

Introducing the
**Alkaline
LIFESTYLE**



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LIFESTYLE

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Introducing the Alkaline Lifestyle
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Chapter 1:

Welcome to the Alkaline Lifestyle Course



Perhaps you ran into a friend at the gym. She looks so healthy, vibrant, happy. Her skin is glowing, her eyes sparkle and she's dropped several pounds. She looks like a new person.

"What's your secret?"

"The alkaline lifestyle," she says with a smile.

It's really no secret at all, just a silent wave cresting among those who are interested in healthy living. For centuries, people have embraced aspects of the alkaline lifestyle, such as eating a plant-based diet, getting the right amount of exercise, and working on the right mindset to embrace a positive outlook. Yet no one system synthesized all the components of the alkaline lifestyle – until today.

You're holding in your hands the key that unlocks the door to a healthy lifestyle. This is the only program of its kind that combines:

- A thorough grounding in the latest research on how alkalinity affects health
- Diet suggestions, including an explanation of why foods are alkaline – and what to eat

- Suggestions for exercise that encompasses the principles of alkaline living
- Advice on clarifying and focusing your thoughts, emphasizing positive thinking for an internal “alkaline”, peaceful environment
- Connecting with your spiritual side to enhance your overall peace and joy

Are you ready? Let’s get started.

Why Go Alkaline?

There are many reasons to embrace an alkaline diet. Research proves the benefits and potential benefits of an alkaline diet.

- The U.S. Department of Agriculture lists a study on its website indicating that alkaline diets may help older adults maintain lean muscle mass.¹
- The British Journal of Psychiatry published a study in which a diet rich in alkalizing foods appears to reduce the risk of depression (included in this list are foods rich in omega-3 fatty acids.)²
- Laboratory studies of cancer cells in an alkaline environment versus an acidic environment demonstrate that cancer thrives in an acidic environment yet struggles or stops multiplying in an alkaline environment.³

An alkaline diet has been linked with many health claims. Skeptics are quick to remind us that few of these

claims have been proven in controlled clinical studies. Yet the principles behind the alkaline lifestyle are sound and form the basis of many, many healthy living systems found worldwide.

The Alkaline Lifestyle includes:

- ***Right eating*** – eating a diet rich in plant-based foods, which almost the entire medical and scientific community agrees is good for you
- ***Healthy movement*** – exercise boosts health and is vital for a healthy lifestyle
- ***Affirmations and mental mindsets*** – a positive mindset boosts optimism, while tips for stress reduction improves clarity, focus and more
- ***Spiritual living*** – the missing portion of most alkaline diets, to provide you with a whole, balanced lifestyle

The Research

Detractors often talk about the lack of rigorous scientific research behind many of the claims made about the alkaline lifestyle.

Let's look first at the research behind the health benefits of alkalinity. It started in the 1930's with Dr. Otto Warburg. While his name might not be a household name like Jonas Salk or Albert Einstein, Dr. Warburg won a Nobel prize for his work. His most important contribution to the alkaline lifestyle research was to show that

in laboratory studies, cancer cells don't like alkalinity. They thrive in sugar and acidic conditions.

Can this be proven in animals or human beings? Both animals and human beings are a lot more complicated than cells in a Petri dish in a laboratory. They eat, drink, move and think. It is our belief that all four of these things contribute to one's health and well-being. But like those cells in the dish in the laboratory bathed in acid or alkaline substances, we bathe our internal cells with either acidic conditions or alkaline conditions. The food you eat and the water you drink do indeed go through many transformations before they impact the body's physiology. Ingestion, digestion, assimilation and elimination of food and water by the body occur on a daily basis. It is the cumulative effect of these end products that affect the body's pH balance subsequent health or illness.

A Pioneer: Dr. Robert O. Young

Another pioneer in the field of alkaline living is Dr. Robert O. Young. Dr. Young is a naturopath and the author of many ground-breaking books on the field of alkaline diet and lifestyle. His research and theories under gird the majority of courses and materials on alkaline living, and have influenced our course as well. Dr. Young's books, sold through the Alkaline Lifestyle Co-Op Book Store, provide an excellent introduction, background, and instruction on the Alkaline Lifestyle.

Why Little Changes Matter

Making changes in how you eat, drink, exercise, think and even live your life can seem huge. Before you begin to panic and wonder if living on an isolated mountaintop would be easier, let's consider for a moment how little changes add up to big results.

If you were trying to lose weight, conventional wisdom says that you need to burn or use 3,500 calories of energy in total to lose 1 pound per week. Conceivably you could do this by starving yourself or running a marathon 1 or 2 days per week. But who wants to do that?

Instead, the sensible way to approach losing a pound a week is to determine how many calories your body needs each day, then cut back (or figure out a way to burn) 500 calories a day. 500 calories times seven days in a week equals 3,500 calories or 1 pound.

How could you do that? A friend of mine just cut out sugary drinks. He liked to drink sweetened fruit juices and so-called "sports beverages" all day long. When he added up the ounces and multiplied the amount times the calories per serving on the bottle label, he was astonished at how many extra calories he was drinking every day. Just by switching to water, he was able to lose over 10 pounds – and he's still going strong. Remember that there are over 300 calories in a 32 ounce Big Gulp. Soda pop is now referred to as "liquid candy" and alcohol and beer as "liquid fat." One beer can contain over 200 calories, and one margarita can contain over 750 calories!

The point is that every little change you make counts. You didn't get to the shape you're in overnight! If you wish to lose weight, it will take time. Cells rebuild daily, but your entire body does not remake itself overnight. Yet every day that you provide your body with healthy, life-giving foods, clean alkaline water, fresh air, positive thoughts and loving movement, you support its natural ability to make healthy, new cells.

If you're building a home from the ground up, you would want your contractor to use only the highest-quality lumber, mortar, flooring and roofing, right? Your body is the home of your spirit. It's the vehicle you use to move around and interact with the world. Why build it on junk? If you eat nothing but junk day in and day out, you're building your physical, fleshly "house" from junky materials. It has been estimated that by the age of 25, the average person will have consumed the amount of food that would fill two eighteen-wheeler tractor trailer truck loads. That is a lot of food, and if it is all junk food and bad food, how does one expect to be healthy? Provide your body with the highest quality raw materials so that it can build a mansion!

