



## **Boost Your Energy Levels, Reduce Colds and Flu and Lose Weight With an Alkaline Diet**

The need for alkalinity of the body tissues has been the cornerstone of natural healing philosophy for many hundreds of years. This is the fundamental principle that Hippocrates used in ancient times to heal people, and it's even more relevant to us today.

If you are feeling tired, unenthusiastic about life, have dull skin and eyes, stuffed up sinuses, aches and pains, a white coated tongue, food or chemical sensitivities, poor digestion, frequent infections, any chronic illness, headaches, depression, moodiness or a insomnia, you are probably suffering from acid overload.

If your diet is largely composed of grains, meat, fish, eggs, dairy products, foods made from white flour and white sugar, coffee, chocolate, alcohol, and fried foods, you are more than likely overly acidic and are suffering the consequences.

Acid waste accumulation in your body can be the cause of so many ailments that's it's worth spending a bit of time understanding how you can use your diet and lifestyle to increase your alkalinity and feel better as a result.

### **How we become acidic**

Many factors can contribute to acid waste build-up in your body, such as the foods you eat, stress, emotional upsets, normal cell metabolism, pollution and lack of exercise.

*When you are producing (or being exposed to) acids faster than you are eliminating them, you will become overly acidic, and will begin to feel the effects – firstly as low energy (especially in the mornings), headaches, muscle pains and a feeling of being “out of sorts”, and later on as recurring infections (bacterial, fungal or viral), depression, allergies, and chronic health complaints.*

When you are optimally healthy, your body will have reserves of alkaline minerals to buffer acid accumulation. However most people in today's world do not have the reserves needed (mainly due to poor diet), and as a result we are seeing more cancer, more depression and more dis-ease than ever before.

### **An Alkaline Diet – The Way To A Lighter, Clearer and More Energetic You!**

The foods you choose to eat on a daily basis can play a huge role in keeping your reserves of alkaline buffers high, thus slowing down aging and protecting you from illness.

To understand how this works, we need to get a bit technical!

When you eat and digest food, an ash residue remains after metabolism that will be either acid or alkaline, depending on the mineral balance of the foods eaten. Imagine a piece of wood that is burnt in a fire. Once it has been combusted, what remains is ash, and the chemistry of that ash varies with the type of wood that was burned. Your digestive system functions a bit like a mini combustion chamber, liberating acid or alkaline forming ash from the food you eat.

Foods that are alkaline forming bind acid toxins, leaving alkaline forming ash in the urine. Foods that are acid forming do the opposite, binding alkalis and leaving acid ash in the urine.

*So by eating lots of alkaline forming foods, you help your body to get rid of toxic acid waste.*

Many people who adopt an alkaline diet notice that their energy improves and they feel lighter and clearer.

### **The 80/20 approach – using your diet to increase alkalinity**

The chart below lists foods as to whether they are acid forming or alkaline forming. In general, fresh ripe fruits and vegetables are alkaline forming, while almost everything else (meat, cheese, fish, grains, eggs, tea, coffee) are acid forming.

Research has shown that most people need to eat a diet that contains 70-80% alkaline forming foods to ensure an adequate alkaline reserve. By building a strong alkaline reserve, we can buffer ourselves from the occasional effects of stress, worry and over activity.

## **ALKALINE FORMING FOODS (80% OF DIET)**

Almost all fresh fruits, dried fruits

Most fresh vegetables, whole

Millet, quinoa, amaranth, fresh corn  
All grain sprouts after 3 days  
Essene bread

Goat's milk yoghurt, raw goats milk and whey  
Raw goats milk and whey

Tofu, tempeh, miso  
Egg yolks, soft cooked

Almonds, whole sesame seeds  
Dry roasted chestnuts, fresh coconut

Apple cider vinegar, brown rice vinegar  
Homemade pickles and sauerkraut, umeboshi plum

Agar-agar, arrowroot flour, kudzu

Honey (raw), brown rice syrup, stevia  
Carob powder

## **ACID FORMING FOODS (20% OF DIET)**

Unripe (green) bananas, plums,  
cranberries, prunes, blueberries

Rhubarb, peeled potatoes

All grains except those opposite  
All processed grain products

Salted butter, sweetened yoghurt, homogenised  
milks and most processed dairy products

