareness you need to succeed, and it only takes minutes to complete each day.

### **Food Combining: How To Get The Most Out of Your Food**

So, what is food combining about, and why is it so important? If we are interested in transforming our health and renewing our lost youth and vitality, we must first support our body in its natural process of healing itself.

The human body is an incredible machine, and has an uncanny ability to heal – if we just get out of our own way and give it the support it needs. The foods we eat and what we drink are the main modalities of this support. By simply understanding the chemical reaction with which our body responds to different kinds of foods, we can control the supportive environment we create in our body.

This is a critical concept that it is worth repeating! *By simply understanding the chemical reaction with which our body responds to different kinds of foods, we can control the supportive environment we create in our body.* This concept is well supported by the health industry and is the main reason why I emphasize awareness so much.

The foods that we eat during the day, and which ones we eat together, have a great bearing on how they are digested. Each different food has its own chemical composition, requires different enzymes for its proper digestion, and is digested in different areas of your digestive tract.

Starchy foods like rice, bread, and potatoes require an alkaline digestive medium, which is initially supplied by the enzyme ptyalin in the mouth. Protein foods like meat, dairy, nuts, and seeds on the other hand, require an acidic medium for digestion (created via hydrochloric acid and the enzyme pepsin).

According to basic chemical laws, acid and alkaline substances neutralize each other. That means that if you eat a protein with a starch (like steak and potatoes, or bagel and cheese), digestion is impaired and completely arrested.

That means that the undigested proteins will putrefy, and the undigested starches will ferment (a process catalyzed by lots of bacteria). This in turn gives rise to digestive disorders, gas, and heartburn.

Consider this analogy: eating a steak and potato together is like making beef stew and letting it sit out on the counter for four or five days until it starts to bubble on top and looks like a science project, and then eat it. Would that be poisonous to your systems? You would expect belching, gas, loss of energy and eventually ulcers and disease. This is what is happening every day to most Americans.

Combining foods in such a way as to force your body to digest foods that simply cannot be digested at the same time not only creates an environment in your body that is not healthy, but

it also requires tremendous amounts of energy to do so. As is, roughly 80% of our energy is expended on digestion and metabolic processes. Eating incompatible food combinations just makes this energy requirement even higher. That is one of the reasons why the meals I mentioned earlier tend to make you tired soon after you eat them.

Pavlov has conclusively demonstrated that each kind of food provokes a specific, definite type of gastric and intestinal secretion. Because the presence of the three concentrated foods [carbohydrates, proteins, and fats] calls for antagonistic chemical processes at the same time, it is a physical and chemical impossibility for the digestive glands to function properly as they are subject to definite physiological laws.

N. Phillip Norman, M.D.  
Adjunct Professor of Stomatology,  
Lecturer in Gastroenterology, New York Polyclinic Medical School and Hospital

Still not convinced? Then let's look at another condition that plagues most Americans today.

Did you wake up tired in the morning, even after getting six to eight hours of sleep? Ever wonder why that is? You see, you are tired in the morning because your body is hard at work when you sleep, trying to digest the incompatible combinations of foods you forced it to deal with. And if there is any time left, it uses whatever energy is left to heal itself from the hard day you had and to repair any organs that need additional support – a process that usually takes place at night when you sleep.

So by the time you wake up, your body is so drained of energy that you must literally jolt it back into action with a cold shower or a cup of poison.

The bottom line is this: using the proper food combinations that nature intended for us helps our bodies achieve optimal absorption, optimal elimination, and maximal energy from those foods. We spend less energy breaking them down, and absorb more nutrients for more energy for every area of our lives, including repairing organs that may need some additional support.

Sounds like a win-win situation, doesn't it? How do we do this easily? Well, read on!

### Eating for Optimal Absorption

Optimal absorption sounds a lot more complex than it really is. All we're aiming for here it combine our foods in such a way as to reduce the energy our bodies have to expend to digest and absorb the nutrients from the foods we eat.

So let's take a quick look at where our bodies expend the most energy during digestion. Any guesses? That's right! It is in the mechanical breakdown of the food in the mouth and stomach, as well as the chemical breakdown in the stomach. It makes sense, doesn't it? It's usually after a really big meal hits your stomach that "food comma" sets in, right?

So here are some suggestions for optimal absorption:

- **Don't eat high-sugar fruits with anything else.**  
Fruits in general are high in sugar levels, with the exception of avocados, tomatoes, lemons, limes, green, red and yellow bell peppers. If you combine high-sugar fruits with

proteins, you create excess acidity in your stomach – not a good thing. And if you combine them with starches (like pasta, potatoes, rice, etc.), you are adding sugar on top of sugar, again, not a good thing.

In addition, because fruits digest very rapidly, you would be opening the door to fermentation right in your digestive tract. Finally, combining fruits with oils can lead to constipation and poor absorption of nutrients.

- **Don't eat starchy food with proteins.**

Starchy food includes all cooked grains (rice, wheat, etc.), potatoes, pasta, all baked breads, and starchy vegetables like winter squash. Proteins include all meats, dairy, fish, tofu, and soy products. Instead, eat either starches or proteins (not both) with vegetables or low-sugar fruits (avocados, tomatoes, lemons, limes, green, red and yellow bell peppers).

Also, note that oils slow down the digestion of starches and animal proteins. Avoid adding oils to the mixture unless the amount of starch or protein is relatively small compared to the rest of the meal (see the 70/30 Rule below).

- **Chew your food and eat slowly.**

This is such a basic concept that I'm almost reluctant to mention it here. But the truth is that the digestion of your foods, especially all sugars and starches, starts right here in your mouth. Your saliva glands excrete an enzyme that begins the breakdown of starches as you chew. Besides that, the mechanical breakdown that could happen here would help a long way in reducing the load on your stomach.

Just think about how the average American eats his or her food: chew-chew-chew-gulp, chew-chew-sip-chew-gulp. Forget the fact that you can barely taste your food eating like this. The food is not even wet with saliva before it's shoved down to the stomach. What's the rush? If you're in such a hurry that you can't eat, don't! Drink your food instead! No, I have not lost my mind... Just read on and you'll know what I mean. You could also snack on something small until you have a chance to sit down and eat in peace.

Forget about counting the number of times you chew. The key about chewing your food is to chew it until it is pretty much a puree.

- **Puree your food.**

If chewing your food properly is not an option, why not let technology do it for you? How about making a puree for dinner, instead of that pasta and meatballs? I have listed a couple of puree recipes at the end of this chapter that are to die for. Just give it a chance and see how you feel afterward. I guarantee you will not be disappointed.

Pureeing not only reduces the stress on your digestive system, but it also helps you get a higher concentration of the nutrients packed in a meal, as compared to non-pureed meals.



- **Don't drink and eat.**

This is probably one of those things we are all guilty of. Most Americans sit down to dinner with bottle of soda, juice, or wine at the table. My own family was like that... and we all suffered the consequences! Drinking with your meal does only one thing: slow down the enzymatic activity in your stomach and delay digestion. So what?

If you had a protein meal, then the acidic environment is diluted and the proteins start to putrefy. If you had a starchy meal, then the alkaline environment gets diluted and the starches begin to ferment. If you had both, then God help you; your stomach won't know what to do to – get more alkaline or acidic?.

If you must drink, drink before or 45 minutes after your meal. If the meal you're eating makes you thirsty, then you should do two things: learn that this meal wasn't that good after all, and wait at least 45 minutes before you drink anything.

What if you go to a restaurant for a romantic dinner and want to have some wine? Then at least stick to either proteins or starches, not both. Also, you might consider taking some digestive enzymes (more on this below) to help with the digestion process. This may not be a bad idea regardless of what you eat, if you must be in good shape for after-dinner activities.

- **Don't stuff yourself.**

Leave room in your stomach for foods to churn. In order for your stomach to do its job, it needs room for oxygen and stomach enzymes to move around. This is just like your washing machine: if you fill it up too much, you end up with clothes that are half-washed or even still dirty (not to mention lost socks and underwear).

The same is true with your stomach: if you experience heartburn or if your food keeps coming up your esophagus, it's a good indication that you ate too much.

The moral of the story is: always eat only until you're no longer hungry, not until you're full.

- **Eat a large portion of raw or slightly steamed veggies.**

This is so critical that I can't emphasize it enough. I would do this with every meal, regardless of whether it is breakfast, lunch, or dinner. Vegetables are in general water-rich foods that are full of active enzymes and essential phytochemicals<sup>5</sup>. No matter what your meal looks like, these enzymes will help to digest the foods faster.

Of course, it is important that these vegetables are not cooked to death! A good rule of thumb is that if your veggies are limp, then you've overcooked them. You want to steam your veggies just until they are warmed up – not cooked through, so that when you eat them, they are still pretty much crunchy. This crunchiness is caused by the fiber in the vegetables, and the integrity of the fiber is a great gauge for how many of the enzymes and phytonutrients are still in tact in the vegetable.

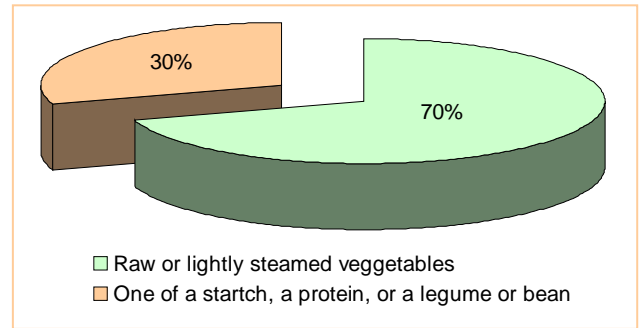
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<sup>5</sup> These are neither vitamins nor minerals but active compounds found in fruits and vegetables. Clinical trials have proven that these phytonutrients boost the immune system and help the body to heal itself.

- **Obey the 70-30 rule.**

Probably one of the easiest and most effective ways to ensure that your digestive system will be able to handle the demand you are putting on it is to observe a 70-30 eating ratio.

Forget about counting calories, measuring food portions with your hands and fists, and weighing your food. If you stick with this idea for even a few days, you will come to appreciate its power and simplicity.



This is a visual method. The idea here is to look down at your plate and visually take count of what you're about to eat. Ideally, 70% of what's on your plate would be raw or lightly steamed vegetables, and 30% would be one of a starch, a protein, or a bean or legume. For example, you might have a large bowl of salad and a small plate of pasta with marinara sauce; a chicken breast fillet and a large side of lightly steamed veggies.

We're not talking about preparing a whole new menu here. All we're looking for is to avoid eating too much of the heavy starches and proteins, and instead, giving our stomach more of the water-rich, fiber-rich vegetables that help it digest the foods better.

What if you go to a restaurant? Let's take a typical one, like The Olive Garden or TGI Friday's. You could order a large dinner salad with a side of pasta, a chicken fajita dish without the tortillas, or fish with a side of veggies. The possibilities are endless!! Best of all, this is all visual... no calorie counting, and the amounts don't matter (but don't stuff yourself – see that section above). You can even do this for breakfast.

If I were to recommend only one concept to help with optimal absorption, this would be that concept.

- **Consider supplementing your diet with digestive enzymes.**

This is particularly useful when you eat fully cooked, condensed foods (like rice, paste, baked potatoes, and meats). This is like adding octane to your car's gasoline. These active enzymes will help your stomach and digestive system break down the tough meals you eat, and ease the digestion of the nutrients in those foods.

My favorite enzyme is a powdered sprout of soy (not the legume, but the vegetable part of soy). It is hands down the best I have seen so far: active enzymes, 27 different phytonutrients, and 43% protein content.

If you use supplements, remember, when it comes to supplementing your health, quality is what counts, not quantity, so don't be tempted by the buy-one-get-two-free offers. Those products are worth exactly what you pay for them.

- **Avoid dairy if at all possible**

It is amazing how the dairy industry has brainwashed everyone to believe that dairy

products are actually good for you. The good old days when fresh milk was delivered to your door daily from family farmers who fed their cows on the range and milked them once a day are long gone.

Today, cows are injected with hormones such as Bovine Growth Hormone (rBGH) to increase their milk production. Injected cows wear bra-like harnesses to support their painfully swollen udders. Other side effects of rBGH include mastitis (udder infections that can leave discharge in the milk), hoof and leg maladies, infertility, internal bleeding and sudden death. Many of these side effects appear on rBGH's own warning label!

The antibiotics and hormones given to conventional dairy cows may also be passed on to you. Many people, including children, are becoming resistant to antibiotics and more susceptible to disease.

To make things worse, drinking milk and milk products can cause or worsen your allergies. Few adults can metabolize the protein in cow's milk properly. The principle protein in cow's milk is casein, which is what a cow's metabolism needs for proper health, NOT a human's (we are the only species in the animal kingdom that drinks milk past infancy, and certainly the only ones drinking the milk of another species!).

These partially digested proteins enter the bloodstream, and irritate the tissues, creating susceptibility to allergens. Eventually, the liver has to remove all these partially digested cow protein, and that in turn places a heavy, unnecessary burden on your entire system, particularly on your liver.

In addition, milk and dairy products based on milk have been shown to create tremendous amounts of mucous in the body, which is behind many respiratory ailments.

Mucus accumulates in the lungs and sinuses as well as the intestines. So it's an important factor in nasal dripping and excessive phlegm in your throat. Mucus is quite sticky. When – as is common with milk drinkers – you have excessive amounts of it in your intestines, the food sticks to it. Consequently, you have a hard time getting stools out of your intestines. They adhere to your intestinal walls.

If you have a cold and drink milk, you're just asking for an extra stuffy nose or for chest congestion. It's the same principle – mucus formation in your lungs. If you have any of these problems – or flu – one of the smartest things you can do is cut out milk and cheese from your diet.

Dr. William E. Ellis, M.D.  
In The Healthview newsletter

"So what about calcium?" you ask. Just flip down to *Appendix D: Calcium & Vegetable Sources* for answers to this question.



Substitute soy, almond or rice milk for dairy milk. If you must have milk, try unprocessed goat's milk from organically grown and grazing goats. It contains the antifungal caprylic acid.

### Eating for Optimal Elimination

If you do most of what I suggested above (especially the 70-30 rule), you're already half way to optimizing your body's elimination functions. Once the food is properly broken down, digested, and its nutrients absorbed, the excess material needs to be eliminated. If this elimination doesn't happen, toxic wastes will begin to pile up in your intestines, and that can cause major health problems in a short time.

To put things in perspective for you, just imagine what would happen if you kept stuffing a garbage bag with more and more trash every day. The garbage bag would begin to expand, and eventually, it would thin out in areas where there is a lot of pressure. If you kept adding more and more trash, these areas would probably rip open, and you'd have a heck of a mess on your hands.

This is a good analogy for what happens when your elimination process is slowed down or stopped.

The initial symptom will be constipation, which in turn causes the stuck foods to ferment or putrefy in the intestinal track, adding gas and excess bacteria to the mix. Not only will this prevent the absorption of nutrients through the intestinal walls, but causes discomfort and fatigue to set in.

Eventually the walls of the intestines thin out and begin to inflame. Once the gut lining becomes inflamed or damaged, the spaces between gut-lining cells open up, and allow large food particles to slip through – leak into – the bloodstream.

Your immune system cells consider these large food particles as foreign to the body's defense system, and begin to attack them. Suddenly the body is producing antibodies against once harmless foods just as viciously as if they were a streptococcus bacterium. The result is allergies, developed overnight, to foods that never bothered you before. Interesting, isn't it? What you didn't know *can* indeed hurt you!

So what can you do to avoid all this trouble? Here are some suggestions that should help:

- **Don't eat while you're under stress.**  
This is a sure-fire way to shut down your digestion and elimination functions. Stress causes your body to go into survival mode, suspending all non-critical bodily functions. Since digestion and elimination are not immediately critical, they are on top of this list. And the rest is, as they say, history!
- **Super-hydrate with structured waters.**  
Water, especially alkaline water, is one of the best "lubricants" for the digestive system. Proper hydration goes a long way in facilitating regular bowel movements. Review the section in the last lesson titled "*How Do You Hydrate Properly?*" for more information on what structured water is, and how much you should to drink.
- **Avoid highly condensed foods.**  
Highly condensed foods are generally very low in water contents and require a lot of

work on the part of your digestive system to digest. These foods tend to sit in your bowels for hours and hours before they are digested and eliminated – the *I-swallowed-a-brick* feeling we experience after a heavy meal. Examples of condensed foods include cheese, all cooked meats, and most dense breads and bagels.