How to Use this Course

When you signed up for the Alkaline Lifestyle course, you receive many materials. These include:

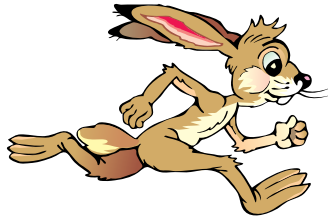
- Books (including this one), covering the basics of the alkaline lifestyle, diet/health, recipes, mind and spiritual matters, and a journal to record your progress

- Audio podcasts and videos for encouragement and to reinforce specific points made in these materials
- Access to our members-only materials and a community of like-minded individuals, for support, encouragement, sharing tips and resources and more
- Membership in our healthy living Co Op store, where you can purchase additional alkaline products, food, books, equipment and more

Each week, you'll receive a newsletter outlining the healthy living steps to take on your alkaline lifestyle. We'll share with you menus, food shopping lists, exercises and more.

As with any lifestyle, health or diet program, please consult a physician or qualified health practitioner with any questions or concerns prior to making changes in your diet and exercise habits. Always seek the advice of a physician if you have any medical problems or on any medication or special diets before changing your health habits.

There are two suggested ways to approach the materials in the Alkaline Lifestyle course.



- **Fast Track:** Some people are ready to tackle this course in the 8 weeks suggested. They know from past experience that they must embark on a new diet or lifestyle program whole heartedly for best success. If you believe you work best like this, you may read through all the materials sent to you immediately, at your own pace. We'll still send you a weekly newsletter and weekly menus, but you can jump in feet first and go ahead at your own pace. When transitions from a traditional acidic Western Diet into the Alkaline Lifestyle, it is prudent to transition gradually. Oftentimes when the body has been overburdened with toxins from junk food, preservatives, artificial colors, pesticides etc. eating clean, alkaline food and drinking alkaline water initiates a cleansing process in the body. It is not uncommon to experience symptoms associated with detoxification. These symptoms can range from mild headaches to skin eruptions and diarrhea. These potential symptoms all arise as physiological avenues to rid the body of old acidic toxins. However – and here's the good news – the severity of these

symptoms are always under your control because you remain at the helm and control the rate at which you transition. Too many symptoms? Slow down. Here is even better news: many people experience only mild symptoms or no symptoms at all. We suggest easing into the new diet and listening to your body's feedback. Look for the rabbit icon to indicate "fast track" suggestions throughout the course materials.



- ***Slow and Steady Wins the Race:*** Some people may feel too rushed in the 8 weeks suggested in these materials. For these people, experience has taught them that easing into lifestyle changes slowly and steadily is best. They may need to linger over certain steps until they feel they truly understand and incorporate them into their daily lifestyle. Look for the tortoise (turtle) icon for suggestions for the slow and steady, easy transition adaptations to the program materials.

Are You Ready?

So are you ready to embark on the alkaline lifestyle?

Let's get started!

- The alkaline lifestyle is a way of living that encompasses diet, water, exercise, mental habits and finding a spiritual connection.
- Only this program includes all components of a total approach to alkaline living.
- The alkaline lifestyle provides many benefits. Research by a Nobel-prize winning scientist indicates that alkaline conditions inhibit cancer cell growth.
- Many people find that the alkaline lifestyle helps them lose weight, boosts moods, and supports healthy living
- This program consists of written materials like this book; weekly newsletters; audio and visual recordings; and communities and forums online. You also have access to a wonderful, money-saving Co-Op store that offers discounts on products that support an alkaline lifestyle.
- This is an 8-week program. Some people may want to go a bit faster. Fast Track tips are noted throughout the materials by a rabbit or hare icon.

Some people need a longer time period to adjust to lifestyle changes, and that's fine. You can also slow down the pace at which you tackle lifestyle changes. For people wishing to follow a Gradual Transition, look for the turtle icon.

Chapter 2: Understanding the Acid-Alkaline Balance



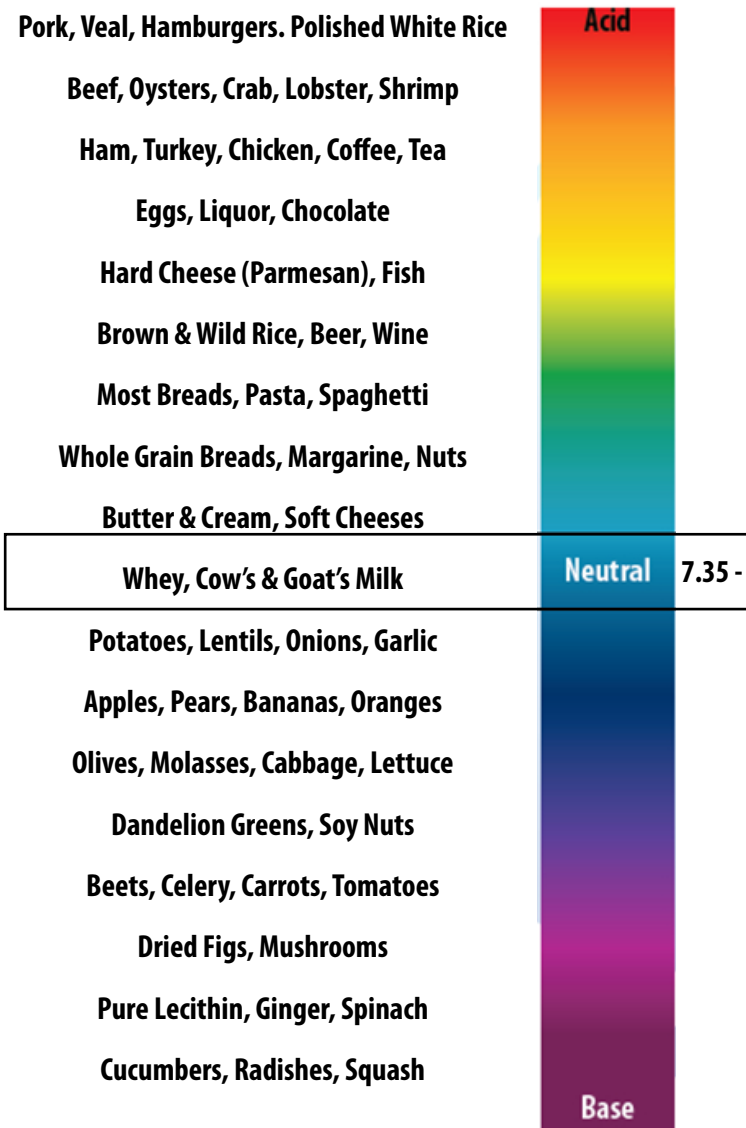
We know you want to get right down to this exciting healthy lifestyle. If you already know about the acid alkaline balance, go on to the next chapter. We do suggest reading through this chapter for everyone as it provides a thorough grounding in the theories behind the alkaline diet and will help you understand the terms used throughout the course.

Understanding the Acid-Alkaline Balance

The secret of the alkaline lifestyle is tipping your body's pH consistently into the alkaline range of the pH scale. Although certain parts of your body such as your blood need to maintain a very strict pH to maintain health, it is the cumulative effect of the pH of things you take into your body (and mind) and the overall pH of your system that makes things better or worse. But what exactly is pH and the acid-alkaline balance?

