

The Alkalisating Menu – a Three-Week Test.

Step One

- Health Assessment – know your numbers.
- Self Assessment – day to day pain, physical dysfunction, gastric complaints, etc.

Step Two

- Designate the three week testing period.
- Ultimately, a healthier result is significant.
- A healthier results means, it's likely parts of the Alkalisating Menu should remain.



Step Three

Understand the Alkaline Menu

The alkaline diet is more of a dietary approach than a stringent, harsh “diet.”

An alkaline diet focuses on consuming foods that have an alkalinizing effect on the body, which means that it has the opposite effect of acidity. The theory is that disease processes cannot form in a body with a proper pH balance and that when the body slips to the acidic side, that disease and cellular breakdowns occur.

“Potential of hydrogen” is what pH stands for and is a measure of the acidity and alkalinity of the body’s tissues and fluids.

Foods on an alkaline diet include plenty of fresh vegetables, fruits, and unprocessed plant-based sources of protein and fats.

Does Research Support Alkaline Eating?

Research has shown that the alkaline diet can be helpful because it balances the body’s pH levels, and can have benefits that include:

- Reduced blood pressure
- Improved diabetes
- Alleviated symptoms of arthritis
- Lowered inflammation levels
- Improved bone density
- Weight loss
- Decrease plaque formation in arteries
- Reduce calcium deposits in kidneys and urine



- Improve muscle health
- Reduce cramps and spasms

The Top 10 Best Alkaline Foods to Eat

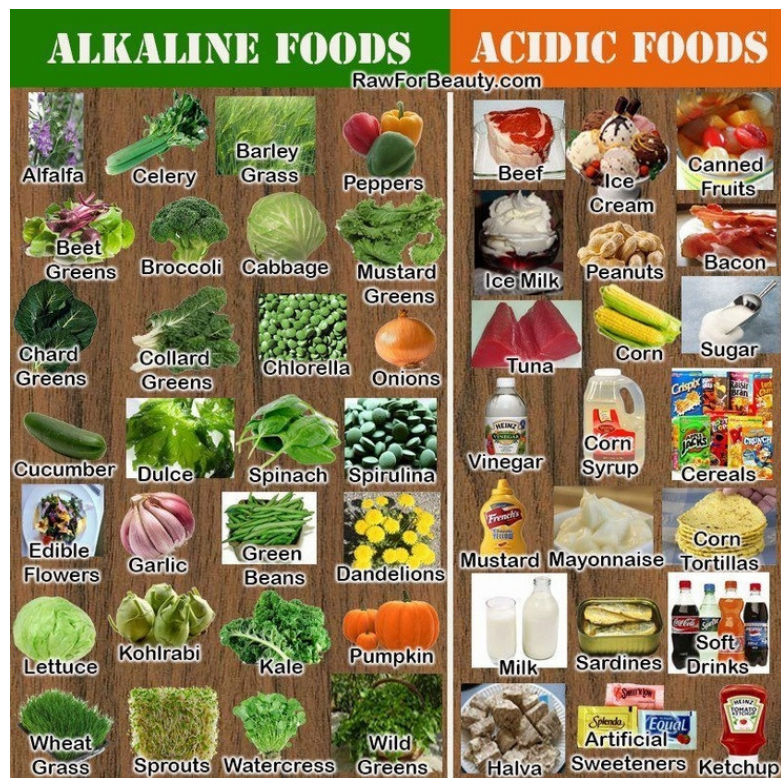
The following foods are highly alkalizing and help to fight inflammation within the body. They're a healthy part of any diet.

1. Avocados
2. Broccoli
3. Cabbage
4. Celery
5. Cucumbers
6. Endives
7. Raw garlic
8. Wheatgrass
9. Kale
10. Parsley



What Foods to Eat Often on the Alkaline Diet

- Himalayan sea salt
- Avocado
- Broccoli
- Cabbage
- Brussels sprouts
- Celery
- Cucumbers
- Garlic
- Kale
- Parsley
- Spinach
- Beets
- Carrots
- Ginger
- Lettuce
- Onions
- Zucchini
- Lemons and limes
- Rhubarb
- Chia seeds
- Hemp seeds
- Quinoa



What Foods Not to Eat on the Alkaline Diet

While all foods are on a scale between completely acidic and completely alkaline, but most fall into one side of the spectrum or another. While it's okay to eat acidic foods at times, it's essential to aim for a majority of alkalizing foods to balance out the overall acidic nature of modern lifestyles.