- **Take plenty of good oils.**

Good oils are those oils that occur in their natural state, and that have not been denatured through excessive heating or processing. The best examples are the fats contained in avocados, cold-pressed olive oil, almonds, and flax seed oils.

Alternatively, you can find various oil blends stored in the refrigerator section of your supermarket. You should ideally take a minimum of 1/8 cup of good oils each day.

Why so much? Fats, in their natural, unprocessed form serve several major functions in our bodies, such as building cell membranes, aiding in the production of hormones, raising the metabolism to create more energy, protecting the body by buffering and neutralizing acids, lubricating the body to allow for movement, and facilitating the elimination of waste products through the bowels.

Avoiding these good fats and oils is nothing short of suicide. If you have an issue with excess fat, cutting good fats out of your diet only makes matters worse. What you should do instead is to dramatically reduce or eliminate your intake of processed fats and oils.

Processed fats and oils that have been destroyed through cooking or frying are unusable and toxic to the body, and cause excess acidity and disease conditions. Butter, margarine, cheese, whole milk, roasted nuts, and cooked meats are good sources of such toxic fats and oils. So eat them at your own risk!

### Eating for Maximal Energy

I know I have given you a lot of information in the previous pages, but it was all a preamble to what I wanted to share with you next.

Now that you know how you should combine your foods, let's consider one of the most important issues almost everyone in America is suffering from: lack of energy and fatigue.

Obviously, food combining has a great deal to do with how much energy your body can extract from the foods you eat. But *what* you eat is even more important than *how* you eat it. Think of it this way: the energy your body has access to after you eat any food ("*net energy*") is equal to the energy provided by the foods you eat ("*food energy*") minus the energy your body has to expend to digest that food ("*digestion requirements*"). In other words:

$$\text{Your net energy} = \text{the food energy} - \text{digestion requirements}$$

So, if the food you eat has no energy to give to your body, what you're left with after eating that food is an *energy deficit* – your body actually expends more energy digesting the food than the energy it gets from the food. The less energetic the foods you eat, the more serious the energy deficit will be.



## ACID ALKALINE DIET SIMPLIFIED!

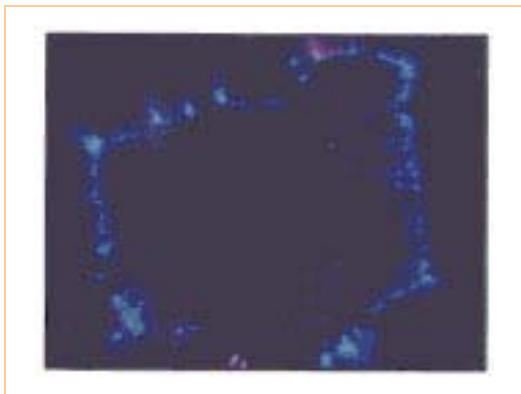
Obviously, this energy deficit affects all of your organs, not just your digestive system. Then our major objective is to eat foods that are highest in energy *and* require the least amount of energy to digest.

But how do you know which foods have more energy and which ones have less? Well, there are a number of ways, *least* logical of which is counting calories. Calories are the measure of how much heat a food generates when it is oxidized (burnt) in a laboratory. I don't know about you, but I don't think our bodies' chemical reactions are quite as simplistic as burning our foods.

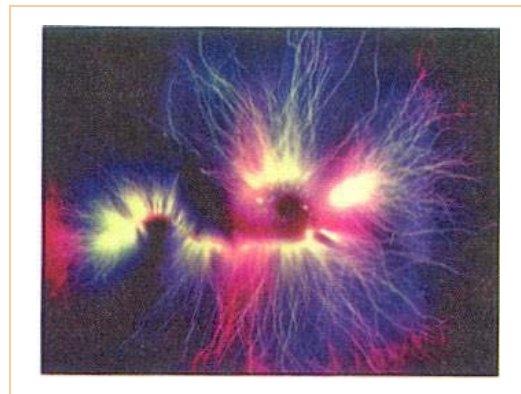
The most logical and accurate yet least publicly known way is by measuring the foods' vibrational energy. What's that? You see, everything around you vibrates constantly, regardless of temperature or any other external factors. I'm not talking about what you and I can see with the naked eye... I'm talking about vibrations down to the core of a substance, even at sub-atomic levels.

The more energy a substance has, the more vigorously it vibrates. This electromagnetic, vibrational energy can be both measured using instruments (in units of megahertz, MHz) and visualized using a special kind of photography called Kirilian Photography.

Take a look at the two pictures below, and try to guess which one has more energy.



Kirilian photograph of a hamburger at ~ 5 MHz.



Kirilian photograph of a lentil sprout at 150 MHz.

The first is a Kirilian photograph of a hamburger, and the second a lentil sprout. The incredibly colorful, lightning-like extensions from the lentil sprout should be a good indicator of the energy levels. The hamburger, on the other hand, is very much dead.

Is it now starting to make sense to you? Do you see why after a big meal of pasta and meatballs or pizza you feel like going to sleep?

Even more important is that research has shown that healthy cells vibrate at about 70 MHz, sickly cells at about 50-60 MHz, and cancer cells at about 30 MHz (see diagram on next page). So the more "dead" foods you eat, especially those that make your body work overtime to digest them (i.e., even sharper energy deficit), the closer you come to experiencing the energy levels that go hand-in-hand with the state of being "dead".

Keep that in mind the next time you reach for a steak or chicken sandwich.

If you want more energy, if you want your body to be able to repair itself quickly, if you want to feel vital and healthy, if you want to feel like you did when you were 6 years old, then stop putting dead foods in your body. You wouldn't expect your car to run very long on kerosene, would you?

The same is true of your body. Give it the high-octane fuel it needs, and watch it perform miracles you didn't think were possible.

The choice is yours... but if you choose foods that are long dead, if you choose foods that are so void of nutrition that they have to be "fortified" with vitamins and minerals to have any nutritional value at all (see the bottom of the picture to the right to see where vitamins fall), don't complain when you don't like the results.



### ***How Do You Know Which Foods Have More Energy?***

This is not a complicated task. You don't need a Kirilian photography device, nor do you need to look things up on a chart to see what foods have more energy. As a general rule, the further a food is from its natural, alive state, the less its vibrational energy levels. The more heat has been applied to a food, the less of the goodness of that food remains for your body. Just use your common sense!

## **Homework**

### **Homework Item #1:**

Go back and finish last week's homework. I can't emphasize how important it is for you to go through the homework assignments. They are there for your benefit, and to make sure you get the results you paid for. If you haven't finished the assignments from last week, please do not proceed to the next week. Go back and set yourself up to win. And while you're at it, do the homework for this week too!

### **Homework Item #2:**

List everything that passes through your lips every day of this week. This is critical in helping you develop some awareness about how you are treating your body in real life. Nobody but you needs to see this list – ever! Use your Success Log on the forum to record this information. Be sure to also record how you felt after each meal, and where your energy levels were during the day. It should not take more than 10 minutes a day.

### **Homework Item #3:**

Raise your own awareness about how you eat your food. Chew a mouthful of food (any meal is OK) at least 50 times and get a feel for what fully chewed food feels like. You only have to do this once, but once you've done it, you'll know the other extreme on the scale of chewing food. The other extreme being what we all instinctively do – swallow our food after chewing it just a few times.

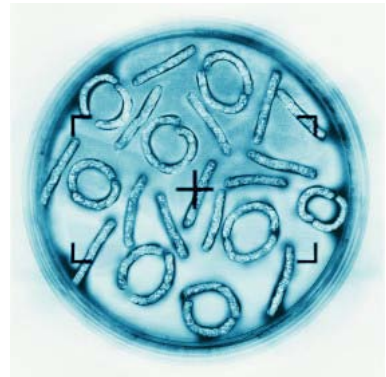
### **Homework Item #4:**

Practice the 70-30 rule. You will not be perfect at this, so don't even try. Just do your best at becoming aware of what's on your plate, and how it affects you after you eat your meal. This is another concept that will require a lot of practice before it becomes second nature. But I promise you, if you focus on this concept for just 21 consecutive days (regardless of how well you're doing it), it will become a habit. Use the sample menu and recipes listed in *Appendix E: Menus & Recipes* to create a weekly menu for your meals. Again, use your Success Journal on the forum to record this.

## Lesson 3: Win the Germ Warfare

### Lesson Goals:

- Learn what diseases are telling you about your body.
- Understand the role acidity plays in making you sick.
- Learn what foods are highly acidic and/or loaded with germs, and what foods are highly alkaline.
- Get an overview of some of the best alkaline supplements



Antibacterial soaps. Antiseptic wipes. Antiseptic air sprays. We as a society have become so afraid of germs that we have become paranoid. We forget that for thousands of years, the human race didn't have soaps or antiseptic wipes, that we lived and survived germs just fine. Of course, as we kill off germs, evolution causes new ones to come into being, so perhaps we do need more advanced ways of killing off these new organisms.

But the point I'm trying to make is that what makes us ill is not necessarily the germs that are all around us – in our external environments. They have always been there; they are there now; they will be there in the future.

What makes us sick is more likely the result of what is going on *inside* our bodies – our internal environment. By the virtue of our lifestyles, our food and drink choices, and our daily stress, we are creating an internal environment that is weak and compromised; one that welcomes germ activity. So the real germ warfare is not on the outside... it is on the *inside*.

You must think I've really lost it now, but just bear with me... read on.

If you have ever visited New York City, you would have noticed how all the residents pile up their garbage bags in front of their apartment buildings the nights before garbage collection days. Now what do you suppose would happen if the garbage collectors didn't come for a week? Rats would be running all over the streets, enjoying the garbage festival, wouldn't they?

Killing off the rats wouldn't help much, would it? They would keep on coming until the garbage was taken away, right? The rats are always in New York City; what would draw them out and welcome them would be the garbage piled up on the street.

Now translate that to our bodies: the germs are always there; what draws them out and welcomes them are the toxins (our garbage) piled up in our bodies. Let me prove it to you.

## Major Illnesses and Their Symptoms

Let's go through a quick exercise. Imagine you just drank a cup of poison. How do you think your body would respond? Go ahead and jot down some thoughts below.

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You are right! Your body will do anything it can to get rid of the poison – fever, chills, cough, rash, vomit, perspire, faint, sneeze, diarrhea, etc. And the more poison you put into your body, the worse the symptoms. The interesting thing to notice here is that most of these symptoms are more or less common to most illnesses!

	Colds	Flu	Smallpox	Polio	AIDS	Meningitis	Mono	Measles	Rubella	Hepatitis	Bronchitis	Cirrhosis	Emphysema	Asthma	Allergies	Heart Disorder
Fever/Chills/Sweats	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				✓		✓
Fatigue	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
Throat Irritations	✓	✓	✓	✓			✓	✓		✓					✓	
Skin Irritations			✓		✓			✓	✓						✓	
Headache	✓	✓	✓	✓	✓	✓	✓		✓	✓					✓	✓
Vomiting		✓	✓	✓	✓	✓				✓						
Cough	✓	✓	✓				✓	✓		✓	✓		✓	✓	✓	
Nausea	✓	✓			✓							✓			✓	✓
Muscle Pain	✓	✓		✓	✓		✓			✓		✓			✓	
Diarrhea/Constipation					✓		✓					✓				

So what does that tell you?

Disease, in my opinion, how prejudicial whatsoever its causes may be to the body, is no more than a vigorous effort of Nature to throw off morbid matter and thus recover the patient.

Thomas Sydenham, M.D.  
Recognized as a founder of clinical medicine and epidemiology

As hard as it may be to accept, the truth is that the disease is not the results of germs attacking your body. Disease is your body's response to the poisoning of the system; your body's attempt to survive... ***"Dis-ease" is the cure!***

So trying to kill of germs when you get sick is like trying to kill the rats when garbage piles up on the streets (in the example above).

What causes the germs to be able to grab a foothold in your system is your internal environment. Even Louis Pasteur, the father of The Germ Theory of Disease, recognized this fact when he said "The microbe is nothing; the terrain is everything."

### A Different Approach

In his book "The Secrets of Shambhala", James Redfield provides a simple, logical, and practical explanation of the critical role germs play in our world, and how we can avoid becoming their food.

"When anything dies – a dog hit by a car, or a person after a long illness – the cells of the body immediately lose their vibration and become very acid in chemistry. That acid state is the signal to the microbes of the world, the viruses, bacteria, and fungi, that it is time to decompose this dead tissue. This is their job in the physical universe, to return a body back to the earth.

"When our bodies drop in energy because of the kinds of foods we are eating, it makes us susceptible to disease. Here's how that works. When we eat foods, they are metabolized and leave a waste or ash in our bodies. This ash is either acidic in nature or alkaline, depending on the food.

If it is alkaline, then it can be quickly extracted form our bodies with little energy. However, if these waste products are acid, they are very hard for the blood and lymph system to eliminate and they are stored in our organs and tissues as solids. The more such acid by-products are stored, the more generally acid these tissues become, and guess what? A microbe of one type or another appears and senses all this acid and says, 'oh, this body is ready to be decomposed.'

"When any organism dies, its body quickly changes to a highly acid environment and is consumed by microbes very quickly. If we begin to resemble this very acid, or death state, then we begin to come under attack from microbes. All human diseases are the result of such an attack."

As humans, our internal terrain is either in an alkaline, high-energy state or in an acid state, which signals the microbes living within us, or those that come by, that we are ready to decompose. Disease is literally a rotting of some part of our bodies because the microbes around us have been given the signal that we are already dead.

As it turns out, the food we eat and what we drink determine almost entirely which of these two conditions we are in at any given time. Heavy, overcooked foods like meats, over-processed foods like canned goods and flours, sweets of all sorts, pastries, alcohol, coffee, and the sweeter fruits leave acid wastes in our bodies. Green, fresh, and alive foods, such as fresh vegetables and their juices, leafy greens, sprouts, and fruits like avocado, tomato, grapefruit, and lemons leave our bodies in alkaline states.

It could not be any simpler than this!

Most people are raised to think that cooked meats and processed foods are good for us. But we know now that they create an environment of slow decomposition that takes its toll on us over time.

All illnesses, major and minor – cold, flu, heart disease, diabetes, liver disease, stroke, arthritis, AIDS, psoriasis, and especially cancers – exist because we pollute our bodies and signal the microbes inside us that we are ready to decompose.

We always wondered why some people exposed to the same microbes don't get a particular disease. The difference is the inner-body environment. The good news is that even if we have too much acidity in our bodies and begin to decompose, *the situation can be reversed if we improve our nutrition and move to an alkaline, higher energy state.*

### Win the Germ Warfare

The key to staying healthy then is to prevent your internal environment from getting acidic. That way the bacteria, yeast, and fungus ("microforms" for short) can't get a foothold and thrive.

In fact, the body's natural balance is slightly alkaline<sup>6</sup>, and the body will fight tooth and nail to keep this alkaline balance intact. The body has a number of built-in "buffers" that neutralize and bind to the acids to stop them from damaging your cells and organs. These include calcium, magnesium, potassium, zinc, iron, cholesterol, and heme (from your red blood cells).

The body will also park the acids in fat cells where they cannot damage your system any further. But when the body is constantly being pushed into an acidic state by the foods and drinks you ingest, it will eventually run out of the free-form buffers we just mentioned.

At that point, your body will remove those elements from your organs; after all, the immediate danger to your health is the acid floating around in your system, not the deficiency of your organs. Now imagine this relentless deficiency continuing for many years. Here's a *partial* list just to give you an idea:

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<sup>6</sup> Acidity and alkalinity are measured in units of "pH", on a scale of 1 to 14, highly acidic to highly alkaline, respectively. The body's natural pH is 7.365.

## ACID ALKALINE DIET SIMPLIFIED!

Buffer	Potential Sources?	Possible Long-Term Results?
Calcium	Bones	Reduced bone density Osteoporosis
	Muscle tissue	Muscle cramps Weakness
Iron	Red blood cells	Anemia Leukemia
Magnesium	Muscle tissue	Muscular atrophy & loss Muscular dystrophy
Cholesterol	Body generates extra amounts to bind to acids	Hypercholesterolemia Heart disease Heart attack Stroke
Fat	Body stores acids in fat cells	Weight (fat) gain Obesity

In order to prevent this damage, you must stop creating a germ-friendly, acidic environment, and begin to create a more alkaline environment.