The pH Scale

Somewhere in your high school years, you probably learned a bit of chemistry, and most certainly, your teacher covered the pH scale. A Danish biochemist named Soren Sorenson first used the pH scale in 1909 to describe the acidity of substances. Today we know the pH of millions of substances and can find the pH of almost any substance using simple tests.



	pH=0	Battery Acid, Strong Hydrochloric Acid
	pH=1	Hydrochloric Acid Secreted by Stomach Lining
	pH=2	Lemon Juice, Gastric Acid, Vinegar
	pH=3	Grapefruit Juice, Orange Juice, Soda
	pH=4	Acid Rain, Tomato Juice, Beer
	pH=5	Soft Drinking Water, Black Coffee, Pure Rain
	pH=6	Urine, Saliva, Egg Yolks, Cow's Milk
-7.45	pH=7	Pure Water
	pH=8	Sea Water
	pH=9	Baking Soda
	pH=10	Great Salt Lake, Milk of Magnesia, Detergent
	pH=11	Ammonia Solution, Household Cleaners
	pH=12	Soapy Water
	pH=13	Bleaches, Oven Cleaner, Household Lye
	pH=14	Liquid Drain Cleaner

The pH scale ranges from 0 to 14. The number 7 is smack dab in the middle. Zero is the most acidic substance of all. Seven is called neutral. 14 is pure alkaline. At either end of the spectrum, at the extremes, substances are harmful to living things. Pure battery acid has a pH of 0 and the chemicals used to clear drains are almost pure alkaline, a 14 on the scale. Either substance will damage living tissues and harm you if ingested.

What most living things need is a pH somewhere near 7. Depending on the conditions in which they developed and thrived, plants, for example, may like their soil pH anywhere from 5.5 to 7.5, but usually anything beyond that range is harmful to them. The pH of soils releases or locks vital nutrients, for example, making it easy or difficult for the plant to obtain what it needs for life.

Within the various systems of the human body, the pH varies. Blood, for instance, must be kept at a strict pH of 7.35 to 7.45. If blood pH rises or falls beyond those limits, you will become seriously ill or even die.

The pH of Food

Given this explanation of pH, you may wonder why the pH of food is so important. After all, if the body knows enough to maintain its pH in the range of 7.35 – 7.45, and the stomach keeps a strong acid pH to digest food, what does the food you eat and the water you drink have to do with anything?

Food has many qualities, including nutrients, taste, color, smell, texture and what the Japanese call “umami” or “mouth-feel”. You cannot, however, use any of these attributes to discover the pH of a food.

Food must be tested using a special process to discover whether or not it is acidic or alkaline. However, those following an alkaline diet believe that it’s not just the food itself that goes into your mouth and its relevant pH but the pH of the ash of the food that’s truly what makes a food acid or alkaline.

Why ask? Your body “burns” food as fuel through the process of metabolism. The residue left behind must be excreted in solid, liquid or gaseous form. Solids pass through the intestines and become waste. Liquids pass through the pores as perspiration or out of the body as urine. Gases pass through the lungs during respiration. Some residue, however, may be shuffled into the cells and padded with water or fat to keep it from harming you. Acidic residue, some people believe, along with toxins cannot be easily excreted from the body. The result is an overly acid state known as acidosis. The strict conventional definition is a dangerous acidic condition in the blood, but body tissues may become overly acidic too, especially if the diet only includes acidic foods.

The Body Knows

Your body knows that acidic conditions aren’t healthy. The body is a miraculous creation. It will do almost anything to maintain the conditions it needs for optimal life, including the proper pH of tissues and substances

within the body. But it must adapt and adjust to maintain the proper pH. This can cause problems later on in life for those who eat an extremely acidic diet.

Let's use an example to help you understand this point. Let's look at the typical diet of one day in the life of a busy 30-something year old man or woman. For the example, let's pretend it's a man and his name is Bob. Bob is the every man; he's like most of the guys you know.

Bob gets up and rushes through his morning ablutions, driving frantically to get to work on time. He stops at a drive through and picks up a breakfast meal: coffee, orange juice, hash browns, and an egg and bacon sandwich on an English muffin. He gobbles most of this down in the car.



When he gets to work, he fills his coffee cup and keeps it filled throughout the morning. Around 11 a.m., a colleague puts leftover breakfast pastries out in the break room and he grabs a mini Danish off the platter to go with his coffee.

Around 1pm, he runs out for a sandwich at the local deli. He gets pastrami on rye, a bag of potato chips, and a cola to drink.

Around 3pm, he gets hungry again so he goes to the vending machine and buys a chocolate bar.

Bob works late, but he's lucky that his wife cooks dinner at home. She's made his favorite: rib eye steak, French fries, canned peas. For dessert, there's apple pie.

Bob's too tired to exercise, so he watches his favorite sitcoms and the news before going to bed at 11. Then his alarm clangs at 6 and he's back on the routine again.

Sound familiar? It's all too familiar to most Americans. And it's all too acidic! Bob's diet is almost entirely acidic. His lifestyle is also contributing to all sorts of unhealthy conditions. Being sedentary, stressed out and overly tired is a recipe for major health problems later on in life.

Bob's diet is almost purely acidic from the first bite of food he takes in the morning to his dessert of apple pie at night. He drinks almost no pure water, preferring coffee or sweetened carbonated beverages like soda pop. He's drinking quarts of caffeine per day to wake up and stay "energized", yet he's dehydrated, tired, and cranky all the time. Even his afternoon snack of a candy bar has caffeine, and the sugar adds stress to his adrenals and pancreas.

The fatty, fried, greasy foods as well as the processed luncheon meats also contribute to an overly acidic condition. Sugar itself, found in Bob's morning mini Danish, his lunchtime pop drink, his 3pm snack and his after dinner treat, all add significant acids to his diet as well as stress to his immune system. Research shows

that the sugar in two cans of pop or approximately one 16-24 ounce bottle reduces the immune system's response time by up to 30 minutes after ingesting the sugar. In other words, not only is Bob eating an overly acidic diet, he's adding more stress onto his overly burdened body.

The problem with looking at a typical diet such as our mythical Bob's is that in the short run, Bob feels no ill effects. He may maintain his current weight for some time. He may feel okay but not great – okay enough to keep working and enjoying his normal pursuits, unaware of what is happening inside his body.

The body can put up with abuse for a long time. It can heal itself of many things and carry many burdens. At some point, however, the system breaks down. Dis-ease develops. People blame it on genetics, environment, accidents, chance or God without realizing that years of subtle abuse can weaken the miraculous systems of the human body.