Highly acidic foods that should be avoided or rarely eaten on an alkaline diet:

- ❖ Alcohol
- ❖ Coffee

- ❖ Black tea
- ❖ Sweetened beverages, including juice
- ❖ Chocolate and cocoa
- ❖ Honey, rice syrup, maple syrup, and artificial sweeteners
- ❖ Mustard
- ❖ Miso
- ❖ Vinegar
- ❖ Yeast
- ❖ Beef
- ❖ Chicken
- ❖ Eggs
- ❖ Pork
- ❖ Shellfish
- ❖ Dairy products
- ❖ White rice, brown rice, and wild rice
- ❖ Apples
- ❖ Apricots
- ❖ Banana
- ❖ Blueberry
- ❖ Blackberry
- ❖ Grapes
- ❖ Mango
- ❖ Oranges
- ❖ Peaches
- ❖ Papaya
- ❖ Strawberries
- ❖ Bread
- ❖ Walnuts



The Top 10 Worst Acidic Foods to Avoid

Even if you're not following the alkaline diet, these 10 foods are so acidic that they're best eaten in extreme moderation, if at all:

1. Artificial sweeteners
2. Wheat products
3. Pasta
4. Peanuts
5. Processed cereals
6. Refined sugars
7. Alcohol
8. Dairy products
9. Deli cold cuts
10. Bread

ULTIMATE GUIDE FOR THE ALKALINE DIET

DRINK IONIZED WATER

1 LITER per 30 lbs

DAILY

Consume Freely

Alkaline

pH

Most foods get more acidic when cooked

pH 10.0
1,000x more Alkaline

High Alkaline Ionized Water
Raw Spinach
Raw Broccoli
Artichokes
Raw Asparagus

Red Cabbage
Raw Celery
Cauliflower
Collard Greens
Cucumber
Raw Kale

Dandelion
Seaweeds
Raw Onions
Lemons & Limes
Rhubarb Stalks
Soy Lecithin-pure

Alfalfa Grass
Barley Grass
Wheat Grass
Black Radish
Soy Sprouts
Chia Sprouts

pH 9.0
100x more Alkaline

Avocados
Borage Oil
Green Tea
Most Lettuce
Raw Zucchini

Red Radish
Red Beets
Raw Tomato
French Beans
Parsley-Cilantro

Raw Peas
Raw Eggplant
Alfalfa Sprouts
Green Beans
Beet Greens

Garlic or Chives
Dog/Shave Grass
Straw Grass
Lemon Grass
Cayenne Pepper

pH 8.0
10x more Alkaline

Brussel Sprouts
Endive
Green Cabbage
Cooked Spinach
Cooked Broccoli
Cook Asparagus

Lima Beans
Soy Beans-Fresh
Navy Beans
Cooked Peas
Cook Eggplant
Sour Grapefruit

Raw Almonds
Wild Rice
Quinoa
Millet
Flax Seed Oil
Coconut Water

Chicory
Olives
Bell Peppers
Watercress
White Radish
Lamb's Lettuce

Neutral
pH

pH 7.0

Most Tap Water

Municipalities adjust tap water to be +/- 7.3 by using Chlorine to keep pH high enough to eliminate any bacterial growth etc.

HUMAN BLOOD pH is 7.365

Most Olive Oils
Pumpkin Seeds
Primrose Oil
Marine Lipids
Sesame Seeds
Raw Goat Milk

Fennel Seeds
Sunflower Seeds
Leeks (bulbs)
Coconut & Oil
Barley
Sprouted Breads

pH 6.0
10x more Acidic

Fresh H₂O Fish
Lentils
Spelt
Soy Flour
Brazil Nuts
Wheat Kernels
Coconut

Macadamias
Grapes
Hazelnuts
Brown Rice
Wheat
Papaya
Stevia & Agave

Watermelon
Cantaloupe
Cherries
Strawberries
Plums
Blueberries
Raspberries

Dates
Peaches
Oranges
Pineapple
Banana
Mango
Walnuts

Most Bottled Water

pH 5.0
100x more Acidic

Honey
Cooked Beans
Bread
Liver
Organ Meats
Cocoa
Soy Milk

White Rice
Potatoes
Butter-Corn Oil
Soft Cheeses
Milk & Cream
Cook Tomatoes
Sweet Potatoes

Whole Grain
Rye Bread
White Bread
White Biscuit
Fruit Juice
Cashews
Oysters

Rice Cakes
Turbinado Sugar
Ketchup & Mayonnaise
Figs & Prunes
Rose Hips
Cooked Corn

Reverse Osmosis Water • Distilled & Purified Waters • Enhanced • Flavored • Vitamin Waters & Sports

pH 4.0
1,000x more Acidic

Turkey
Ocean Fish
Chicken & Eggs
Hard Cheeses
Mustard

Canned Fruits
Beer & Wines
Cream Cheese
Most Pastries
Popcorn

Peanuts
Pistachios
Fruit Drinks
Beet Sugar
White Sugar

Coffee
Chocolate
Cranberries
Buttermilk
Tomato Sauce

Carbonated Water • Seltzer or Club Soda

pH 3.0
10,000x more Acidic

Pork
Veal
Beef
Lamb
Pickles
Vinegar

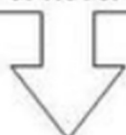
Black Tea
Soy Sauce
Hard Liquors
Canned Foods
Processed Foods
Microwaved Foods

Sweetened Fruits & Juices
Stress, Worry, Lack of Sleep
Tobacco Products (Chewed or Smoked)
Artificial Sweeteners (Sweet n' Low, Equal et
16oz. Chocolatty-Mocha-Frappuccinos
SODAS & Carbonated Beverages

Acidic

pH

Consume Sparingly or never



20:1
It takes 20 parts of ALKALINITY to Neutralize 1 part ACIDITY in the body