### Germ Fodder

So what are the foods you should avoid? Which foods and drinks create an acidic environment inside you? In the sections that follow, I list a few of the most common and most damaging ones. For a complete list of the pH created by a particular food, see *Appendix A*:

### Acidic Liquids

Because liquids generally get absorbed faster than solids into your body, acidic liquids can push your system into the acidic terrain much faster. Depending on what you drink, some liquids actually pass through the thin skin in your mouth right into your blood. Unfortunately, that means that you can really screw up your body chemistry real fast.

#### Coffee

Not only is coffee one of the most acidic liquids (pH of 4.2, about 700 times more acidic than neutral water), but the caffeine in coffee is also extremely poisonous. Caffeine is the toxic cousin of nicotine, and has been shown to impact the brain and spinal nerves, leading to increased irritability, heart palpitations, insomnia, muscular tremors, and dehydration.

When you drink coffee (or anything with caffeine in it like sodas and hot chocolate), your body immediately goes into preservation mode: your heart rate goes up, the blood vessels in your body tighten up, and your body rushes to expunge the poison from your system.

That is what gives you the "jolt" after having caffeine. You are literally shocking your body into preservation mode... and that's just the first part of the bad news.



## ACID ALKALINE DIET SIMPLIFIED!

Coffee (regular or decaf) is the most toxic substance for your liver to metabolize. Because of the highly acidic nature of coffee, your body also begins to bleach the alkaline buffers from your system to fight the acid. In fact, caffeine can actually block your weight loss efforts by forcing the storage of acids in fat cells.

Chugging around three cups of coffee a day could cause your serum cortisol to stay at high levels eighteen out of every twenty-four hours, instead of just the couple of hours our bodies were designed to handle.

Caffeine also promotes norepinephrine production. This stress hormone targets your nervous system and brain, along with epinephrine, it increase your heart rate, raises your blood pressure and stimulates your “fight or flight” stress response.

In fact, caffeine actually reduces your threshold for stress so that you aren't able to handle it well. This might force you to cope by eating more comfort acid foods (invariable loaded with sugar and carbohydrates, which creates more metabolic stress and fat storage.

And remember caffeine is in much more than coffee. It is found in over-the-counter medications (e.g. Anacin, Vivarin, and Vanquish) chocolate (e.g. baking chocolate, cocoa, and milk chocolate), sodas (e.g., Pepsi, Mountain Dew, Diet RC, Tab, Mr. Pib, and Red Bull) and black and green tea.

Ann Louise Gittleman, M.S., C.N.S.

The best plan of action to give up your caffeine addiction is to super-hydrate with alkaline waters (see the first lesson), and begin to reduce your caffeine consumption slowly over time, such as cutting down one cup a day. This will reduce the withdrawal symptoms you may experience otherwise.

### **Soy Sauce**

Soy sauce is perhaps one of the most acidic liquids you could consume. Just check out the chart in *Appendix A*: . Besides the sky high levels of sodium found in most regular and “low-sodium” soy sauces, most of these sauces are ridden with microbial waste products; they are after all fermented – a process that is carried out by yeast consuming the sugars (wheat in most soy sauces) and excreting their toxic waste products into the liquid.

And did I mention the MSG that is found in most soy sauces?

What if you like the taste of soy sauce? Just replace your soy sauce with Bragg's™ Aminos, which you can find in any health food store. It tastes just like soy sauce, but instead of being loaded with acids and yeast waste products, it is loaded with amino acids that your body needs anyway.

### **Vinegar**

Another one of those extremely acidic liquids, vinegar is actually diluted acetic acid. The pH of vinegar is roughly 2.9, about 13,000 times more acidic than neutral water!

Most vinegar, like soy sauces, is created by allowing bacteria that produce acetic acid to convert wine, cider, or other alcoholic beverages to vinegar. Once again, by consuming vinegar, you are not only introducing an immense acid load into your system, but you are also ingesting all the bacterial toxic waste products along with the vinegar.

A great substitute for vinegar is lemon or lime juice. The juice of these fruits not only enhances the flavors of any food to which it is added, but it also provides a great deal of vitamins into your diet.

### **Soda**

This is one of America's favorite poisons. Over 80 million cola beverages are consumed daily in the US alone! What makes soda the worst poison is the combination of caffeine, sugar, strong acids (phosphoric acid, citric acid, etc.), and other artificial food additives. It is truly a deadly concoction!

The acids found in most sodas, along with the carbonate that gives the soda its fizz, push the pH of most sodas down to the most acidic levels, roughly 50,000 times more acidic than neutral water!!

Add the effects of caffeine to all of this, and you see how poisonous soda can really be. Artificial sweeteners like aspartame only make matters worse, as they add their own toxic poisons to the mix (see Aspartame: Artificial Sweetener Death Sentence below). Drink at your own risk!

### **Germ-Rich Foods**

If you are going to succeed in wining this germ warfare, wouldn't it make sense to stop reinforcing the germ army? In reality, most Americans consume bacteria, yeast, and fungus at almost every single meal, to the tune of 750,000,000 to 1,000,000,000 microforms.

Your body is designed to handle a certain amount of these germs through ingestion, not this constant barrage of microforms. The fact is that the vast majority of people develop out-of-control growths within their bodies that can have disastrous results. Refer to *Appendix B: Microbial Loads of Foods* for a glimpse of how that affects you and what you eat.

To make matters even worse, you are not only poisoned by these germs, but you are also poisoned by the toxic waste products they produce when they ferment the nutrients your body needs for its own survival (e.g., glucose, proteins, fats, and even our genetic matter).

As if that isn't enough, the foods that are laden with these microforms have additional negative effects your body must deal with.

### **Animal Flesh**

Everyone knows that animal flesh in general contains high amounts of cholesterol, especially red meats. What most people don't realize is the immense amount of microforms that exist in and on dead animal flesh (let's face it, no matter how you look at it, it is what it is).

The days of freshly slaughtered meat is long passed; we now have meat factories where animals are slaughtered by the thousands and their dead carcasses hang in a meat locker for days before they are cut up to be shipped to distribution centers. And when they are gutted, the contents of their intestines spill all over the meat – including all the bacteria, yeast and mold in the feces (yum!).

They are then washed with a mild solution of bleach (yum!) and shipped out. No matter how sanitary you think the process is, by the time the food gets to your kitchen, it is overflowing with bacterial growth (they do reproduce exponentially after all).

Coupled with the fact that most meat are not always cooked thoroughly and at high enough temperatures to kill these microforms, you end up eating enough of these little monsters to overload your system. And if you do cook the meat thoroughly and at high temperatures, then it has no nutritional value besides placing an extraordinary load on your digestive system, as we mentioned above.

Let's face it, you just can't find any animal flesh that is good for you. The only exception might be *fresh* fish. I don't think I need to tell you why not-so-fresh fish is bad, do I?

Besides the microbial loads, animal meat has so many negative "side effects" that any benefit you would have gotten from eating the meat is all but insignificant. Meat contains lots of uric acid which leaches calcium from the system. Your body can only handle about eight grains of uric acid in a day. An average piece of meat (3-4 oz.) contains 16 grains.

Uric acid in the bloodstream causes arthritis (it irritates the tendons and joints) and leads to osteoporosis as it bleaches calcium from the bones. People who eat meat have the weakest bones.

You might ask "what about protein? How do I get my protein?" I answer that question in *Appendix C: The Myth of Protein*.

### **Fungus/Molds**

If you're trying to stop the fungus and molds from thriving in your system, why would you want to put more of them into your body? Typical sources of fungus and molds include mushrooms of all type, cheese, and algae.

In my opinion, there is no such thing as a good mushroom. The "edible" ones are just less poisonous than the ones that kill you immediately!

Don't eat them, don't drink them, and don't even sniff them!

Mushrooms all contain various amounts of the toxin amanitin, which, in large amounts, can kill you instantly. With smaller amounts the results are the same, it just takes a little longer!

In a 1979 study, a leading cancer researcher administered mushroom mycotoxins to mice in their drinking water. She noted twenty-one different types of cancer as a result. Now we know that all mushrooms contain at least five active ingredients that exhibit carcinogenic properties in animals.

Robert O. Young, PhD  
Author of *The PH Miracle* and *Sick & Tired*

### **Yeasty Beasties**

Another big source of poison in the vast majority of the population comes from foods that are loaded with yeast and yeast toxic waste products. Can you guess which ones these are?

Perhaps the most common ones are brewed drinks and breads, but essentially anything that is fermented contains these yeasty beasties. I don't have to tell you about the health problems associated with consuming alcoholic drinks, but let me just add one thing to the list: when you consume brewed drinks, you are not only ingesting the sugars (which in turn create an acidic environment) and the alcohol, but you are also drinking the toxins and acidic waste products produced by the yeasts as they fermented the sugars to make the brew.

And it doesn't matter if the brew is "light". That just means that some of the excess sugar has been removed. The toxins are still there for your full enjoyment!

As for breads, we all know that what makes dough rise is the gasses produced by the yeasts when they ferment the sugars in the flour. What most people don't know is that the yeasts actually survive the baking process and they, along with their toxic wastes, end up in your body when you eat the bread! Yeasts are resilient buggers. They have survived arctic chills, the dead of space, and the heat of hot springs.

If you have any health issues or any problems specifically with yeasts (like Candida, yeast infections, etc.), cut out yeasty breads from your diet. There are yeast-free breads that are just as delicious which you can buy in most health food stores. Alternatively, I recommend you use breads that are made from sprouted grains. My favorites are sprouted wheat tortilla breads made by Avarado Street and Ezekiel 4:9® sprouted grain tortillas made by Food For Life.

### **Your Ammo**

You might think that this all sounds really grim, that the only way you can stay healthy is not to eat anything at all! But that can't be farther from the truth. All you have to do is to raise your awareness by becoming conscious about the foods and drinks you put into your body. That is your biggest, most effective ammunition in this germ warfare.

Transitioning to a healthy lifestyle must always begin with raised awareness if it is going to last.

Of course, there are a number of ways you could help yourself further in this task, including taking supplements to support your body in eliminating the toxins, and creating an alkaline inner environment. Once you make your inner terrain inhospitable to yeasts, molds, and fungus, their numbers will eventually decrease and you will slowly return to better health.

I have listed a number of supplements I personally take every single day, without exception. They have played a pivotal role in my success to eliminate my Candida problem and to maintain my health and vitality. I found these to be the best there is in the market, so I strongly recommend that you use these same products, or comparable alternatives of your choice.

### **SuperGreens**

This powder is a mixture of 49 different organic grasses, vegetable leafs, and sprouted grains that has been dried at low temperatures to preserve the enzymes and phytochemicals in the vegetables. The manufacturer then "re-energizes" the powder through a process called Micro-Ionization™ that somehow puts energy back onto the greens. You can actually see the electrical charge on the greens when you scoop them out of the jar: they stand up on the edges of the scooper!

Two things that I find to be unique to this product are the fact the powder it has an inherently alkaline pH, and that it is super-concentrated: it takes 20 lbs. of vegetables to make 1 lb. of SuperGreens.

I mix 1-2 teaspoons of the SuperGreens in every quart of water I drink. It tastes like a really, really mild green tea. It helps me alkalize my body, and gives me a ton of sustainable, steady energy throughout the day. And that's not to mention every vitamin and mineral known to man!

### ***LL Prime pH***

This is the product I use to structure and alkalize my water. It is a formulation of sodium chlorite (ClO<sub>2</sub> – not sodium *chloride*, which is table salt). This is unique, taste-, color- and odorless solution that not only increases the alkalinity of any liquid it is placed in, but it also adds oxygen to the liquid! I like hitting two birds with one stone.

I use 10-15 drops of this in every quart of water I drink (along with the SuperGreens)

### ***Super Soy Sprouts***

This is one of my favorite foods. Soy sprouts are living baby plant foods (not legumes) in their prime and are biogenic. This means that they can transfer their life energy force or zeta potential to you! The company harvests these organic sprouts at the stage of their development when they have the greatest concentrations of proteins, vitamins, minerals, phytochemicals, bio-flavonoids, RNA and DNA.

They then dry them at low temperatures to preserve all the nutrients, and make a fine powder out of them. Because soy sprouts are baby plants, their delicate cell walls release live nourishment and life force easily.

I love this product! It has so many benefits that I don't know which ones to mention here. Let's just say that it helps me deal with hunger and sugar cravings, keeps my blood sugar levels steady, and cleanses my blood.

The powder is also super-concentrated: it takes almost 2 lbs. of soy sprouts to make just one ounce of this powder. Because of this high concentration, it is 43% protein. This is a higher concentration of protein than beef, chicken, pork, fish, turkey, eggs, milk, cheese and most grasses, vegetable and leaves.

I take 2-3 teaspoons of this product every day. I take it directly by mouth. It's quite yummy! It tastes like baby food formula.

### ***LL BioLight***

BioLight is like fuel for my own internal nuclear reactor. This colorless, odorless, and tasteless solution has NADP (co-enzyme Q1) which is the enzyme that takes glucose into the body's energy cycle. It also has colloidal silver in it, which along with the oxygen from the Prime PH I take, forms calcium in my body.

This is a great way to get biologically available calcium (as opposed to most calcium supplements that are not easily assimilated by the body).

I take 5 drops of this under my tongue, 3 times a day. But if I need more energy, I take more.

## Homework

### Homework Item #1:

Work on enhancing your awareness. Go through your daily meals from last week that you recorded in your Forum Success Log, and mark up all the foods I suggested you avoid. Next, look at the records you made about how you felt after the meal. How did you feel? What changes can you make to your eating habits to help you become and stay healthier and more vibrant? Which of the changes I suggested can you make right away?

Write these in your Success Log, and commit to consciously and purposely practicing at least one of them each day this week.

### Homework Item #2:

Use the menus and recipes listed in *Appendix E: Menus & Recipes* to design a meal plan for the coming week.

### Homework Item #3:

List everything that passes through your lips every day of this week. This is critical in helping you develop some awareness about how you are treating your body in real life. Nobody but you needs to see this list – ever! Use your Success Log to record this information. Be sure to also record how you felt after each meal, and where your energy levels were during the day. It should not take more than 10 minutes a day.

## Lesson 4: Sugar, Sugar Everywhere!

### Lesson Goals:

- Understand the role sugar plays in making you acidic from the inside out
- Learn what sugar cravings are telling you about your body.
- Learn about natural and artificial sugar substitutes, and which ones you should use.



Talking about the problems sugar can cause is like beating a dead horse. Everyone in the western world has seen or heard report after report professing that sugar is at the root of all sorts of health problems. Yet, most people tend to ignore these warnings. Why?

The reason is quite simple: most people are addicted to sugar! In this lesson, I will share with you why quitting sugar is so hard, and how it can be done very easily – if you know what to do.

### **Sugar Cravings**

If all you needed to quit your sugar addiction was willpower, millions of people would be off sugar. But you know that's not the case. Willpower by itself is not enough. Sugar cravings are facilitated by a mechanism in your body that is meant to save your life.

Besides powering most of your immediate energy requirements, sugar, or more specifically glucose, is the only source of energy for your brain, so it is crucial to your survival.

So what triggers this craving mechanism, or what would *normally* trigger this mechanism is a drop in your blood sugar levels. That would prompt your liver to start to manufacture glucose from its reserves, and also trigger certain brain centers to tell you that you feel hungry.

But here's how this natural mechanism is thrown out of whack to make you crave sugars as if your life depended on it. Basically, when your inner environment is too acidic, the microforms we talked about earlier – especially yeast or Candida – begin to multiply at alarming rates to do their job: to return you back to dust.

These yeasts have a ferocious appetite for glucose, so they eat (actually ferment) the glucose your body needs for its own nourishment, and excrete their own toxic wastes, which in turn makes your inner environment even more acidic and gives rise to even more yeasts. This is a vicious, self-perpetuating cycle that will not end as long as you eat even more sugar.

The only way to stop this vicious cycle is to make your body inhospitable to the growth of these yeasts and other microforms. And that is best done by alkalizing your body with alkaline waters,



juices, and foods. This in effect stops the cycle dead in its tracks. Of course, this is not an overnight process. You must continue to alkalize and draw out toxins and acidic wastes from your system in order for this process to be effective.

I personally used to be a chocoholic. I would put away 5 lbs. of chocolate morsels each week – I would keep a jar on my desk, and eat them casually and continuously as I worked.