What Happens to Those Acidic Foods

The question that you may be asking is, "Well, if Bob eats all those acidic foods, and he doesn't get sick right away, why care? What happens to them anyway?"

As Bob eats all those bad-for-him foods, his body has to break them down into fuel and waste products. The acids must be neutralized. If you think back to chemistry class again, buffers or substances that neutralize

acids, must be in place so that the acidic conditions can be brought closer to neutral. The body uses calcium and other minerals to buffer acids in foods. Since Bob is taking in so few minerals in his diet and those aren't being absorbed because he is not drinking alkaline mineral water, his body is slowly robbing his teeth and bones of valuable minerals, weakening them over time. Our poor everyman thinks that root canals, crowns and missing teeth are the natural course of aging, or brittle bones "just happens". The truth is that he may indeed be adding to his own misery slowly and surely by his diet. But because his actions are so far removed in time from the consequences, he can't connect the two events.

But you CAN! As you learn more and more about the alkaline lifestyle, you'll realize that the choices you make today can and will impact your health tomorrow.

Conventional science recognizes the importance of a 'healthy' diet, moderate exercise, and proper sleep. Natural health experts seek deeper insight into why certain diets affect health. Others believe that mental mindsets and concepts can radically influence health. By following the alkaline lifestyle, you're taking a bold step into a better tomorrow.

Checking Your pH

Knowing your current pH will help you in several ways. It will help you understand your starting point, as well as see improvements along the way. There are two methods recommended by Dr. Robert O. Young, Ph.D., in his book *The pH Miracle for Weight Loss*, which we also recommend:

- **Blood Test:** Dr. Young recommends this as the best way to measure overall pH. This can be done at your doctor's office or by a naturopathic doctor knowledgeable about the Alkaline Lifestyle.
- **Urine Test:** Dr. Young contends that a urine test is not as accurate as a blood test, but it can be more convenient. You will need to purchase pH test strips. These can be obtained through our special members-only Co-Op at significant savings. The first urine output of the morning is measured using a pH test strip. Comparing the color changes to a chart provides you with the overall pH of your system.

Urine tests are probably the easiest for many people to use. You can use the Journal and Workbook provided with your Alkaline Lifestyle course materials to track your daily pH. Note which changes you've incorporated from the Alkaline Lifestyle in your Journal and Workbook, and which changes shift the pH into the alkaline range. This tangible proof along with how you feel, mentally and physically, can be recorded in your journal. How wonderful it is to see proof that the healthy changes you are making in your life make a difference!

A Few Things to Note

One last thing to note. There will always be some amount of acidity in the body. It's a natural part of metabolism. Just as the body produces its own toxins and waste products from natural metabolic processes, so too does some bit of acidity always linger in the body.

Everyone's body is different, and responds to the Alkaline Lifestyle differently. Every person begins this journey from a different starting point too, which affects the speed at which you may progress in changing your pH levels.

Chapter 2 Summary

- Acid and alkaline are chemistry terms that come to us from the pH scale.
- Most substances can be classified on this scale.
- The scale is based on a series of numbers from 0 (pure acid) to 14 (pure alkaline).
- 7 on the scale is neutral.
- Your body burns foods as fuel through metabolism. The process leaves either an acidic or alkaline residue behind.
- Green plants such as leafy green vegetables are the most alkalizing.
- Living foods and vegetables are the most alkalizing.
- Most Western diets are heavily acidic.
- Testing and monitoring pH, either through blood tests or urine tests, provides a measurement of how acidic you are now – and how alkaline you may become following this course.

What you choose to eat, drink, move and think today has an impact tomorrow and in the future – even if you can't feel it right now!



Chapter 3: The Alkaline Diet: Foods to Eat & Avoid

Now we get to the part you're probably anxious to read. The alkaline diet forms the basis of alkalizing and is the focus of this course. Learn more about this life-enhancing, energy producing way of eating in Chapter 3.

The second book in the course will take you step-by-step through the transition. Chapter 3 provides the basics of what is included in the alkaline diet.

The Basics of the Alkaline Diet

In the last chapter, we talked about the meaning of the pH scale and what happens to the body when we eat a typical Western or American diet based on processed, sugar laden foods. In this chapter, we'll talk about the basics of the alkaline diet.

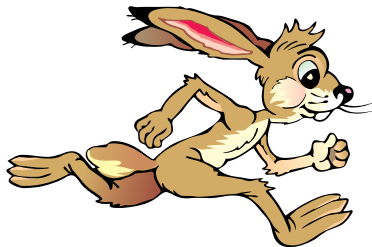
The Big Four: Basics

The goal of the Alkaline Lifestyle is to achieve a consistent state of alkalinity in the body. Focusing on the "big four basics" listed here will help you learn the fundamentals of the Alkaline Lifestyle.

1. Eat a diet rich in alkaline foods.
2. Drink ionized alkaline water (or if you do not have an alkaline water machine such as a Life Ionizer®, pure filtered water).

3. Move your body daily, engaging in the aerobic exercises of your choice.
4. Rest and replenish, taking time daily for mental and spiritual pursuits that create a calm, peaceful internal environment.

These are the big four basics that form the cornerstone of the Alkaline Lifestyle. Other healthy living habits that improve alkalinity include detoxification, or removing toxins from the body. Exercise helps by increasing perspiration, as does drinking plenty of ionized alkaline mineral water, which will encourage your body to begin releasing stored toxins. It's important that if you have a typical Western life prior to discovering the Alkaline Lifestyle – ie, a diet filled with sugar, caffeine, chemicals and toxins – that you detoxify gradually at home or seek professional guidance while detoxifying. Detoxifying quickly can overload your system with toxins and make you feel miserable while increasing uncomfortable symptoms. It's best to seek professional guidance if you feel your body is overloaded with toxins or if you wish to ***Fast Track Detoxify.***



Basic 1: Eat a Diet Rich in Alkaline Foods

A diet rich in alkaline foods forms the cornerstone of the alkaline diet. When these foods are metabolized in the body, the result is either an acid or alkaline residue. It is that residue which concerns us, not the taste or quality of the food when it goes into your mouth.

Alkaline foods are natural foods. Green is the color of alkalinity, and green vegetables are THE superhighway to an alkaline state. Chlorophyll, the ingredient in plant leaves that turns them green and helps them manufacture food from sunlight, is a powerful alkalizing agent. The greener the vegetable – the better it is for you!

Green also rhymes with the word ‘lean’, so keep green in mind when you want to become lean. Greens are naturally high in vitamins, minerals, and fiber, and speed weight loss by providing nutritious foods in a highly alkaline state. Eat green to become lean!