Meat, fish, fowl, egg whites, whole cooked eggs

Unsprouted sunflower & pumpkin seeds, pistachios  
walnuts, pecans, cashews, dried coconut

White, malt, wine, balsamic vinegar  
Commercial pickles, ketchup, mayonnaise

Gelatin products

Sugar, jams, candies, heated honey, unprocessed  
maple syrup, fructose, barley malt syrup, artificial

	Sweeteners, sulphured molasses, brown sugar
Dandelion coffee Herbal teas, green tea	Coffee, coffee substitutes, cocoa Black tea
Sprouted legumes eg lentils, mung beans	Unsprouted dried legumes (pulses)
Fresh fruit and vegetable juices	Soft drinks, soda water, alcohol
Sea salt, tamari, spices, nutritional yeast	Iodised table salt
Cold showers LOVE Laughter HUGS fresh air rest and sleep Meditation Prayer Peace Kindness	Worry Overwork Anger Jealousy Tension , resentment stale air, airconditioned Air Lack of sleep STRESS

**The most acid forming foods are animal meats, white sugar and most unsprouted grains.**

**Neutral foods :** fresh unsalted butter & raw cream, raw cow's milk & whey, oils except olive, plain yoghurt

**Climate** also plays its part. Cold external temperatures have an alkalising effect on our bodies. This explains why we instinctively want to eat heavier, more acid forming foods in winter, and why the Eskimos do so well on an almost all meat diet. Hot external temperatures have an acid forming effect on our bodies, which is why it is best to have lots of cooling vegetables and fruits such as melons, cucumbers, lettuce and tomatoes, which, not surprisingly are the most alkaline forming of the fruits and vegetables.

### **The alkaline diet, weight loss and detoxification**

The use of fruit and vegetable based diets, simple to digest and abundant with alkaline forming minerals, has proven itself as a method for stimulating detoxification and self-healing. If you read the article on the Detoxification Diet in the previous issue, you may have clicked that it is, essentially, an alkaline diet!

An alkaline diet helps to promote weight loss through a gentle purification process.

#### **What “symptoms” to expect when you improve your diet**

As you begin to bring more fresh, vibrant, health-giving nutrients into your diet, certain changes will naturally start to take place in your body. These changes are often a source of confusion and can easily be misunderstood.

When the quality of food coming into your body is higher than the quality of the tissues that your body is made of, your body begins to discard lower grade materials and uses superior materials to make new healthier tissues. This is the wisdom of your body and the intelligence of your cells in action!

The trouble is, sometimes you feel worse before you get to feel better! Toxic waste on its way out can cause symptoms like headaches, fatigue, nausea, irritability, so be patient, drink plenty of water, rest as much as possible and ride it out. Usually these uncomfortable periods only last for a few days.

**Maintaining your alkaline reserve is the bottom line for health and well-being. If you do nothing else to improve your health, do this!**

**ALKALINE FORMING FOODS**  
**(80% OF DIET)**

Fresh fruits

**ACID FORMING FOODS**  
**(20% OF DIET)**

Unripe bananas, plums, cranberries

Dried fruits	Prunes
Fresh vegetables	Rhubarb, onions
Millet, quinoa, amaranth, fresh corn All grain sprouts after 3 days	All grains except those opposite All processed grain products
Goat's milk yoghurt Fresh buttermilk, whey and acidophilus milk	Butter, cheese, ice cream, milk, cream Meat, fish, fowl, eggs
Almonds	All nuts and seeds except almonds
Apple cider vinegar	White, malt, wine, balsamic vinegar
Agar-agar	Gelatin products
Honey, rice malt, stevia	Sugar, jams, candies
Dandelion coffee	Coffee, coffee substitutes, cocoa
Herbal teas, green tea	Black tea
Sprouted legumes	Unsprouted legumes (pulses)
Fresh fruit and vegetable juices	Soft drinks, soda water, alcohol

Cold showers	Worry
Love	Tension
Laughter	Overwork
Hugs	Anger, jealousy, resentment
Fresh air	Stale air, air conditioned air
Rest and sleep	Lack of sleep

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