By following the directions I have given you in the previous lessons and by taking the supplements I mentioned in the previous lesson I was able to completely eliminate my cravings within five days! My last bag of chocolate morsels is still full, and has been sitting in my storage closet for over a year! If I can do it, you can do it!

Today, if I feel a hunger pang, I take a scoop of Super Soy Sprouts and wash it down with some SuperGreens. As I mentioned before, Super Soy Sprouts help me level my blood sugar, so that tides me over for a little while until I can get to eat a snack or an alkalizing meal.

### **Aspartame: Artificial Sweetener Death Sentence**

Aspartame is the most commonly found artificial sweetener. It is commonly used in diet sodas, sugar-free foods and drinks, meal replacement shakes, and many other items marked as "sugar-free" or "diet."

Here is the problem with Aspartame. When Aspartame was first included in 100 different products, Congressional Hearings were held to evaluate the effects of Aspartame on the human body. The Congressional record states, "It [Aspartame] makes you crave carbohydrates that will make you FAT." Since the initial hearing, there have been two subsequent hearings, but nothing has been done. The drug and chemical corporations have very deep pockets and spend a great deal on lobbying. Now over 5,000 products in 90 countries contain this chemical.

At the time of the first hearing, people were getting fat, going blind, and having a myriad of neurological problems. Dr. H.J. Roberts, author of an excellent book on the dangers of Aspartame, affirmed that once he got patients off Aspartame they, on average, lost 19 pounds. The reason for this being that the methanol in the Aspartame converts to formaldehyde which is subsequently stored in the fat cells, particularly in the hips and thighs. (Formaldehyde is grouped in the same class of drugs as cyanide and arsenic – DEADLY POISONS!) The same methanol formaldehyde conversion takes place in the retina of the eye, resulting in vision impairment and loss.

Aspartame alters the brain's chemistry, changing the dopamine level, one reason for severe seizures. With brain chemistry alteration being a result of Aspartame consumption, imagine what this drug does to patients suffering from Parkinson's Disease. It also not only affects the living but the unborn as well, causing birth defects. Aspartame is a quiet killer, but a killer nonetheless; fattening, blinding, and neurological altering as it kills.

"Consuming Aspartame at the time of conception can cause birth defects. The phenylalanine concentrates in the placenta, causing mental retardation", according to Dr. Louis Elsas, Pediatrician Professor - Genetics, at Emory University in his testing.

Aspartame is especially deadly for diabetics. All physicians know what wood alcohol will do to a diabetic. We find that physicians believe that they have patients with retinopathy, when in fact, the symptoms they are seeing are due the consumption of Aspartame.

The Aspartame keeps the blood sugar level out of control, causing many patients to go into a coma. Unfortunately, many have died as a result. Countless physicians have related the

experiences of their diabetic relatives, who had switched from saccharin to an Aspartame product, and how those relatives had eventually gone into a coma; the physicians could not get the blood sugar levels under control.

Memory loss is due to the fact that aspartic acid and phenylalanine are neurotoxic without the other amino acids found in protein. Thus it goes past the blood-brain barrier and deteriorates the neurons of the brain.

Dr. Russell Blaylock, neurosurgeon and author of the book "Excitotoxins: The Taste That Kills", states that "the ingredient [Aspartame] stimulates the neurons of the brain to death, causing brain damage of varying degrees.

I assure you that MONSANTO, the creator of Aspartame, knows how deadly it is. They fund the American Diabetes Association, American Dietetic Association, Congress, and the Conference of the American College of Physicians.

The New York Times, on November 15, 1996, ran an article on how the American Dietetic Association takes money from the food industry to endorse their products. Therefore, they cannot criticize any additives or tell about their link to MONSANTO. How bad is this?

There are 92 documented symptoms of Aspartame, from headaches to death. The majority of them are neurological, because *Aspartame destroys the nervous system*. Use at your own risk!

### Natural Sugar Substitutes

The best natural sugar substituted that I have found is Stevia. This sweetener is not a sugar or alcohol (like Aspartame); it is made from the leaf of an herb and is actually alkalizing! Stevia has no glycemic index and is virtually calorie free, yet it can be up to 300 times sweeter than sugar!

Refined sugar is virtually devoid of nutritional benefits and, at best, represents empty calories in the diet. At worst, it has been implicated in numerous degenerative diseases. Stevia is much sweeter than sugar and has none of sugar's unhealthy drawbacks.

Stevia is an all-natural herbal product with centuries of safe usage by native Indians in Paraguay. It has been thoroughly tested in dozens of tests around the world and found to be completely non-toxic. It has also been consumed safely in massive quantities (thousands of lbs. annually) for the past twenty years.

Although one group of studies performed from 1985 through 1987 found one of the metabolites of Stevia to cause mutations in a strain of Salmonella bacteria, there is serious doubt as to whether this study is applicable to human metabolism of Stevia. In fact, the methodology used to measure the mutagenic effects in this test was flawed according to a follow-up research study which also seriously questioned the validity of the results.

For myself, I intend to use the product with both confidence in nature and respect for the healthy moderation and balance which nature teaches us.

There are basically three varieties that can be found in most health food stores. All varieties of this product have a slight bitter aftertaste, also characteristic of licorice.

1. Brown or green powder. This is the unrefined extract. The crude Stevia leaves and herbal powder are reported to be 10-15 times sweeter than table sugar.

2. White powder. This is the refined extract and is supposed to be 200-300 times sweeter than table sugar. My experience is that the herbal powder is very sweet while the refined extract is incredibly sweet and needs to be diluted to be properly used.
3. Liquid extract. This is ideal for mixing with liquid drinks or for food recipes. If you choose this variety, be sure to read the bottle carefully to make sure it wasn't made via a procedure that required the use of alcohol (typical in low-cost brands).

I have found a store on the Internet that sells all three varieties of Stevia at a discount of 15%-20% off retail price. Check out [www.acidalkalinediet.com/stevia.htm](http://www.acidalkalinediet.com/stevia.htm) for more information on Stevia and a link to that site.

### Homework

#### Homework Item #1:

Take some time to review the special report you received about Aspartame to educate yourself about the products that contain that poison. Work on enhancing your awareness. Go through your daily meals from last week that you recorded in your Success Log, and mark up all the foods that contain Aspartame (like diet sodas, sugar-free foods, protein powders and meal replacement shakes). Make a commitment to eliminate this poison from your diet.

#### Homework Item #2:

Use the menus and recipes listed in *Appendix E: Menus & Recipes* to design a meal plan for the coming week.

#### Homework Item #3:

List everything that passes through your lips every day of this week. This is critical in helping you develop some awareness about how you are treating your body in real life. Nobody but you needs to see this list – ever! Use your Success Log to record this information. Be sure to also record how you felt after each meal, and where your energy levels were during the day. It should not take more than 10 minutes a day.

#### Homework Item #4:

Work on enhancing your awareness. Read the labels of the foods you are eating, and look for sugar contents. If you are still eating dead foods out of a box or a jar (as opposed to live, green ones), take note of the sugar contents. Be sure to record this, as well as how you feel after the meal, in your Success Log.

#### Homework Item #5:

Replace refined sugars in your diet with Stevia. Check out [www.acidalkalinediet.com/stevia.htm](http://www.acidalkalinediet.com/stevia.htm) for more information on Stevia and a link to a website where you can save some money by buying Stevia at a 15%-20% discount.

## Lesson 5: Give Yourself the Gift of Life

### Lesson Goals:

- Learn why oxygen is critical to alkalizing.
- Learn how to breathe properly.
- Discover what the best exercises are.

This is the last topic we'll be covering, but I think you'll agree that it is the most important one. As I mentioned before, the one substance without which your lifespan would be shortened to only a few minutes is oxygen.

In this lesson, I will share with you simple yet effective ways to use oxygen to help you become healthier and achieve your optimal weight, health, and vitality.

I have packed this lesson with some great information that should be useful to both active athletes, as well as those who are just beginning their journey back to an active lifestyle.

So read on!

### **Oxygen**

Dr. Otto Warburg, winner of the 1931 Nobel Prize for his studies in cell respiration, believed that a person's level of health and vitality has a direct correlation to the levels of oxygen in his or her blood stream. As a test, he placed rat cells in a jar with both normal and 60% below normal oxygen levels. In the jars with lower oxygen levels, some cells weakened or died, while others mutated.

Years later, another research scientist at the Rockefeller Institute by the name of Harry Goldblatt duplicated Dr. Warburg's experiment. But this time, he reinserted the cells back in the rats. The rats that received oxygenated cells survived, while those that received under-oxygenated cells developed cancer!

If the health of your body depends on the health of the 75 trillion cells contained within it, and the health of each of those cells depends on its receiving sufficient oxygen, then doesn't it stand to reason that in order to remain healthy and vibrant, you must ensure proper oxygenation of your cells?

This is especially true because the overall energy levels you experience on a daily basis are also dependent on whether each cell is receiving sufficient oxygen. You see, with proper amounts of oxygen, each cell not only performs its own specialized function, but it also produces *adenosine triphosphate* (ATP) that fuels the body.



Do you remember the discussion we had about how alkalizing your body makes it an inhospitable environment for the microforms that drain your energy, poison your system, and lead to your rotting from the inside?

Well, here's some good news. Oxygen is one of the best ways to alkalize your bloodstream and hence, your entire system. Studies at the Stanford University School of Medicine have proven that oxygenating your blood with  $\text{ClO}_2$  (the main ingredient in Prime PH I told you about in the last lesson) is a powerfully effective way to eradicate Candida.

The question then is "other than using alkalizing supplements like Prime PH, how do you best oxygenate and alkalize your system?" Well, the answer to this question is so simple that I doubt you had ever thought of it. So keep on reading!

### Don't Forget To Breathe!

You never thought the answer to oxygenating your body can be as simple as "breathing"... it is! But I'm not just talking about what you do involuntarily, all day long.

To show you what I mean, let's just do a quick exercise: Just take a moment and take notice of how deeply you are breathing at this very moment. What part of your body moves as you breath, your chest or your belly? How much of your lung's capacity would you say you were using right now?

You see, the vast majority of people are what I call "shallow chest breathers." Each time they draw a breath, they fill their lungs with at most 30% of their lungs' capacity, mostly in the areas under the chest cavity. This is the body's natural tendency to conserve energy when it can.

But the flip side of this is that your body is only getting enough oxygen to manage its basic functions... not enough to help you alkalize your body or generate a great deal of energy. Add to that the habitually bad posture most people suffer from, I would be surprised if they even get 30% lung capacity most of the time.

So why is shallow chest breathing a problem? Shallow breathing could result in the following health problems:

1. Chronic or intermittent fatigue.
2. Chest pains and palpitations suggestive of heart disease.
3. Tingling and numbness in the arms, legs, hands, etc.
4. Muscular craps in the neck, shoulders, and back.
5. Stomach upsets, heartburn, and gas.
6. Anxiety and panic attacks.
7. Feelings of unreality and hallucinations.
8. Disturbances, nightmares, and night sweats.

These health problems stem from the fact that *the richest blood flow is in the lower lungs*. So if you are only filling up a small portion of the top part of your lungs each time you breath, you are shortchanging your body of the oxygen it could use.

Proper breathing requires the use of your diaphragm – the layer of muscle that separates your chest cavity and the lungs from the abdominal cavity. When you breathe properly, so as to fill



the lower lungs, the diaphragm contracts and your belly sticks out. This allows the lungs to expand and fill with air. And here's how to do it properly.

Visualize the air filling your lungs from the bottom all the way up. Place one hand on your abdomen and one hand on your chest. Inhale slowly and deeply through your nose into your abdomen to push up your hand as much as feels comfortable. Your chest should move only a little and only with your abdomen. For best results, take 10 breaths, 3 times a day in the following ratio:

1. Inhale for a count of 1
2. Hold for a count of 4
3. Exhale for a count of 2

You should use this breathing technique every day, especially when you feel tired, lack mental focus, are under stress, or experience anxiety.

This technique of breathing from the bottom up can also be used to maximize your oxygen intake prior, during, and after physical activity, which is the topic of the next section.

### **Move Your Body!**

No course on getting healthy and vibrant would be complete without a discussion about exercise and its importance to your health. But instead of giving you the same old advice everyone "knows", I want to give you information that you can actually use.

Have you ever wondered why exercise is so important? Why does moving your body during exercise help to lose fat? The answer most people would give to these questions is that "exercising helps to burn more calories, and if you burn more calories than you eat, you will lose fat." That may be so, but I want you to consider another reason that I believe to be more correct and accurate. But before I can get to that, let me give you some background information.

As you may know, your body actually has two circulatory systems:

1. Your cardiovascular system that is comprised of your heart and blood vessels that circulate blood to and from your lungs (and the rest of your body), and
2. Your lymphatic system that hauls away waste products and toxins from your muscles and tissues. In effect, your lymphatic system is the garbage collector of your body.

The human body has 15 pints of blood and a huge pump (the heart) to move it through your body. You also have 45 pints of lymph fluid and no pump to move it through your body.

The only way that your body can move the lymph fluids through your body is through muscle contractions that squeeze the lymph through a system of one way valves. The lymph carries major toxins to your lungs where they are expelled from the body through breathing.

Going back to the answer I promised you, it is this lymphatic system that benefits greatly from daily exercise. When we don't move or exercise then gravity pulls the lymph downward and it becomes stagnant and the toxins that it would carry out of your body become stagnant as well.

This accumulation over time turns into premature aging along with ankle edema.

Besides, if the toxins are not successfully removed through the lymphatic system, they may start to back up in your tissues (swelling), joints (arthritis), lymph nodes (lymph disease and

cancer), skin (pimples and blemishes), and various organs. That doesn't sound too good, does it?

### The Perfect Exercise

Basically, the perfect exercise is the one you enjoy the most. It is far more important that you engage in some form of physical activity... the type of activity is secondary to this. When you like a particular type of activity, you will tend to persevere with less effort, and that is the point.

Of course, you could make any physical activity more fun. I highly recommend that you invest in a portable CD or MP3 player, and take your music with you when you exercise.

Research has shown that exercising with music is much more effective than without.

I will not bore you with details on what aerobic and anaerobic exercises are, and how to engage in each type of exercise. There are plenty of excellent web sites on the Internet that give you that information.

But what I do want you to take away from this session is a renewed commitment to engaging in an aerobic exercise of your choice at least every other day for the next 30 day.

In case you are wondering what I would recommend, I suggest you consider a new type of exercise that has been shown to have remarkable results with people of all age groups, with minimal impact on the joints.

What I am eluding to here is Cellercise (a.k.a., "rebounding"). Rebounding is a unique form of exercise that applies weight and movement to every cell causing the entire body – its parts and functions – to become stronger, more flexible and healthier.

Rebounding uses vertical movement like weight lifting, push-ups, pulls-ups or sit-ups in a repetitive up and down motion.

However, these conventional forms of exercise target and isolate specific muscles or muscle groups. It's very time consuming and often tears down the body to build it up. Rebounding flexes all 75 trillion cells at the same time! Even better, it requires only 10 minutes a day!



Unlike jogging, walking, bicycling, weightlifting, Rebounding is Isotonic<sup>7</sup>, Isometric<sup>8</sup>, Calisthenics<sup>9</sup> and aerobic all in one. For 10 minutes a day you can challenge every cell in your cardiovascular pulmonary system. You don't need 20 minutes... cells don't have watches.

If you shop around for a good rebounder, make sure that it uses a large tapered spring, not the typical tube spring which can lead to nerve damage and lower back problems.

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<sup>7</sup> Isotonic: Moving up and down on the Cellerciser is a full-body weight bearing activity that strengthens muscles, connective tissue, ligaments and bones.

<sup>8</sup> Isometric: Altering the angle of the body cause specific cells to resist "G-Forces." This tightens, lifts, and tones internal organs, muscles, even skin cells.

<sup>9</sup> Calisthenics: Using different techniques will target every part of the body, including thighs, knees, hips, buttocks, waist, stomach, arms, chin, and intestines.



There are so many rebounders out there these days, many of them available through TV offers and local sporting good stores. They vary in price from \$100 to \$400, and come with a number of add-ons like stabilizer bars, exercise videos, and tracking charts.

Of course, you could always use a good jump rope instead, at 1/10<sup>th</sup> the cost... But I think you'd have much more fun on a rebounder, and if you have more fun, then you're much more likely to continue to use it every day.