Green vegetables should become the largest part of your diet. You can eat them lightly steamed, in salads, or as part of a green smoothie. A green smoothie is a blended drink made from greens, fruit, water and sometimes spices or other flavor enhancers. You can make a green smoothie that is savory or sweet, spicy or creamy. The Recipe book that accompanies the Alkaline Course includes many ideas for green smoothies.

Alkalizing green vegetables include:

- Beet greens
- Broccoli
- Cabbage
- Celery
- Collard Greens
- Cucumbers
- Kale
- Lettuces of all kinds
- Mustard Greens
- Spinach
- Swiss Chard
- Turnip greens

There are also numerous field greens grown in various parts of the United States that may be difficult to find in supermarkets, but may be grown in the home garden or found at Farmer's Markets. These go by different names in different regions, but you may see them referred to as:

- Southern greens
- Field greens
- Fall greens
- Mustard mixed greens

Each of these four greens have broad green leaves and are easiest to find during the fall and early winter months. They have sharp, subtle flavors, each with a definite tang and taste. All may be gently removed from the

rib, the central thick stem, chopped or diced, and gently steamed or eaten as part of a salad.

Sprouts

Sprouts are wonderfully nutritious, tasty, inexpensive and alkalizing. It's a pity that more people aren't enjoying the benefits of sprouting. All you need are seeds specially produced for sprouting, such as those sold through the Alkaline Lifestyle Co-Op store, a clean jar or a sprouter, and some water. That's it! In a few days, you can enjoy the tasty crunch of alfalfa, sunflower, broccoli and many other sprouts. Sprouts can be included as a healthy part of an alkaline lifestyle diet.



Sea Vegetables

Yes, vegetables grow in the world's oceans as well as on land. In the ocean, we call them things like seaweed. Many types are edible. You may have enjoyed dulse, a type of seaweed, in a salad at an Asian restaurant or as part of a dish. Sea vegetables may be purchased online through the Co-Op or at your local health food store. They are highly alkalizing and tasty too!

Other Vegetables

Many other vegetables are also alkalizing, just a bit less so than the greens group. Peas, eggplant, tomatoes, green beans and legumes (beans) of all kinds are very good for you. Onions, garlic and other vegetables used to spice food may also be included in an alkaline diet. Peppers, squash and pumpkin of all sorts may also be included in the diet. These are either mildly alkaline to a tiny bit acidic, but all are much healthier for you than the majority of foods that are probably in your diet now.

Root vegetables that are wonderfully alkalizing include radishes and beets. Turnips and carrots are mildly alkalizing and may also be enjoyed on the Alkaline Lifestyle. Unfortunately, potatoes are acidic, but if used sparingly may be included as an occasional treat.



Fruit

The most alkalizing fruits are the most surprising—lemons, limes and grapefruits. All three seem as if they should be acidic. If you test the juice of any of these fruits, they will turn up as acidic. Yet keep in mind that the acidity or alkalinity of foods is measured not by the

pH of the food prior to digestion, but after the equivalent is done in a laboratory. Each of these three foods are alkalizing, with lemons and limes the best.

Avocado, although often found among the fruit in the produce department, is a wonderfully alkalizing fruit and a great source of healthy fats your body needs. It makes a wonderful addition to salads and sandwiches and is often used for a creamy base in recipes of various kinds.



Nuts and Seeds

Nuts and seeds are packed with protein, fiber, vitamins, minerals and healthy fats. The best nuts and seeds on the Alkaline Lifestyle diet include pumpkin seeds, which are highly alkalizing. Sesame, cumin and fennel, often used to add taste to various dishes, are also alkalizing.

Among the various tree nuts, the best alkalizing nuts are almonds. Almond milk, made from almonds, is a great cow's milk substitute on the Alkaline Lifestyle diet. It has a pleasant taste, is easy to obtain at the supermarket or health food store, and has an alkalizing effect on the

body. Nuts that are okay to enjoy on the Alkaline Lifestyle diet also include Brazil nuts, hazelnuts and pecans, although these are slightly acidic (but not terribly so). Stick with raw almonds, almond milk and almond butter, a creamy spread like peanut butter, and you'll enjoy a great alkaline nut.



Grains

Most grains are mild alkaline to highly acidic. The alkaline grains are those that may be unfamiliar to you. These are grains such as spelt and buckwheat groats. Spelt is often made into flour that can be used to make gluten-free products or pasta noodles. Spelt pasta is a good alkaline substitute for wheat-based pastas.



Although most of us have been taught that whole wheat is healthy, it is a highly acidic flour. Brown rice, rice and white flour are also highly acidic.

Seeds

Quinoa, cooks into a fluffy rice-like pseudo-grain that has a unique, slightly nutty flavor and, because it contains all nine essential amino acids, it's a complete protein.



Beverages

The very best alkalizing beverage to enjoy is ionized alkaline mineral water. Life Ionizers™ makes a wonderful alkaline water machine. It takes tap water and ionizes the molecules while transforming it into two streams, one alkaline that you drink and the other acidic that you use for washing and cleaning purposes. For more information, please visit the Co Op store on the Alkaline Lifestyle site.

Pure water is by far the best beverage you can drink on the Alkaline Lifestyle. A simple counter-top system filter attached to your faucet can change contaminant-filled public water sources into a palatable beverage.



Herbal teas also make a nice change, especially when you want something hot to drink.

Dairy, Meat and Fish

Our typical Western diet is so meat and dairy heavy that many people panic when they learn that nearly all dairy products, flesh foods and fish are highly acidic. There are a few exceptions.

- ***Dairy products:*** Goat's milk is actually mildly alkaline. If you've never had a glass of goat's milk, you're in for a treat. It's tasty and has a texture similar to cow's milk. Regular dairy cow's milk, cream, and soy milk are all slightly to moderately acidic.
- ***Meat:*** Pork, chicken and beef are all acidic. As you embark on the Alkaline Lifestyle diet, you will gradually wean yourself off these foods.
- ***Fish:*** Fish isn't much better than flesh foods. It is mildly acidic, especially freshwater fish, which are the best kind to include on the Alkaline Lifestyle diet. Ocean fish are mildly acidic. Shellfish are best left entirely out of the diet; many are filled with toxins.

- **Eggs:** Eggs are also an acidic food that is best left out of the Alkaline Lifestyle diet.

Oils and Fats

Despite the hysteria in the 1980's demonizing all fat as bad, your body needs fats to stay healthy. Monosaturated fats, the kinds found naturally in various plant oils and fruits such as avocados, are good for you. Saturated fats, the kind that create marbling in cuts of meat, are bad for you and contribute to heart disease. From the Alkaline Lifestyle perspective, choose healthy, alkaline fats such as olive oil, coconut oil and flaxseed oil for daily cooking and culinary use. Butter and margarine are acidic and should be left out of the diet, although if you must, choose butter, which is at least a natural product. Margarine is a chemically altered, manmade butter substitute that despite the fancy additives in many brands does nothing to improve health.

Acidic Foods to Avoid

There are some foods that are highly acidic, and best left out of the diet altogether. Many of these are known to cause health problems too. Start today to leave the following out of your diet.

- **Artificial Sweeteners:** Whether it's saccharine, aspartame, or sucralose, artificial sweeteners are not natural despite what the advertising claims. They are highly acidic and add toxins to your system. Avoid them at all costs.

- **Tea and Coffee:** Coffee is highly acidic, as is black tea. Although you may love them, it may be the caffeine that's taken hold of your system so powerfully. Wean yourself off these beverages gradually, switching to decaffeinated and then to herbal teas as a substitute.
- **Wine, Beer and Spirits:** All alcoholic drinks are heavily acidic and best left out of the diet.
- **Fermented Foods:** Any fermented foods tend to be highly acidic.
- **Jams and Jellies:** Also highly acidic, thanks to both the fruit and the sugar used to make it.
- **Chocolate:** Sorry to break the news to you, but yes, chocolate is acidic. A little every once in a while won't hurt, but if you eat a lot of chocolate and cocoa, you will need to rethink your choice of treats.

The 80/20 Rule

Business people refer to the 80/20 rule – eighty percent of business actually comes from 20% of your customers. In the Alkaline Lifestyle, we will talk about a different 80/20 rule. In our version of the 80/20 rule, **focus 80% of your daily foods on highly alkaline to alkaline food**. The remaining 20% may be mildly acidic. It is best to avoid highly acidic foods at all times.

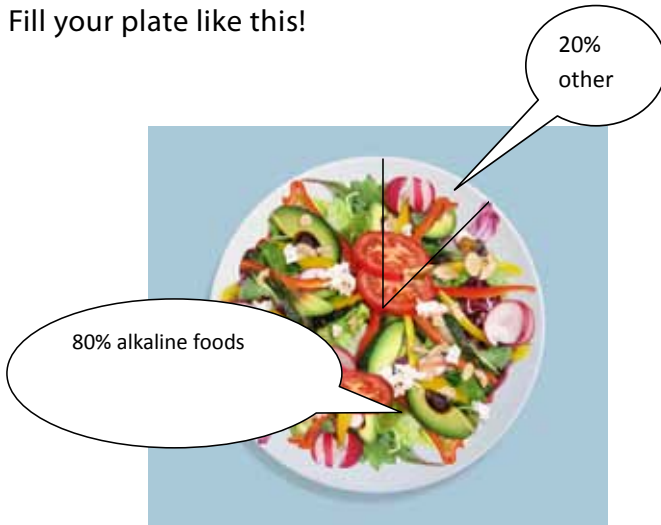
Putting the Alkaline Lifestyle 80/20 Rule In Action

What does the Alkaline Lifestyle 80/20 rule look like in action?

Here is your empty plate:



Fill your plate like this!



Let's pretend it's lunchtime. A salad makes a great lunch food. On the Alkaline Diet 80/20 rule, 80% of your plate should be alkaline-rich foods. That's pretty easy!

Fill up the 80% of your plate with:

- Red leaf lettuce
- Green leaf lettuce
- Mixed greens
- Cucumbers
- Tomatoes
- Shredded carrots
- Onions

Now make a dressing that includes olive oil and lemon juice. Add some crunchy pumpkin seeds to the top. You have just made an alkaline salad that's nearly 100% alkaline. If you want to use your 20% for a more acidic topping, crumble a bit of goat cheese (feta cheese) on top sparingly.

A more elaborate meal such as a stir-fry made for dinner may also follow the 80/20 rule. By using alkaline-rich vegetables, you start with a base that can be nearly 100% alkaline. Sesame or peanut oil, typical stir-fry oils, are acidic. This uses your 20% acidic foods.

In the next book, we'll walk you through the basics of transitioning off the Standard American Diet (SAD) and into the alkaline lifestyle. For anyone following the Fast Track method, once you grasp the concept of the 80/20 method and receive your Alkaline Food Chart and Shopping Guide, you can begin immediately to implement the 80/20 rule. For those following the Gradual Transition, gradually increase the amount of alkaline foods on your plate, and so daily, with every meal. Soon you will begin to feel the difference!

Chapter 3 Summary

- Diet plays an important role in the Alkaline Lifestyle
- Foods are considered either acidifying or alkalizing, depending not on their taste or their pH when they go into your mouth, but what happens after they are metabolized.
- Different foods have different effects upon the body.
- The typical Western diet is extremely acidifying.
- To jumpstart your alkaline diet, begin to leave certain foods out of your diet such as white sugar, white flour, coffee, alcohol, and artificial sweeteners.
- Meat and dairy are also highly acidifying.
- Your best foods for alkalizing are leafy green vegetables.
- The Step by Step guide will help you transition quickly (Fast Track) or slowly (Gradual Transition) into an alkaline eating pattern, depending on where you are today.
- You may need time to detoxify your body, especially if you have been heavily dependent upon caffeine. A healthcare provider should address serious dependencies such as alcohol dependency.
- Ionized alkaline mineral water is your best beverage for the Alkaline Lifestyle. If you cannot afford to install a machine such as Life Ionizer™, pure, filtered water is second best.

Chapter 4: Exercise



Exercise forms an important part of the alkaline lifestyle. Before embarking on any changes in your exercise habits, you may wish to consult your physician or health care provider. If you have any medical conditions such as diabetes, heart disease or other conditions, do talk to your health care provider before undertaking a new exercise regimen.

People Evolved to Exercise

Our bodies are meant to move, and we are meant for motion! Throughout the millennia, humans developed as hunters and gatherers. Our ancient ancestors walked many miles during the course of a day seeking food and resources. As agriculture developed, physical labor remained part and parcel of everyone's daily existence. Men farmed, pushing heavy plows, chopping wood and threshing grain. Women hauled water and washed clothes by hand, spun cloth, and did a hundred manual chores a day. Physical activity was just a part of normal everyday life.

With the advent of electricity in the home and fast, convenient machines to tackle manual chores, many of these activities faded away. Cloth was purchased by the bolt at the store, woven on big mechanical looms; today, we drive to the shopping mall to purchase new clothes rather than raising the flax or cotton, spinning it into thread, weaving the cloth, and sewing the clothes.

Food once took seasons of manual labor to raise; today, we can drive to the supermarket or a restaurant and purchase more calories in one afternoon than our ancestors were able to raise in one year. Truly, modern life is a miracle.

But with that miracle comes problems. Humans may have changed their living habits in the last 100 years or so, but our bodies evolved over thousands of years. They haven't caught up to the new labor-saving age yet!