### Homework

#### Homework Item #1:

What are some aerobic exercises that you might enjoy (e.g., walking, running, biking, swimming, hiking, rowing, spinning, etc.)? Log into your Success Log and record the answers. Then schedule a specific time that you will commit to exercising at the very minimum every other day during the next 30 days. Be sure to warm up properly, exercise aerobically at your proper heart rate for at least 15 minutes, and warm down properly. If you like, you can add Static Contraction or another form of weight training to your routine.

#### Homework Item #2:

Use the menus and recipes listed in *Appendix E: Menus & Recipes* to design a meal plan for the coming week.

## Appendix A: Acid/Alkaline Foods Chart

The following table lists over 200 foods, along with their approximate acidity/alkalinity rating. The rating is based not just on the ash pH of the food, but also on the alkalizing/acidifying effect of the foods minerals and sugars.

Here's a quick overview of the rating:

Rating					
Highly Acidic	Acidic	Mildly Acidic	Mildly Alkaline	Alkaline	Highly Alkaline

Please note that this list is meant to be only as a guideline of what to eat and what to avoid. *When you combine foods properly, you can eat some of the acidic forming foods along with alkalizing foods.*

**General Guideline:** A healthy diet consists of a minimum of 70% alkalizing foods and no more than 30% acid forming foods.

Alkalizing foods are most effective when eaten raw. In addition, organic foods provide optimum minerals, vitamins, proteins, enzymes and amino acids, so if you can find or afford them, they are best.

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
Breads	Corn Tortillas		x				
Breads	Rye bread			x			
Breads	Sourdough bread		x				
Breads	White biscuit			x			
Breads	White bread		x				
Breads	Whole-grain bread			x			
Breads	Whole-meal bread			x			
Condiments	Ketchup		x				
Condiments	Mayonnaise		x				
Condiments	Miso		x				
Condiments	Mustard		x				
Condiments	Soy sauce		x				
Dairy	Buttermilk				x		
Dairy	Cheese (all varieties, from all milks)		x				

# ACID ALKALINE DIET SIMPLIFIED!

Food Category	Food	Rating			
		<-- highly acidic -- highly alkaline -->			
Dairy	Cream			x	
Dairy	Egg whites		x		
Dairy	Eggs (whole)		x		
Dairy	Homogenized milk			x	
Dairy	Milk (not pasteurized)			x	
Dairy	Milk (pasteurized)		x		
Dairy	Paneer (cheese)		x		
Dairy	Quark		x		
Dairy	Yoghurt (sweetened)		x		
Dairy	Yoghurt (unsweetened)			x	
Beverages & Drinks	Beer	x			
Beverages & Drinks	Coffee	x			
Beverages & Drinks	Coffee substitute drinks			x	
Beverages & Drinks	Fruit juice (natural)			x	
Beverages & Drinks	Fruit juice (sweetened)	x			
Beverages & Drinks	Liquor	x			
Beverages & Drinks	Soda/Pop		x		
Beverages & Drinks	Tea (black)	x			
Beverages & Drinks	Tea (herbal, green)				x
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)				x
Beverages & Drinks	Water (sparkling)		x		
Beverages & Drinks	Water (spring)			x	
Beverages & Drinks	Wine		x		
Fats & Oils	Borage oil				x
Fats & Oils	Butter			x	
Fats & Oils	Coconut Oil (raw)				x
Fats & Oils	Cod liver oil			x	
Fats & Oils	Corn oil			x	
Fats & Oils	Evening Primrose oil				x
Fats & Oils	Flax seed oil				x
Fats & Oils	Margarine			x	
Fats & Oils	Marine lipids				x
Fats & Oils	Olive Oil				x
Fats & Oils	Sesame oil				x
Fats & Oils	Sunflower oil			x	
Fruits	Acai Berry			x	
Fruits	Apples			x	

## ACID ALKALINE DIET SIMPLIFIED!

Food Category	Food	Rating				
		<-- highly acidic -- highly alkaline -->				
Fruits	Apricot			x		
Fruits	Apricots			x		
Fruits	Apricots (dried)			x		
Fruits	Avocado (protein)					x
Fruits	Banana (ripe)		x			
Fruits	Banana (unripe)				x	
Fruits	Black currant			x		
Fruits	Blackberries			x		
Fruits	Blueberry			x		
Fruits	Cantaloupe			x		
Fruits	Cherry, sour				x	
Fruits	Cherry, sweet			x		
Fruits	Clementine			x		
Fruits	Coconut, fresh				x	
Fruits	Cranberry			x		
Fruits	Currant			x		
Fruits	Dates			x		
Fruits	Dates (dried)			x		
Fruits	Fig juice powder			x		
Fruits	Figs (dried)				x	
Fruits	Figs (raw)				x	
Fruits	Fresh lemon				x	
Fruits	Goji berries			x		
Fruits	Gooseberry, ripe			x		
Fruits	Grapefruit			x		
Fruits	Grapes (ripe)			x		
Fruits	Italian plum			x		
Fruits	Limes				x	
Fruits	Mandarin orange		x			
Fruits	Mango			x		
Fruits	Nectarine			x		
Fruits	Orange			x		
Fruits	Papaya			x		
Fruits	Peach			x		
Fruits	Pear			x		
Fruits	Pineapple		x			
Fruits	Pomegranate		x			

# ACID ALKALINE DIET SIMPLIFIED!

Food Category	Food	Rating				
		<-- highly acidic -- highly alkaline -->				
Fruits	Raspberry		x			
Fruits	Red currant			x		
Fruits	Rose hips		x			
Fruits	Strawberries			x		
Fruits	Strawberry			x		
Fruits	Tangerine			x		
Fruits	Tomato					x
Fruits	Watermelon			x		
Fruits	Yellow plum			x		
Grains & Legumes	Basmati rice			x		
Grains & Legumes	Brown rice		x			
Grains & Legumes	Buckwheat				x	
Grains & Legumes	Bulgur wheat			x		
Grains & Legumes	Couscous			x		
Grains & Legumes	Granulated soy ( <i>cooked, ground</i> )					x
Grains & Legumes	Kamut				x	
Grains & Legumes	Lentils				x	
Grains & Legumes	Lima beans					x
Grains & Legumes	Oats			x		
Grains & Legumes	Rye bread			x		
Grains & Legumes	Soy flour				x	
Grains & Legumes	Soy lecithin, pure					x
Grains & Legumes	Soy nuts ( <i>soaked soy beans, then dried</i> )					x
Grains & Legumes	Soybeans, fresh					x
Grains & Legumes	Spelt				x	
Grains & Legumes	Tofu				x	
Grains & Legumes	Wheat		x			
Grains & Legumes	white (navy) beans					x
Meat, Poultry & Fish	Beef	x				
Meat, Poultry & Fish	Buffalo		x			
Meat, Poultry & Fish	Chicken		x			
Meat, Poultry & Fish	Duck		x			
Meat, Poultry & Fish	Fresh water fish		x			
Meat, Poultry & Fish	Liver			x		
Meat, Poultry & Fish	Ocean fish		x			
Meat, Poultry & Fish	Organ meats			x		
Meat, Poultry & Fish	Oysters			x		

## ACID ALKALINE DIET SIMPLIFIED!

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
Meat, Poultry & Fish	Pork	x					
Meat, Poultry & Fish	sardines (canned)	x					
Meat, Poultry & Fish	Tuna (canned)	x					
Meat, Poultry & Fish	Veal	x					
Meat, Poultry & Fish	Wild salmon,						
Miscellaneous	Apple Cider Vinegar			x			
Miscellaneous	Baking soda					x	
Miscellaneous	Bee pollen				x		
Miscellaneous	Canned foods		x				
Miscellaneous	cereals (like Kellogg's etc)		x				
Miscellaneous	Hummus			x			
Miscellaneous	Microwaved foods						
Miscellaneous	POPCORN			x			
Miscellaneous	Rice milk			x			
Miscellaneous	Royal Jelly				x		
Miscellaneous	Soy Protein Powder			x			
Miscellaneous	Tempeh			x			
Miscellaneous	Whey protein powder			x			
Nuts	Almond				x		
Nuts	Almond butter (raw)				x		
Nuts	Brazil nuts			x			
Nuts	Cashews			x			
Nuts	Filberts			x			
Nuts	Hazelnut			x			
Nuts	Macadamia nuts (raw)			x			
Nuts	Peanut butter (raw, organic)		x				
Nuts	Peanuts		x				
Nuts	pine nuts (raw)				x		
Nuts	Pistachios		x				
Nuts	Walnuts			x			
Roots	Carrot				x		
Roots	Fresh red beet					x	
Roots	Kohlrabi				x		
Roots	Potatoes				x		
Roots	Red radish					x	
Roots	Rutabaga				x		
Roots	Summer black radish						x

# ACID ALKALINE DIET SIMPLIFIED!

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
Roots	sweet potatoes			x			
Roots	Turnip				x		
Roots	White radish (spring)				x		
Roots	Yams				x		
Seeds	Barley			x			
Seeds	Caraway seeds				x		
Seeds	Cumin seeds				x		
Seeds	Fennel seeds				x		
Seeds	Flax seeds			x			
Seeds	Pumpkin seeds			x			
Seeds	Sesame seeds				x		
Seeds	Sunflower seeds			x			
Seeds	Wheat Kernel		x				
Sweets & Sweeteners	Agave nectar			x			
Sweets & Sweeteners	Alcohol sugars (xylitol and the other saccharides.		x				
Sweets & Sweeteners	Artificial sweeteners	x					
Sweets & Sweeteners	Barley malt syrup			x			
Sweets & Sweeteners	Beet sugar		x				
Sweets & Sweeteners	Brown rice syrup			x			
Sweets & Sweeteners	Chocolates		x				
Sweets & Sweeteners	Dr. Bronner's barley malt sweetener			x			
Sweets & Sweeteners	Dried sugar cane juice			x			
Sweets & Sweeteners	Fructose			x			
Sweets & Sweeteners	Halva [ground sesame seed sweet]		x				
Sweets & Sweeteners	Honey			x			
Sweets & Sweeteners	Maple Syrup			x			
Sweets & Sweeteners	Milk sugar			x			
Sweets & Sweeteners	Molasses		x				
Sweets & Sweeteners	Sugar (white)		x				
Sweets & Sweeteners	Sugarcane		x				
Sweets & Sweeteners	Turbinado sugar			x			
Sweets & Sweeteners	Xylitol		x				
Vegetables	Alfalfa					x	
Vegetables	Alfalfa grass						x
Vegetables	Artichokes				x		
Vegetables	Asparagus				x		



## ACID ALKALINE DIET SIMPLIFIED!

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
Vegetables	Aubergine/Egg plant				x		
Vegetables	Barley grass						x
Vegetables	Basil				x		
Vegetables	Bell peppers/capsicums (all colors)				x		
Vegetables	Blue-Green Algae			x			
Vegetables	Bok Choy				x		
Vegetables	Brussels sprouts				x		
Vegetables	Cabbage lettuce, fresh					x	
Vegetables	Canned vegetables		x				
Vegetables	Cauliflower				x		
Vegetables	Cayenne pepper					x	
Vegetables	Celery					x	
Vegetables	Chives				x		
Vegetables	Cilantro					x	
Vegetables	Comfrey				x		
Vegetables	Cooked vegetables (all kinds)			x			
Vegetables	Cucumber, fresh						x
Vegetables	Dandelion						x
Vegetables	Dog grass						x
Vegetables	Endive, fresh					x	
Vegetables	French cut ( <i>green</i> ) beans					x	
Vegetables	Frozen vegetables		x				
Vegetables	Garlic					x	
Vegetables	Ginger					x	
Vegetables	Ginseng				x		
Vegetables	Green cabbage, ( <i>December Harvest</i> )				x		
Vegetables	Green cabbage, ( <i>March Harvest</i> )				x		
Vegetables	Horse radish				x		
Vegetables	Jicama						x
Vegetables	Kale						x
Vegetables	Kamut grass						x
Vegetables	Lamb's lettuce				x		
Vegetables	Leeks (bulbs)				x		
Vegetables	Lettuce				x		
Vegetables	Mushrooms		x				
Vegetables	Mustard greens				x		
Vegetables	Onion				x		

## ACID ALKALINE DIET SIMPLIFIED!

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
Vegetables	Oregano					X	
Vegetables	Parsnips				X		
Vegetables	Peas, fresh				X		
Vegetables	Peas, ripe				X		
Vegetables	Peppers				X		
Vegetables	Pickled vegetables	X					
Vegetables	Pumpkins (raw)				X		
Vegetables	Raw onions				X		
Vegetables	Red cabbage				X		
Vegetables	Rhubarb stalks				X		
Vegetables	Savoy Cabbage				X		
Vegetables	Sea Vegetables				X		
Vegetables	Seaweed (dulse, kelp, laver, etc)				X		
Vegetables	Shave grass						X
Vegetables	Sorrel					X	
Vegetables	Sauerkraut		X				
Vegetables	Soy Sprouts						X
Vegetables	Spinach ( <i>March harvest</i> )				X		
Vegetables	Spinach ( <i>other than March</i> )					X	
Vegetables	Sprouted seeds (all kinds)						X
Vegetables	Squash (all kinds, raw)				X		
Vegetables	Straw grass						X
Vegetables	Thyme				X		
Vegetables	Tomatoes (puree)						
Vegetables	Tomatoes (raw)				X		
Vegetables	Tomatoes (sun dried)						
Vegetables	Watercress				X		
Vegetables	Wheat grass						X
Vegetables	White cabbage				X		
Vegetables	Yeast			X			
Vegetables	Zucchini				X		

## Appendix B: Microbial Loads of Foods

The following chart outlines the number of pathogenic (disease causing) microorganisms found in the most common foods<sup>10</sup>.

Food Type	Number of Microorganisms/ Pathogens per <u>gram</u>	Number of Microorganisms/ Pathogens per <u>serving</u>
Vegetables, fruits, legumes, seeds, nuts, and sprouted grains (if uncontaminated in handling)	10	500
Milk, Grade A Pasteurized	20,000	5,000,000 per cup
Butter	300,000 to 1,000,000	7,000,000 per patty
Cheese	300,000 to 1,000,000	100,000,000 per serving
Ice Cream	300,000 to 1,000,000	225,000,000 per serving
Eggs	50,000 to 500,000	37,500,00 per egg
Beef, Poultry, Lamb, Pork, Seafood	300,000 to 3,000,000	336,000,000 per serving
Honey	150,000	150,000 per gram

The average American meal of animal products contains **750,000,000** to **1,000,000,000** pathogenic microorganisms!

The average vegetarian meal consisting only of plant foods contains less than **500** pathogenic microorganisms.

<sup>10</sup> Source: Back to the House of Health, 1999, by Robert O. Young and Shelley Redford Young.

## Appendix C: The Myth of Protein

So many people have asked me “Where do you get your protein?” that I decided to dedicate a whole appendix to it. This question presupposes that protein must come only from meat, dairy, and eggs, that getting enough protein is difficult in the first place, and that vegetable protein is somehow sub-par.

First, the human body's protein requirements are not that great, even for active people. When in life do you think your protein needs are the greatest? Yes, you guessed it... as an infant! That is when your body is growing at its most rapid pace. That is also when you are consuming the most perfect food: mother's milk.

So it stands to reason that the percentage of mother's milk that is composed of protein would be a good indicator of how much protein you might need. Any guesses? Mother's milk is only 1.2-1.6% protein!

The high-protein approach to nutrition was initially based on a 19<sup>th</sup> century German research which said that humans needed a minimum of 120 grams of protein per day. Conventional nutritionists dropped this to 60 to 90 grams a day, and more recently, expert research suggests closer to 25 grams a day.

Arnold Schwarzenegger, arguably the most successful bodybuilder of all time, had the following to say about human protein requirements:

Kids nowadays tend to go overboard when they discover bodybuilding and eat diets consisting of 50-70% protein – something I believe to be totally unnecessary... In my formula for basic good eating, eat about one gram of protein for every two pounds of body weight.

Arnold Schwarzenegger

The following are the recommended amounts of daily calories to be provided by protein, as established by various organizations:

- **World Health Organization (UN):** 4.5%
- **Food & Nutrition Board of the U.S.D.A.:** 6%
- **National Research Council:** 8%

In addition, the body has a free amino acid pool that contributes about 70 grams of protein daily. As your body becomes more efficient, it reuses and recycles protein within the system. Everyone has these protein reserves, so unless you have a specific problem related to protein deficiency (like brittle nails, muscle tissue loss, hair falling out), you can be sure you are getting enough protein.