What Happens When You Don't Exercise

Given that the only activity the vast majority of us get every day is lifting a fork to our lips or clicking a remote control, it may be helpful to consider what happens to your body when you don't exercise.

- ***Muscles atrophy.*** The old saying "use it or lose it" is very appropriate. If you don't use your muscles, they begin to atrophy, or lose strength. Conversely, if you begin using your muscles again, you can regain strength.
- ***Bones become weaker.*** Does it surprise you to learn that exercise affects your bones too? It does! Weight-bearing activity helps strengthen bones, too. Lack of exercise can weaken your musculo-skeletal system.
- ***Cardiovascular health declines.*** Your heart is a muscle, too. When you exercise, your breathing increases, and your heart works harder to pump blood throughout your system and tackle the

increased stress. Although your heart continues to beat automatically while you are alive, you can improve cardiovascular health with exercise.

Exercise, Alkalinity and Detoxification

Exercise does a body good – but did you also know it helps with alkalinity? When you exercise, your body actually sheds a great deal of acidity through perspiration and exhalation – that is, through sweat and through breath.



Next to the colon, your skin is your body's largest organ of detoxification. Through over 3,000 pores all over your skin, your body excretes perspiration. It sheds waste products and acids through the skin.

When you exercise, you breathe heavily as your body's systems signal the need for more oxygen. With every breath you exhale, you release gases, and more acids are released. The key to successfully exercising on the Alkaline Lifestyle is to exercise aerobically – but not to the point of exhaustion. That's actually a common mistake people make when they begin exercising. Through years of

hearing “no pain, no gain” and “feel the burn” and other such slogans, many people believe that exercise has to hurt in order to do some good in the body. Actually, the opposite is true!

Exercising on the Alkaline Lifestyle: Aerobic Activity

As part of the Alkaline Lifestyle, we recommend some type of pleasurable aerobic activity 3-5 x per week. (Please follow any recommendations your physician gives you, however!).

What is aerobic activity? It’s any exercise that gets your heart pumping, that makes you breathe faster, and that helps you sweat. Examples of aerobic activity include running, bicycling, walking, jogging, hiking, rebounding, skiing, and swimming.

Among these activities, the very best one for the Alkaline Lifestyle is rebounding. Dr. Robert O. Young, in his book *The pH Miracle for Weight Loss*, cites rebounding as the best alkaline-weight loss exercise. His book and the rebounders are available at the Co-Op.

A rebounder is a small mini trampoline. By jumping up and down gently on the rebounding trampoline, you end up using nearly every single muscle in your body. You challenge your balance, get your heart rate going, and exercise your muscles. It is good for the heart, builds muscles, and helps your body detoxify and remove acidity.

Dr. Young provides a complete description of an exercise program using a rebounder in his book. You may also wish to purchase DVDs or videos demonstrating various exercises using a rebounding trampoline.



A Walking Workout

Some people may prefer outdoor activities. They find solace in nature, and need time outdoors in the fresh air. Others may not have money to spare to purchase a rebounding trampoline. Walking offers convenience and affordability. As long as you have a safe neighborhood in which to walk, all you need is a good pair of walking shoes and some time.

Be sure to walk aerobically. Some people claim they walk for exercise, but their walks are mere strolls. If you can walk and sing at the same time, you are not walking briskly enough. You should be able to walk and talk with minimal discomfort, but if you can sing, you are not exercising aerobically enough.

Swimming

Another excellent aerobic activity is swimming. For people lucky enough to have seasonal or year-round access to a swimming pool, swimming provides an aerobic workout without the pounding on the joints that running or jogging entails. Another option for water-workouts includes water aerobics. Led by an instructor, such exercises include jogging in the swimming pool and other activities that increase the heart rate without stress on the bones and joints.

Jogging and Running

If you're comfortable with jogging and running, both offer great alternative aerobic exercises. Be sure to have a pair of good fitting, high quality running shoes and run in safe areas. People with knee and joint problems should not run unless given clearance by their doctors.

Strength Training

Strength training is not an alkaline exercise per se, but it does help the body build muscle mass. Strength training may involve the use of resistance bands or weights. You don't need fancy equipment to do some strength training exercises. You can begin using cans or bottles filled with water from your kitchen. Dumb bells make great hand weights and are inexpensive. Books such as those by Joyce Vedral, P.h.D., offer step by step guided strength training that builds long, lean muscles and supports a healthy body.

Pilates

Another excellent strength training exercise is Pilates. Pilates focuses on building the core muscles, the central muscles of the abdomen and trunk that support the skeleton. A strong core helps you complete any exercise or activity more efficiently. It also provides you with a long, lean look; you'll stand up straighter and move more gracefully. Developed by Joseph Pilates after World War I as a series of rehabilitation exercises for injured soldiers, Pilates offers another wonderful way of strength training.

Pilates is often taught at dance studios. You may be able to find a local class this way. Some Pilates experts focus on using a special machine to help you build specific muscles, but Pilates mat work uses just the body's resistance to gravity for strength training. Videos and DVDs are also available to help you learn Pilates moves.



Flexibility and Strength

We come to the last two categories of exercise: flexibility and strength. Yoga and t'ai chi offer two different approaches to exercise that focus on attaining both grace and strength.

Yoga includes a series of postures and breath work that focuses on body awareness. Participants move through a series of stretches from a standing or seated position. Some people mistakenly believe that hatha yoga, the yoga of movements and stretches, is a religious tradition. While it can prepare the body for the rigors of meditation, belief in a religious tradition is by no means a requirement for a hatha yoga practice. All you need to do is move your body through a series of poses, stretches, and breathing exercises.

T'ai chi is an ancient exercise system that focuses on movements to stimulate chi, the flow of energy through the body. According to the Chinese system of medicine, chi moves along meridians or pathways in the body, and the smooth flow of chi keeps one healthy. T'ai chi focuses on soft, controlled, flowing motions.

You can learn yoga and t'ai chi by taking classes or using books, tapes or DVDs. There are even some television programs offering instruction in either discipline.

Both yoga and t'ai chi offer excellent exercise for the Alkaline Lifestyle. They are non-competitive, and quiet the mind – two aspects of the Alkaline Lifestyle unique to this course, which we'll talk about in this next chapter.

Where to Begin

The second book in this course, the Step by Step Transition Guide, walks you through a weekly transitional plan for exercise. Fast Track users of this program should still adapt to exercise gradually. The only ones who may be able to jump right into the full Alkaline Lifestyle exercise program are those who are already physically fit. If you are, you may wish to seek the advice of a personal trainer familiar with the Alkaline Lifestyle to help you fine-tune your exercise program.