As for plant sources of protein, the truth is that there is plenty of protein in plants, and that if you are eating a good variety of foods, you will be getting enough protein. Humans are the only species on this planet that worry about protein deficiency.

## ACID ALKALINE DIET SIMPLIFIED!

Do you think a cow thinks about protein when it grazes, or a gorilla, one of the strongest animals with huge muscles, worries about getting enough protein so its muscles don't atrophy?

In case you didn't know, gorillas are herbivorous (they only eat plants).

Vegetables carry all the amino acids (the building blocks of protein) the body needs. Not every vegetable has every amino acid, of course, but if you are eating a wide variety of vegetables, especially dark green and dark green leafy vegetables and supplementing with grasses or green powders, you are getting plenty of all the essential amino acids. According to Dr. Robert O. Young, PhD, "the key to providing your body with protein is quality, not quantity."

The chart below indicates the percentage of calories from proteins for each of the listed vegetable sources.

Percentage of Calories from Protein of Some Alkalizing Foods (per 100 g)			
Food	%	Food	%
<b>Vegetables</b>			
Alfalfa sprouts	40%	Pepper, green	12%
Artichoke	29%	Pea, green fresh	6%
Asparagus	25%	Pepper, red hot	13%
Bamboo shoots	26%	Radish	10%
Beet greens	22%	Rhubarb	11 %
Broccoli	49%	Seaweed, Dulse	25%
Brussels sprouts	49%	Spinach	45%
Cabbage, Chinese	12%	Turnip Greens	30%
Cabbage, red	20%	Watercress	22%
Cauliflower	27%	Wheat grass	25%
Celery	10%	Zucchini	26%
Chard, Swiss	24%	<b>Grains</b>	
Chives	18%	Barley	10%
Collards (leaves)	48%	Millet	10%
Collards (stems)	36%	Rice, Brown	8%
Cress	26%	Wheat	14%
Cucumber	10%	Wheat Bran	16%
Dandelion greens	27%	<b>Legumes</b>	
Eggplant	12%	Chickpea	21 %
Fennel	28%	Lentil, dried	25%
Garlic	62%	Lima bean	9%
Jalapeno pepper, red	14%	Mung sprouts	38%
Kale (leaves)	60%	Navy bean	26%
Kale (stem)	42%	Pea, green fresh	6%
Leek	22%	Red bean, dried	23%
Lettuce, Boston	12%	Soybean, dried	34%
Lettuce, Loose-leaf	13%	Soybean, fresh	11 %
Lettuce, iceberg	27%	Soybean sprouts	6%
Mustard greens	22%	Tofu	43%
Okra	24%	Continued...	
Onion (green)	15%		
Parsley	36%		

## Percentage of Calories from Protein of Some Alkalizing Foods (per 100 g)

<u>Food</u>	<u>%</u>	<u>Food</u>	<u>%</u>
<b>Fruits</b>		<b>Nuts &amp; Seeds</b>	
Avocado (California)	22%	Almond	19%
Avocado (Florida)	13%	Brazil nut	14%
Cherry, sour red	12%	Filbert	13%
Cranberry	4%	Pumpkin Seed	29%
Grapefruit, sour	5%	Sesame Seed	19%
Lemon	13%	Sunflower Seed	24%
Lemon juice	5%	Sunflower seed, sprouted	33%
Tomato, red.	11%		
Tomato, green	12%		

Source: *The pH Miracle* by Robert O. Young Ph.D.

## Appendix D: Calcium & Vegetable Sources

Throughout my research in this area, I have not found a more concise answer to the question “What about calcium? If I don’t eat dairy, where do I get my calcium?” than the one provided by Dr. Robert O. Young in his *The pH Miracle* book. Here is his answer.

### What about Calcium?

We get asked this question a lot. It is true that calcium is vital for many functions in the body, but the current rage for getting huge doses of the mineral – through large quantities of dairy products daily as well as supplements – is based in faulty understandings of how the body uses it. Many people worry – *totally unnecessarily* – that if mil products are eliminated, their diet will leave them deficient in calcium.

The fact is that all leafy, green vegetables and grasses are inherently high in calcium (as well as iron, magnesium, vitamin C, and many of the B vitamins, but that’s another story), as are celery, cauliflower, okra, onions, green beans, avocado, black beans, garbanzo beans (chickpeas), tofu, almonds, hazelnuts, and sesame seeds.

In short, you get plenty of calcium with a diet that looks like the one described in this book. When we’re asked about where we get our calcium, we often answer with a question of our own: Where does a cow get hers?

It is also important to evaluate how much calcium you really need to keep your bones and body healthy. To do so, you must understand that one of the things calcium does in the body is neutralize the acid created by eating animal protein.

When you eat these acidic foods, the body tries to return to its alkaline state the only way it can – by withdrawing calcium from your bones if there isn’t enough on hand in the food itself to do the job. Your kidneys also rob your bones in order to eliminate the excess nitrogen found in animal protein.

The current recommendation for 1,000 mg. a day of calcium and more assume an average American diet – which consists of 1.5 to 4 times as much protein as necessary, creating an unnatural demand for calcium. Many experts blame the seeming epidemic of the bone-weakening disease osteoporosis on this protein overdose. It isn’t really a lack of calcium at all!

Or rather, it is a calcium-robbing problem, not a calcium-deficiency problem. We need to stop worrying about not getting enough calcium and pay attention instead to not getting too much protein. In the meantime, we’re living the irony that getting plenty of calcium-rich dairy products can actually leave us with a negative calcium balance by the time all that protein is buffered.

Source: *The pH Miracle*, Robert O. Young, Warner Books, 2002.

The chart on the next page indicates the calcium content of several alkalizing foods.



## Calcium Content of Some Alkalizing Foods (mg per 100 g)

Food	mg	Food	mg
<b>Vegetables</b>		<b>Fruits</b>	
Alfalfa sprouts	43	Avocado (California)	10
Artichoke	51	Avocado (Florida)	10
Asparagus	23	Cherry, sour red	16
Bamboo shoots	13	Cranberry	14
Beet greens	119	Grapefruit, sour	16
Broccoli	103	Lemon	13
Brussels sprouts	36	Lemon juice	7
Cabbage, Chinese	43	Tomato, red.	13
Cabbage, red	42	Tomato, green	13
Cauliflower	25		
Celery	39		
Chard, Swiss	88	<b>Grains</b>	
Chives	69	Barley	34
Collards (leaves)	250	Millet	20
Collards (stems)	203	Rice, Brown	32
Cress	81	Wheat	46
Cucumber	25	Wheat Bran	119
Dandelion greens	187		
Eggplant	12	<b>Legumes</b>	
Fennel	100	Chickpea	150
Garlic	29	Lentil, dried	79
Jalapeno pepper, red	35	Lima bean	52
Kale (leaves)	249	Mung sprouts	118
Kale (stem)	179	Navy bean	70
Leek	52	Pea, green fresh	26
Lettuce, Boston	35	Red bean, dried	110
Lettuce, Loose-leaf	20	Soybean, dried	226
Lettuce, iceberg	38	Soybean, fresh	67
Mustard greens	183	Soybean sprouts	48
Okra	92		
Onion (green)	51	<b>Nuts &amp; Seeds</b>	
Parsley	203	Almond	234
Pepper, green	9	Brazil nut	186
Pea, green fresh	13	Filbert	209
Pepper, red hot	130	Pumpkin Seed	51
Radish	30	Sesame Seed	1,160
Rhubarb	96	Sunflower Seed	120
Seaweed, Dulse	296		
Spinach	93		
Turnip Greens	246		
Watercress	151		

Source: *The pH Miracle* by Robert O. Young Ph.D.

## Appendix E: Menus & Recipes

### Sample Menu

I wanted to show you what a weekly menu would look like when you actually follow the suggestions in this course. You could, of course, mix and match the meals with others from the recipe list that appears below. The menu is just an example of what you could do, but the combinations are endless. Also, check out Appendix F for a shopping list that will help you prepare these meals.

I have included 28 recipes here.

	Breakfast	Lunch	Dinner
<b>Monday</b>	Rice Pudding	Wrap made with sprouted tortillas and Shiraz Salad	Cooked milled with sprouted mung beans and Guacamole
<b>Tuesday</b>	Spring Wrap To Go	Brown or wild rice stir-fry with vegetables and a side salad.	Large California Salad with Avahini dressing
<b>Wednesday</b>	Silky Summer Shake	Wrap made with sprouted tortillas, steamed and/or raw veggies, and hummus to taste.	Baked salmon on a bed of steamed veggies with a squeeze of lemon or salsa.
<b>Thursday</b>	Spring Wrap To Go	Tofu Salad plus raw almonds for crunch.	Vegetarian 4 Bean Salad
<b>Friday</b>	Baby Boomer Breakfast Shake	Quinoa	California Veggie Burger
<b>Saturday</b>	Cool Cabbage Wrap	Rice Pudding	Cauliflower Casserole
<b>Sunday</b>	Popeye Super Shake	Low Sweet Granola	Super Simple Spaghetti

## ***Recipes***

### **Dressings, Dips and Sauces**

#### ***Avahini Dressing***

Serves 2

Ingredients: 1 avocado  
½ cup raw sesame tahini  
½ cup extra virgin olive oil  
Juice of 1-1½ lemon

Directions: Place all ingredients in a blender or food processor, and blend/process until smooth and creamy.

#### ***Fantastic Flaxseed Oil Dressing***

Ingredients: ¼ cup flaxseed oil  
¼ cup olive oil  
Juice of 1 lemon or lime  
½ tsp. onion powder  
½ tsp. garlic powder  
½ tsp. sea salt or Real Salt™  
½ tsp. chopped dry basil

Directions: Shake bottle of flaxseed oil well before pouring oil slowly into blender. Blend all ingredients well. Serve immediately or refrigerate till use.

You can use this as salad dressing, as spread instead of butter or mayonnaise over bread, as dip for bread, or instead of olive oil & balsamic vinegar in salads.

#### ***Guacamole***

Serves 2

Ingredients: 1 large ripe avocado  
1 tomato, finely chopped  
¼ tsp. Real Salt™  
1 lemon or lime, juiced  
Chili powder to taste

Directions: Mash avocado and mix with other ingredients.

#### ***Homemade Salsa***

Serves 2

Ingredients: 5 large tomatoes

1 large onion  
½ green bell pepper  
2 cloves of garlic  
Real Salt™ to taste  
20 leaves of cilantro  
Dried red chili peppers, if you want it hot

Directions: Add all ingredients in food processor and blend until it is chunky or smooth to your liking. If adding chili peppers, do so slowly. It gets hotter as it sits.

If you don't have a food processor, chop all the ingredients into small pieces and blend a cup of it well in your blender, then add to the chopped ingredients. This gives it a chunky salsa texture.

### ***Hummus***

Serves 2

Ingredients: 2 to 3 cups garbanzo beans (chickpeas) or 2x 12-15 oz. cans, rinsed well  
2 Tbs. cumin spice  
Juice from one lemon  
3 Tbs. olive oil  
Up to ½ cup water  
Salt to taste  
¼-½ cup raw sesame tahini  
1 large clove garlic

Directions: Prepare cooked chickpeas (or canned). Combine at least 2 cups of beans, water and olive oil in a food processor and blend until smooth. Add remaining ingredients.

The reason this recipe calls for 2-3 cups of beans is because some people like hummus thinner than others. Having the extra beans available gives you a chance to find the consistency you like.

Hint: Add green onion, or sun dried tomatoes, 1 cup of black beans or parsley and extra garlic for variations.

### ***Layered Bean Dip***

Serves 2

Ingredients: 1 8 oz. tub tofu cream cheese  
2 cups fresh salsa  
1 16 oz. can refried beans (vegetarian style) OR 2 cups of homemade pinto beans blended in the blender until smooth  
2 medium avocados, sliced  
Cilantro for garnish

Directions: In a 12-inch baking pan spread the tofu cream cheese evenly on the bottom. Layer evenly on top of the other beans, salsa and sliced avocado. Garnish with

cilantro. I whip some extra tofu cream cheese with soy milk to thin it enough to place spoonfuls on the top of the dip. It looks like sour cream and tastes great.

### ***Spicy Thai Almond Sauce***

Serves 1

Ingredients: 1 ½ cup organic sprouted almonds, or ½ cup raw almond butter  
¼ cup cold-pressed oil (grapeseed or peanut oil are best)  
1 tablespoons Bragg's Aminos  
1 teaspoon cayenne powder  
1 fresh garlic clove, crushed

Directions: Soak almond sprouts overnight and sprout 5 days. Grind sprouted almonds lightly in a food processor. Add remaining ingredients and grind well. Serve over long strip of zucchini, or on a crunchy green salad with cucumbers. Enjoy! :)

### ***Avocado Mayo***

Serves 2-4

Ingredients: 2 avocados  
1 cup pecans, soaked in alkaline water for 1-2 hours  
3 tablespoons cold-pressed nut oil (other than peanut oil)  
½ teaspoon Stevia or 2 tablespoons raw honey (slightly acidic)  
¼ cup alkaline water

Directions: Grind the soaked nuts into a meal. Blend avocados and the oil in a blender, adding the nuts and Stevia/honey slowly. Blend until smooth. Makes about 2 cups.

### ***Herby Dressing***

Serves 1-2

Ingredients: ¼ cup raw apple cider vinegar (yes, it's acidic so use this dressing sparingly)  
¼-½ cup cold-pressed olive oil  
3 tablespoons flax seed oil  
¼ cup Udo's blend oil  
2 tablespoons raw sesame tahini  
10 organic raisins  
1 tablespoon grated ginger root  
½ cup combined fresh dill, rosemary, thyme (and anything else you like)

Directions: Blend everything in a blender. Store in a capped jar in the fridge.

### ***Nut/Seed Butter***

Serves 1

- 
- Ingredients: 1 cup raw seeds or nuts  
5 tablespoons alkaline water  
¼ cup cold-pressed seed oil (any)  
Sea Salt to taste
- Directions: Grind seeds or nuts in a grinder until it makes a moist meal. Then transfer to a bowl and mix with water, oil, and salt until a thick paste develops. Store in capped jar in the fridge.

### ***Pesto Sauce***

Serves 1-2

- 
- Ingredients: 1 cup pine nuts  
2-3 cloves of fresh garlic, peeled and crushed  
1 cup cold-pressed olive oil  
1 bunch fresh basil  
1 bunch fresh cilantro  
Fresh pepper to taste  
½ cup grated soy or rice cheese, parmesan style (acidic, so optional)
- Directions: Wash and clean basil and cilantro, then chop together with the nuts for a few seconds in a food processor. Then toss in the remaining ingredients and pulse into a thick and creamy paste.

### ***Raw Sesame Tahini***

Serves 2-4

- 
- Ingredients: 1 cup raw sesame seeds  
5 tablespoons alkaline water  
¼ cup cold-pressed seed oil (any)  
Sea Salt to taste
- Directions: Grind sesame seeds in a coffee grinder until it makes a moist meal. Then transfer to a bowl and mix with water, oil, and salt until a thick paste develops. Store in capped jar in the fridge.

### ***Ava-Mole***

Serves 2-4

- 
- Ingredients: 4 green tomatillos, peeled and chopped  
1 ripe avocado  
1 bunch cilantro  
Fresh lime/lemon juice to taste
- Directions: Blend all ingredients (except lime/lemon) in a blender until smooth. Add lemon/lime juice to taste. Serve instead of dipping sauce with cut veggies.

## Shakes, Milks and Smoothies

### ***Baby Boomer Breakfast Shake***

Serves 1

---

Ingredients:    1 unpeeled, unwaxed cucumber  
                     1 tomatillo  
                     1 avocado  
                     2 cups organic baby spinach  
                     juice of 1 lime  
                     2 scoops Super Soy Sprouts  
                     1 scoop SuperGreens  
                     1/2 cup water  
                     1/2 cup Rice Dream (Rice Milk)  
                     6-8 ice cubes

Directions:       Slice vegetables. Put all ingredients a few at a time into blender and blend until smooth. Add ice cubes last.

This recipe was created by Ashley Lisonbee.

### ***Black Bean Salsa Soup***

Serves 2-3

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Ingredients:    1 lb. of dry beans OR 3x 15 oz. cans of beans, rinsed well.  
                     3-4 tomatoes, diced  
                     1 medium onion, chopped  
                     ¼ cup Olive oil  
                     1 clove garlic, chopped  
                     Sea salt or Real Salt™ to taste  
                     1 medium carrot, diced  
                     1 bay leaf  
                     1 tsp. oregano  
                     1/2 tsp. cayenne pepper  
                     1/4 cup fresh cilantro

Directions:       Cook beans until tender (not necessary if using canned beans). Warm olive oil (not hot) and add seasoning. Continue warming oil and stir continuously to release flavors. Combine all ingredients in a pan, add water to reach desired consistency, and heat to just before a boil (be sure not to boil the soup). Remember, fresh tomatoes will give up their juice too. You're done!

### ***Popeye Super Shake***

Serves 2

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Ingredients:    ½ bunch of celery  
                     2 cups spinach  
                     ½ green pepper  
                     ½ cucumber  
                     ½ cup parsley



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1 avocado (This is the secret)  
½ cup water  
1 scoop SuperGreens  
1 scoop Super Soy Sprouts  
6 cubes of ice.  
¼ cup chopped green onions (optional)  
¼ cup chopped cilantro (optional)  
½ carrot (optional)  
1 small tomato (optional)

Directions: Place all ingredients in blender, one at a time, and blend until smooth and creamy. Add ice cubes last, or if you like, you can warm this up on LOW temperature while stirring constantly to make a soup out of it. Just remember, in order to preserve the enzymes, do not heat the mixture to a point that if you stuck your finger in it, it would be too hot and you'd burn your finger.

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### ***Silky Summer Shake***

Serves 2

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Ingredients: 2 cups spinach  
½ red bell pepper  
½ cucumber  
½ cup parsley  
1 large tomato  
1 avocado  
½ cup water  
1 lime/lemon  
1 scoop SuperGreens  
1 scoop Super Soy Sprouts  
6 cubes of ice.

Directions: Place all ingredients in blender, one at a time, and blend until smooth and creamy. Add ice cubes last, or if you like, you can warm this up on LOW temperature while stirring constantly to make a soup out of it. Just remember, in order to preserve the enzymes, do not heat the mixture to a point that if you stuck your finger in it, it would be too hot and you'd burn your finger.

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### ***Super Simple Smoothie***

Serves 2-4

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Ingredients: ½ blender of fresh, raw apple cider, or nut milk  
¼ cup flax seed, ground to a fine meal  
1 teaspoon cinnamon  
½ cups berries: blueberries, blackberries, cherries, or raspberries (slightly acidic, so it's optional)  
1 avocado  
1 heaping teaspoon SuperGreens, or your favorite green powder  
3 heaping tablespoons fresh bee pollen

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1 tablespoon lecithin liquid, or granules  
3 tablespoons flax seed oil, or white coconut butter  
1 tablespoon raw, organic honey (slightly acidic, so optional)  
Pinch Celtic sea salt or Real Salt

Directions: Grind the flax seeds along with cinnamon in a coffee grinder and set aside. Fill your blender with the raw apple cider, or nut milk. Add all other ingredients and turn blender on low until the mixture is moving smoothly. Then blend well on high for 2 minutes until creamy. That's it! :) Makes a meal for 2, or a snack for 4.

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### ***California Apple Tart Smoothie***

Serves 3-4

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Ingredients: 2 cucumbers, or ½ bunch celery  
2 hard Granny Smith apples (OK, so this one's not too alkalizing, but it's so yummy! Just make the cucumbers BIG! ;)  
1 head kale, about 7 leaves  
1 lemon, yellow skin removed, white pith intact

Directions: This one is soooooo simple to make: Juice everything and enjoy! ;)  
I wouldn't let this one sit around, so only make as much as you're going to drink right away.

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### ***Watermelon Smoothie***

Serves 4-6

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Ingredients: 1 watermelon (organic is best)  
Alkaline water

Directions: This is an awesome drink for the summer! Cut watermelon into pieces and remove seeds. Toss everything into a blender and add water gradually as you blend the watermelon mixture. Adjust water to reach your desired consistency. You may need to use a wooden spoon to crush the melons into action in the blender.

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### ***California Fig Smoothie***

Serves 1

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Ingredients: 5 dried or fresh figs  
4 cups fresh apple juice  
1/2 mango  
1/2 avocado  
1/4 cup ground flax meal  
2 tbsp flax seed oil  
Coconut butter to taste  
Ice cubes as needed

**Directions:** If you're using dried figs, soak them in alkaline water (enough to cover them) for at least 30 minutes. Put everything in the blender and blend on high speed for 3 min (if using dried figs) or 2 min (if using fresh figs). You'll need to adjust the number of ice cubes and the amount of coconut butter to your taste. Is this better than Sunny-Delight or what! ;)

### Beverages, Tea and Milk

#### *Almond Milk*

Serves 3-4

**Ingredients:** 1 cup raw almonds, soaked 4 or more hours  
3-6 cups alkaline water  
1 tablespoon Stevia (or 3 tablespoons raw honey - slightly more acidic though)  
A pinch of sea salt

**Directions:** Blend everything together until the texture is creamy. You can vary the amount of water depending on your taste. Add more water and strain if you like it thin, or add less water to get a thicker, "whipped cream" consistency. Store in a lidded jar in the fridge.

#### *Ginger Shot*

Serves 2-3

**Ingredients:** 2 cups alkaline water  
1"-2" length of ginger root  
2 lemons (or limes)  
1 hot pepper, or ¼ teaspoon cayenne powder

**Directions:** Remove the skins from the lemons (or limes), while leaving the pith intact. Chop and toss them in the blender. Peel the ginger and toss it into the blender along with the hot pepper. Add a little water and blend until smooth. You can vary the amount of water to reach your desired consistency. Makes 2-3 2 ounce shots. Watch out tequila!

#### *California Ginger Tea*

Serves 1

**Ingredients:** 2" piece of ginger root  
2-4 slices of lemon (or limes)  
2-4 cups alkaline water

**Directions:** Chop and grate the ginger root, then press it in a ginger press to get the extract. Mix it with the alkaline water in a small pot and heat to the desired temperature (well below boiling). Pour through a strainer into cups, squeeze a

slice of lemon/lime into it, and enjoy!

### Soups and Salads

#### *Lentil and Vegetable Soup*

Serves 2-3

Ingredients: 2 tsp. olive oil  
1 onion, chopped  
4 cloves garlic, crushed  
2 Tbs. curry powder  
1 tsp. coriander  
1 tsp. cumin  
1 cup lentils, picked over and rinsed  
3 cups vegetable broth  
4 tomatoes, chopped  
2 zucchini, chopped  
3 cups spinach

Directions: Sauté onions and garlic in olive oil until soft. Add curry powder, coriander and cumin. Cook until fragrance is released, about 45 seconds. Add lentils, broth, a cup of water and vegetables. Bring to a boil and reduce heat. Simmer for 25-30 minutes, until lentils are tender.

#### *Warm Soul Soup*

Serves 2

Ingredients: 1 package dried seaweed, about 2 ounces  
2 cups alkaline water  
1 cake (about 6 ounces) unpasteurized tofu  
2 tablespoons unpasteurized miso, any type (slightly acidic, so optional)  
2 tablespoons fresh ginger, crushed  
½ cup scallions, chopped  
¼ cup lemon juice, fresh-squeezed

Directions: Soak seaweed for 15 minutes in the alkaline water. Put tofu, miso, ginger, and soak water in a blender and blend. Stir in the remaining ingredients and warm in a pot over very low heat for a few minutes. The temperature should never be so high that when you put your finger into the soup, it feels too hot. Serve warm. Should make about 2 bowls... YUM!

#### *White Bean Soup*

Serves 2-3

Ingredients: 1 lb. dry white northern beans  
1 large onion

2 ribs of celery  
2 carrots  
Other vegetables of choice  
Bay leaf  
Sea salt or Real Salt™ to taste

**Directions:** Soak and cook beans. In a skillet, sauté the vegetables in olive oil over LOW heat. When vegetables are almost tender, add to the cooked beans. Take 1 cup of the cooked beans and blend them in the blender for the thickener. Add bay leaf. Cook for 30 minutes at low heat. Stir often. Be careful not to burn the bottom. You can eat this dish hot, but it will thicken as it cools.

### ***Jenny's Lentil Salad***

Serves 2

**Ingredients:** 2 cups celery, minced  
1 tablespoon raw sesame tahini  
5 cups lentil sprouts (most lentils found in ordinary stores won't sprout)  
¼ cup raw almond butter  
4 tablespoons olive oil  
½ cup alkaline water  
3 tablespoons Bragg's Aminos  
1 red pepper, chopped  
2 green onions with tops, minced  
2 teaspoons kelp (optional)

**Directions:** Soak lentils overnight and sprout for 2 days, rinsing them 2-3 times a day. It takes about 3 cups of dry lentils to make 5 cups of sprouts. Make your dressing by blending the almond butter, olive oil, and alkaline water in blender until smooth. Chop the lentil sprouts in a food processor and put them in a large bowl. Now add all other ingredients, and pour the almond butter mixture over it. Stir the mixture well and chill for several hours in refrigerator before serving. You can use this as a salad or as a sandwich spread. If you feel more creative, stuff the mixture in avocado halves and drizzle with your favorite dressing.

### ***Vegetarian 4 Bean Salad***

Serves 2

**Ingredients:** ¾ cup fresh cooked (very lightly) whole green beans  
¾ cup wax beans (cooked) canned  
¾ cup sprouted chickpeas lightly steamed  
¾ cup sprouted kidney beans lightly steamed  
¼ cup chopped green pepper  
½ cup chopped tomato  
½ cup chopped onion  
Fresh parsley  
Caraway to taste  
olive oil and lemon juice to taste

Directions: Mix all ingredients together. Serve.

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### ***California Salad***

Serves 2

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Ingredients: 16 oz. spring greens  
1 medium cucumber, sliced in chips  
1 tomato, chopped  
1 ripe avocado, chopped  
1 red bell pepper, chopped  
¼ cup extra virgin olive oil  
1-2 tsp. Bragg's™ Aminos  
Juice of ½ lemon or lime.

Directions: Mix all ingredients. Serve immediately.

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### ***Sea Cucumber Salad***

Serves 2

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Ingredients: 1 bunch radishes  
2 large cucumbers, peeled  
1 package arame sea vegetable  
1 red pepper  
¼ white onion, chopped  
1 cup sunflower or pine nuts  
1 cup raw almonds  
Cayenne and garlic powders to taste  
¼ cup cold-pressed olive oil  
1 tablespoon Bragg's Liquid Aminos

Directions: Soak almonds and seeds/nuts in alkaline water for a couple of hours. Also soak the sea vegetables in alkaline water until they are soft (10-15 min). Drain everything and set aside. Slice cucumbers, radishes, and red pepper diagonally into thin slices. Toss everything together in a large bowl and season with cayenne and garlic powders.

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### ***Canadian Rice Salad***

Serves 1

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Ingredients: ½ cup zucchini, shredded  
½ cup red bell pepper, deseeded and chopped  
1 cup bean sprouts  
1 stalk broccoli  
½ lbs. Canadian wild rice (it's a grass seed)  
Alkaline water

**Directions:** Soak the wild rice overnight, drain and rinse well. Sprout for 2 days, rinsing at least 3 times a day and draining well. Cut broccoli stems into thin, diced strands. Toss everything in a bowl and add your favorite dressing!

### ***Tofu Salad***

Serves 4

**Ingredients:** 2 Packages of extra organic tofu  
2 large carrots, grated fine  
1 head of cauliflower  
1 red pepper, chopped fine  
1 green pepper, chopped fine  
2 cups of finely chopped celery  
1 tsp. dried mustard  
¼ cup fresh lime or lemon juice  
½ cup fresh parsley or ¼ cup dried parsley  
1 tsp. Garlic Powder  
1 tsp. Onion Powder  
¼ cup onion (optional)  
½ cup dried Vegetable Soup mix (optional)  
1 teaspoon Braggs Liquid Amino's (opt.) I like it without.  
Salt and Pepper to taste

**Directions:**

1. Drain Tofu and wrap in paper towels to get the moisture out. The drier the tofu the better texture this salad is.
2. Steam cauliflower flowerets for 1 to 2 minutes. Be sure to take them out well before they cook through and get limp. Rinse with cold water until cool.
3. Liquefy steamed cauliflower in a food processor along with the lemon/lime juice. Add seasonings, mustard, and Braggs™ Aminos (if desired) and mix well.
4. Cut tofu with a knife in ½-inch cubes, and add to the mixture.
5. Cut vegetables (carrots, red pepper, green pepper, celery, onions) and put in a bowl.
6. Pour Tofu mixture over vegetable and stir to mix flavors. This is like Potato Salad texture.

The longer this is refrigerated the better it tastes. This will keep up to 1 week if it lasts that long.

### ***Shiraz Salad***

Serves 2

**Ingredients:** 1 large ripe avocado  
1 tomato  
1 medium English cucumber  
1 red bell pepper



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1 lemon or lime, juiced  
¼ cup raw tahini sauce  
2-3 tbsp. extra virgin olive oil  
¼ tsp. Real Salt™ to taste

Directions:      Finely chop all vegetables and mix with other ingredients.

### Entrees (Breakfast, Lunch, Dinner)

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#### ***Cauliflower Casserole***

Serves 4

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Ingredients:    2 tsp. Oil (Olive, Flax, or Udo's Choice ®)  
                     2-3 tsp. cumin  
                     1-2 tsp. turmeric  
                     ½ yellow or red onion, finely minced  
                     1 cup water  
                     Flowerets from 1 very large or 2 small Cauliflowers  
                     4 tbsp. fresh parsley, minced  
                     2 cloves of garlic, minced  
                     ½ cup raw pine nuts (optional)  
                     708 sun-dried tomatoes (I use Melissa's brand that's packed in olive oil)  
                     Bragg™ Liquid Aminos to taste

Directions:      1. In an electric skillet, warm the oil, cumin, and turmeric. Make sure the temperature is not hot, just warm.

                     2. Keeping the temperature on warm or low, add the onion and allow the flavors to blend for 2-4 minutes, then add the water and warm.

                     3. In a food processor fitted with an S-blade, process the cauliflower into very small pieces (like couscous). Also process the sun-dried tomatoes into fine small pieces.

                     4. Add the cauliflower to the skillet and gradually warm, adding the parsley, bell peppers, garlic, sun-dried tomatoes and pine nuts. Season with Bragg™ Aminos to taste.

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#### ***Cool Cabbage Wrap***

Serves 1

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Ingredients:    ¼ head of cabbage.  
                     Juice of ½-1 lemon  
                     1-2 celery stalks  
                     2-3 tbsp. extra virgin olive oil  
                     2 tbsp. hummus  
                     ¼ tsp. Real Salt™ to taste  
                     1 sprouted grain/wheat tortilla

Directions: Shred cabbage and celery, and mix with other ingredients except hummus. Smear hummus on the tortilla, add the cabbage mixture and wrap.

### ***California Veggie Burger***

Serves 2

Ingredients: 1 small ripe avocado  
1 medium tomato  
2 frozen Boca™ Burgers  
2-3 Lettuce leafs  
4 slices of yeast-free, sprouted grain/wheat sliced bread  
2 tbsp. water  
¼ tsp. Real Salt™ to taste

Directions: Place water in a skillet on medium-low heat. Cook Boca Burgers in the skillet, flipping them every 5 minutes, until they are done (see package instructions). Meanwhile, slice avocado and tomato into thin slices and warm up the bread in a toaster. Once the burgers are done, place one on a slice of the bread, sprinkle with salt to taste, top with 1-2 slices of avocados, tomatoes, lettuce, and finally with the other slice of the bread.

### ***Eggless Spelt Pasta***

Serves 1

Ingredients: 2½ cups spelt flour  
½ tsp. sea salt  
¾ cups water  
1 Tbs. olive oil

Directions: Mix dry ingredients. Add water and oil. Knead until smooth, then let stand for ten minutes. Next, section dough out into 4 parts to make it easier to work with. Roll out the dough (1/16 inch is a good thickness) and cut the pasta into whatever shape you desire. Have water boiling on the stove as you roll out the dough if you plan to eat it fresh as you make it. Cooking only takes a few minutes when it is freshly made.

HINT: If you have children, have fun with this when cutting the dough; let your kids help. Long strips always work well. The trick is to make sure to roll it out thin enough.

### ***Quinoa***

Serves 2

Ingredients: 4 cups water  
1 cup quinoa (can be bought in any health food store)  
½-1 avocado  
1 red pepper

2 carrots  
1/3 cup extra virgin olive oil  
¼ cup Braggs™ Liquid Aminos  
¼ cup cilantro  
Cumin, coriander, and oregano

Directions: Bring 4 cups of water to boil. Add quinoa and let boil for 20 minutes. Turn off heat and let it sit with the lid on until Quinoa is totally expanded. In a blender, combine all other ingredients (except avocado) with ¼ cup of water until smooth. Pour this over the quinoa. Slice avocado and place by quinoa. Enjoy!

### ***Quinoa Pasta Medley***

Serves 2-3

Ingredients: 1 package (8 oz) quinoa pasta  
1-2 stocks broccoli  
1 cup sugar snap peas  
Pesto sauce (see recipe in this chapter)  
Alkaline water

Directions: Prepare quinoa pasta as per box directions. At the same time, cut broccoli tops, peel and slice the stem, and place in steamer. Steam along with sugar snap peas for 1-2 minutes until warm. Drain cooked pasta and mix with steamed broccoli and snap peas. Add pesto sauce and toss well. Serve immediately.

### ***Super Simple Spaghetti***

Serves 1

Ingredients: 1 medium spaghetti squash  
2 medium ripe vine tomatoes, chopped  
Juice of one small lemon  
1 - 2 cloves of fresh garlic, minced or chopped  
2 - 3 tbs. of olive oil  
Fresh ground pepper to taste  
¼ teaspoon of oregano

Directions: Heat oven to 375 degrees. Cut spaghetti squash in half and clean out seeds. Place spaghetti squash face down in a baking dish and place in the pre-heated oven. Bake for approximately 45 minutes or until done. Let cool for about 5 minutes. Using fork, scoop out the spaghetti squash into a bowl. Add the remaining ingredients and toss. Eat warm or cold.

This recipe was created by Mary Jane Medlock.

### ***Wrap To Go***

Serves 1

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Ingredients: 1 sprouted grain/wheat tortilla  
1-2 cups spring greens  
1 tbsp. hummus

Directions: Smear hummus on tortilla. Pack with spring greens. Wrap in plastic wrap or aluminum foil.

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### ***Seed-ling Breakfast Feast***

Serves 2

---

Ingredients: 1-2 cups combined sunflower seeds, pumpkin seeds, almonds, and walnuts  
¼ cup fresh berries (somewhat acidic, so optional)  
¼ cup organic raisins

Directions: Soak nuts and seeds for 2-3 hours in alkaline water. Drain nuts/seeds mixture and rinse. Soak raisins in alkaline water for 1 hour, then drain the water into a blender or food processor. Grind nuts/seeds mixture in the food processor or blender (pulse setting) into a granola consistency. Add berries and/or raisins for taste.

Alternatively, you can add a thicker almond milk (see recipe listed in this chapter) instead of the raisin water.

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### ***Low Sweet Granola***

Serves 2

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Ingredients: 2 cups almonds soaked 10-12 hours in filtered water  
2 cups pecans soaked 10-12 hours in filtered water  
2-3 cups young coconut meat  
1 ½ tbs. ground cinnamon  
1 ½ tsp. Real Salt to taste  
3 packets of Stevia (sugar substitute).

Directions: In a food processor, pulse the nuts and coconut meat coarsely. Place in large mixing bowl and toss all remaining ingredients well. Place on a dehydrator sheet and dehydrate at 105 degrees for 14-16 hours, or until crisp. (As an alternative, you can dry this in an oven at WARM setting). Serve with nut or soy milk. Will keep for up to 1 month in sealed container.

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### ***Marinated Asparagus***

Serves 2-4

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Ingredients: 1 or 2 bunches of tender asparagus  
1 teaspoon celery seed (ground)  
1 teaspoon clove (ground)  
½ tablespoon cinnamon  
½ cup raw honey (slightly acidic)  
2 tablespoons Bragg's Liquid Aminos

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½ cup cold-pressed oil  
½ cup alkaline water

Directions: Mix all ingredients (other than asparagus) in a blender. Wash asparagus, cut ends, and place in a shallow dish. Cover with the mixture. Chill in the fridge for 24 hours. Server as a side dish.

### ***Sprouted Quinoa Bread***

Serves 1

---

Ingredients: 2-3 cups sprouted quinoa  
½ teaspoon sea salt  
2 tablespoons coconut butter  
Alkaline water

Directions: Mix ingredients to make a paste. Form into toast size patties, and dehydrate in an oven at 110 F for 8-10 hours. Flip over and dry some more (1 hour should do it). Use with dips, nut butters, or as a snack by itself.

## **Desserts and Snacks**

### ***Vanilla Tomato Sorbet***

Serves 1-2

---

Ingredients: 1 lbs. cherry tomatoes, rinsed and dried  
1 tablespoon vanilla extract  
1-2 cups alkaline water  
1-2 tablespoons liquid lecithin (optional)  
Liquid Stevia to taste  
Sea salt to taste

Directions: Freeze tomatoes in the freezer for 1 hour, until they feel frozen but still soft to the touch. Mix all ingredients in a blender, adding Stevia and salt to taste. Serve immediately. Alternatively, you can store the mixture in shallow dish and return to freezer for another hour, until frozen. Then break up into pieces and serve.

### ***Rice Pudding***

Serves 2

---

Ingredients: 3 cups cooked millet  
1 cup soy or rice milk  
1 tsp. vanilla extract to taste  
2 tsp. cinnamon to taste  
1/8 tsp. Stevia to taste

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Directions: Mix all ingredients together in a pot and WARM (not boil) over medium or low heat. Stir frequently to prevent the soy/rice milk from burning on the pan. Serve warm or chill in refrigerator for 1 hour before serving.

### ***Nutty Vanilla Sorbet***

Serves 1-2

Ingredients: 2-3 cups raw nuts (almonds, walnuts, etc.)  
1 tablespoon vanilla extract  
1-2 cups alkaline water  
1-2 tablespoons liquid lecithin (optional)  
Liquid Stevia to taste  
Sea salt to taste

Directions: Soak nuts in water for 3 hours, peel and mix with all ingredients in a blender until smooth. Pour into shallow dish and freeze for a few hours. Break into pieces and serve.

### ***Celery Convoy***

Serves 1

Ingredients: Raw nut or seed butter (not peanuts)  
Raw organic raisins  
Celery stalks

Directions: Wash and dry celery stalks. Smear nut/seed butter in the grooves, and top with raisins. Kids will love it!

### ***Live Apple Pie***

Serves 4

Ingredients: 1 cup ground raw walnuts  
1 cup pitted dates, soaked in alkaline water for 15 min  
1/2 cup raw sunflower seeds, soaked for 20 min, drained & rinsed  
4 cups shredded apples (any variety)  
2 1/2 tsp cinnamon  
1/2 cup fresh apple juice  
1/2 cup shredded coconut for garnishing  
2/3 cup raisins, dried figs, or prunes (your choice!)

Directions: Using a food processor, mix 2/3 of the shredded coconuts, all of the walnuts, dates, and sunflower seeds until well-mixed. Once smooth enough, press the mixture into a pie shell to make your crust. Set aside for now. Place the grated apples in a large mixing bowl. Blend the cinnamon, apple juice and raisins together, and pour it over the grated apples. Mix thoroughly to form your apple filling. Fill the pie crust with the apple filling and garnish it with more shredded

coconut. Serve or refrigerate for later. If well-covered, it should keep for 2 days in your fridge.

### ***St. Patty's Frosting***

Serves 1

Ingredients: 1 cup organic green raisins, soaked  
1 cup alkaline water for soaking  
1 ripe avocado  
3 tbsp raw honey or organic maple syrup to taste (optional)  
1 tsp pure vanilla extract  
1/2 cup raw carob powder (or more if you like)

Directions: Soak the green raisins in the alkaline water for an hour. Pour the water into your food processor, and using the "S" blade, blend the avocado, and honey together. Gradually add the vanilla extract and the carob powder (last). You'll need to adjust the sweetness to your liking as you add the raw carob powder. Once thoroughly blended, use it to frost your Carob Nut Log! YUM!

### ***Carob Nut Log***

Serves 2

Ingredients: 1 cup raw almonds, soaked 1 hr, drained & rinsed  
2 cups raw sunflower seeds, soaked 1 hr, drained & rinsed  
1 cup organic raisins, soaked in 1 cup water  
1 cup raw walnuts  
1 cup raw carob powder  
Shredded young coconut for garnishing  
Chopped nuts (optional)

Directions: Put the soaked almonds, sunflower seeds, and raisins in a food processor with a little water, and process it until it becomes smooth. Then add the rest of the ingredients. You'll need to adjust the sweetness to your liking as you add the raw carob powder. Once the whole thing is smooth, roll the mixture on a flat surface so it binds to form a log. Frost it with the St. Patty's Frosting (see the next recipes). Garnish with the shredded coconut. Enjoy! :)

### ***Stuffed Figs***

Serves 5

Ingredients: 10 dried figs  
1/4 cup shredded or ground coconut



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10 tsp. raw almond butter

10 whole pecans

Directions: Split the pitted figs and fill them with almond butter. Roll in the coconut and press the pecans on top. That's it! :)

## Appendix F: Shopping List

This is a shopping list that should help you in preparing the recipes listed in *Appendix E: Menus & Recipes*. You don't need to go out and buy everything on this list at once. Get a few items from each category. If you plan your meals ahead of time, like I suggest in your homework assignments, you should be able to buy what you need, when you need it. Over time, your kitchen will be stocked with all the great alkalizing and yummy foods!

### Spices

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Real Salt™ (an alkalizing salt)</li> <li>• Bragg™ Liquid Aminos</li> <li>• Lemons and Limes (fresh)</li> <li>• Cumin</li> <li>• Cinnamon</li> </ul> | <ul style="list-style-type: none"> <li>• Garlic (fresh cloves and granulated)</li> <li>• Ginger (fresh root is best; 1 one in the freezer)</li> <li>• Onion (fresh and flakes)</li> <li>• Parsley (fresh and flakes)</li> </ul> |
|--|---|

### Seeds & Nuts

Always buy these raw. The natural oils in the salted or roasted kinds have become denatured and are no longer healthy.

- Flax
- Sesame
- Almonds

### Grains

- Spelt
- Buckwheat
- Millet
- Quinoa

### Beans & Peas

You can buy beans in cans or in dried form, depending on whether you have the time it takes to cook them. Lentils, mung beans, and black-eyed peas cook the fastest.

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Lentils</li> <li>• Mung</li> <li>• Black</li> <li>• Black-eyed</li> </ul> | <ul style="list-style-type: none"> <li>• Garbanzo</li> <li>• Pinto</li> <li>• Kidney</li> <li>• White</li> </ul> |
|--|--|

### ***Fresh Vegetables***

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Baby Greens</li><li>• Spring Greens</li><li>• Larger leafy greens (romaine, red leaf, butter leaf, etc.)</li><li>• Broccoli</li><li>• Spinach</li><li>• Red and green cabbage</li><li>• Celery</li><li>• Parsley</li><li>• Carrots</li></ul> | <ul style="list-style-type: none"><li>• Cucumber</li><li>• Cauliflower</li><li>• Squash</li><li>• Zucchini</li><li>• Sprouts (all kinds)</li><li>• Onions</li><li>• Chili peppers</li></ul> |
|--|---|

### ***Fresh Fruits***

- Avocado
- Lemon
- Lime
- Tomato
- Red, green, yellow, orange bell peppers

### ***Other Items***

- Rice Dream® Milk or Soy Milk
- Almond Milk
- Oils (Olive, Flax seed, Udo's Choice® blend)
- Vegetable broth
- Sesame Tahini (raw)
- Almond butter
- Sun-dried tomatoes packed in olive oil
- Flours (spelt, brown rice, millet, etc.)
- Sprouted wheat/grain tortillas

### Appendix G: The Case For Alkaline Diets And Lifestyle

This Appendix is the contents of the Introduction chapter of the previous course versions. I kept it in this version, just in case you were interested in some philosophical reasoning behind alkaline diets...

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You are about to open a new door, behind which an exciting new life full of health and vitality is awaiting your arrival. It is a time of energizing every cell in your body, and reclaiming the youth that was once yours to enjoy. This course is your key to letting that youth back into your life. It first helps you understand the keys to supporting your body, and then explains the practical ways to change your diet and unleash the magical power of your body to heal itself.

For whatever the reasons may be, we have forgotten the key to a healthy life: balance. The universe operates by keeping opposites in balance, and the piece of the universe inside of you is no different. When we push our bodies into imbalance, we manifest the signs of discomfort and disease: low energy, muddled thinking, insomnia, poor digestion, excess or underweight, all sorts of aches and pains, and last but not least, all the major disorders. This course is about reclaiming the balance... energy, sharp thinking, restful sleep, lean and trim body, and an end to aches and pain. And if you follow the path I have laid out for you, balance will be yours in a matter of a few weeks.

But before you go on, take stock of what imbalance looks like. Just take a look around you to see what most people with "modern" lifestyle are suffering from. Most are overweight or obese, constantly tired, looking and feeling old before their time. May be you are one of them. Chances are at least one person you love is in that group. Perhaps they are suffering from the three big killers in the US – diabetes, cancer, or heart disease. You might be thinking that "modern" medicine is going to make all that go away. After all, we have mapped the human genome, developed cutting-edge medical technologies, created sophisticated pharmaceutical drugs, and are about to clone the human body. Fortunately, the answer is much, much simpler than that. And that's what this course is all about.

Let me give you a clue. The US Surgeon General issued a *Report on Health and Nutrition* in 1998, in which it stated: "Foods contain nutrients essential for normal metabolic function, and when problems arise, they result from imbalances in nutrient intake and from harmful interactions with other factors. For... adult Americans who do not smoke and do not drink excessively, *one personal choice seems to influence long-term health prospects more than any other – what we eat!*"

Obviously then, a balanced diet is the key not only to better appearance, but also to overall health and vitality. But each and every one of the diets you and I have heard of or tried – low-fat diets, high-protein diets, body type diets, blood type diets, Atkins diet, and the "average American" diet – create wildly imbalanced body chemistry. Despite the often temporary success

of these diets to help us lose weight, improve our digestion, or lower our cholesterol levels, they fail to deliver the promise of lasting good health. And to make matters worse, modern medicine is telling us that staying healthy must be evermore confusing, complex, and tedious. I believe that staying healthy and vital *is simple*.

Forget counting calories, fat/carb/protein grams, measuring the weight or size of your portions to an exact scale, looking up each food to make sure it matches your body/blood type, or other “modern” ways of staying healthy. You’ve been doing that for God knows how long, and what has it gotten you? If you have seen any positive results at all, you must have given up a portion of your sanity to keep up with all the requirements.

It turns out that the single most important measure of your health is the pH of your blood and tissues (how acidic or alkaline it is), and the best indicator of your body’s proper pH balance is that of your blood. After all, your blood reaches every corner of your body, and the health of your blood is the health of all other liquids that surround your 70 trillion cells. And just as your body temperature is rigidly regulated, the pH of the blood must also be maintained at a narrow range – mildly alkaline. Your body has fantastic survival instincts, and it will go to great lengths to preserve that balance, including wreaking havoc on other tissues or systems.

“The pH level of our internal fluids affects every cell in our bodies. The entire metabolic process depends on an alkaline environment. Chronic overacidity corrodes body tissue, and if left unchecked, will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. In other words, overacidity interferes with life itself. It is... at the root of *all* sickness and disease.” (pg 5-6, *The pH Miracle*, by Robert O. Young, PhD)

In fact, overacidity is what’s keeping that extra layer of fat around your waist, buttocks, stomach, or thighs (more on that later).

The goal of this course then, is to help you create the proper alkaline balance within your body. All you have to do is to notice, understand, and support your body – and I will teach you how to do this. I am committed to helping you attain your health goals. All I ask of you in return is to stay committed to the course for just 5 weeks. If reclaiming the youth and vitality you though you had lost with your childhood could take only 5 weeks, wouldn’t you *want to* stay the course?