Chapter 4 Summary

- Exercise helps alkalinity in many ways.
- Aerobic exercise at the appropriate level helps the body shed acids through perspiration and exhalation.
- Full body exercises such as using a rebounding trampoline tone the entire body and also help detoxification while providing an aerobic workout.
- Many other forms of exercise are good for you and for alkalizing too.
- Yoga and t'ai chi are also excellent exercises for reducing stress, which is part of the Alkaline Lifestyle.



Chapter 5:

Alkalinity Is More Than Food & Drink: Mind Body Connection

Most people seek the Alkaline Lifestyle for the many benefits it confers. They embark on the eating plan with enjoyment, intuitively understanding the need to eat low on the food chain and focus on green vegetables and other vegetables, alkalizing fruit, and a minimum of other foods. They've heard it said over and over again that they need to exercise; exercise comes as no surprise to them. What does come as a surprise to them are these two chapters, Chapter 5 and Chapter 6, focusing on Mind (Chapter 5) and Spirit (Chapter 6).

Thoughts and Alkalinity

Dr. Young, one of the fathers of the alkaline living movement, stated in an interview that negative thinking leads to two to three times the acidity that positive thinking creates.⁴ Dr. Young studied this phenomenon for over 25 years, using a combination of techniques, including blood microscopy. His conclusion is that our thoughts and words have a powerful effect upon our physiology.

Throughout history, many powerful thinkers have also espoused the notion that what we think influences health. Great scholars, philosophers, and religious teachers espoused the notion that as a man thinks, so shall he be. Our thoughts and the words we speak, both aloud and inside our heads to ourselves (self-talk) create an environment conducive or detrimental to health.

Dr. Young takes this a step further. Using the technique of studying blood cells immediately upon taking a sample under a microscope, he believes and has spoke in interviews about the fact that constantly thinking negative thoughts appears to increase acidity in the body as well as harm human health.

Dr. Young explains it as follows⁵:

Your thoughts or words do become matter and can affect your physiology in a negative or positive way. †And the way your thoughts become biology is as follows: when you have a thought, that thought requires energy for the brain cells to produce that thought. As you carry on with any thought that are having, you are using energy. †And when you are using energy, you produce a biological waste product called, acid. †If the metabolic acids from your thoughts are not properly eliminated through the four channels of elimination--urination, perspiration, respiration and defecation--then the acids from your thoughts are moved out into your fatty tissues and connective tissues. This leads to all sorts of syptomologies such as lupus, fibromyalgia, arthritis, muscle pain, fatigue, tiredness, obesity, cancerous breasts, cancerous prostate, indigestion, acid reflux, heart burn, heart attacks, and the list goes on and on.

Just as negative emotions such as fear, sorrow and anger can cause acidity, so too can positive emotions increase alkalinity, according to Dr. Young. Positive emotions such as peace, joy, love, hope and forgiveness lead to

a stable emotional life, calm interior thoughts, peaceful and uplifting speech, and greater alkalinity in the body.

Personal Experiences of Healing Through Positive Thinking

Those who seek rigorous, double-blind studies proving this point will be disappointed. It's difficult to study the effects of hope, for instance, in the life of a cancer patient; how can you isolate the thoughts and emotions of the patient from their diet, lifestyle and other treatments that may affect the outcome of the disease? How do you include such variables as genetics, environmental exposure to toxins over a lifetime, and myriad other factors that may influence the outcome of such a disease?

Instead, we look to personal testimonies and examples found in abundance among the great healers and thinkers of our time.

Louise Hay, a well-known motivational author and speaker, bases the foundation of her affirmations and her famous book, *Heal Your Body*, on the New Thought movement that believes that man's thoughts can influence health and the physical world. Louise writes in her book, *You Can Heal Your Life*, that she was diagnosed with cancer in the vaginal area. She used a combination of alternative therapies and intense affirmation and mental treatments to rid herself of cancer. She remains cancer-free today.⁶

Of even greater interest are the actual experiments done to see how laughter – really the apex of positive thinking and joyful, positive emotions – influences health.

According to an article on Bryn Mawr University's website,⁷ laughter:

- Releases endorphins, natural pain killers
- Improves the response of the immune system, specifically natural "killer" cells that seek, find and neutralize invaders
- May help the body
- Provides a brief cardiovascular workout
- Sends the cardiovascular system into a state of relaxation after laughter

One of the most famous examples of all is Norman Cousins. Cousins, the editor of the Saturday Evening Review, contracted a mysterious illness that gave him severe joint pain and fevers. Realizing that the medications he was taking were hurting him rather than helping him heal, Cousins instead hired a nurse to read him humorous stories and play Marx brothers movies for him. The resulting "laugh treatment" became famous for helping Cousins overcome his illness. Today, we know that laughter is indeed good medicine!

The human body evolved over centuries to be a self-healing mechanism. Laughter, positive moods, relaxation, hopeful thoughts....all of these set the stage for health.

Creating an Alkaline Mindset

One of the best things about the Alkaline Lifestyle is that the more alkaline you become the easier it will be to cultivate the happy, cheerful mindset you desire. Conversely,

if you are highly acidic, your thoughts tend towards negative, critical, judgmental and unhappy thoughts. The diet, exercise and lifestyle suggestions found in this course actually help you create the conditions conducive to healing, including the mental conditions that improve health!

Improving Your Outlook

In the second book in the course, we'll share with you step-by-step techniques you can use to improve your mental outlook. And of course, there's another resource we share with you – an entire book dedicated to mind and spirit, something you won't find in any other alkaline-related course.

At first, you may think that it's impossible to improve your mental outlook. We are probably born with a propensity for optimism or pessimism, for fear or boldness. As we journey through life, experiences and environment shape our behavior too. Yet even though our innate personality may be shaped by a combination of genetics, family environment and personal experiences, we have the power to shape our thoughts. Many teachers throughout history have proven this! Thoughts are things, and you can shape your thoughts to your advantage.

Positive thinking and a peaceful, happy outlook create the optimal mental mindset for health and happiness. Be sure to work through the steps and exercises in the materials in this course.

Chapter 5 Summary

- There is a connection between what you think (your mind) and your health.
- Experts in alkalinity such as Dr. Robert O. Young believe that peaceful, positive and tranquil mental states and emotions enhance alkalinity while stress, anger, fear and other negative emotions create an acidic environment.
- People may be born with optimistic or pessimistic tendencies. Environmental factors also change how we view the world. Yet no matter what we are born with or what we experience, we have the ability to change our mindset.
- Positive thinking and the alkaline outlook can be taught (and you will receive guidance in subsequent materials)

Chapter 6: Spirit



In the last chapter, we talked about how a positive mental outlook is conducive to the alkaline lifestyle. Now we embark on a new path for most people, the path of spirit.

Alkalinity is shaped by many factors. Most people concern themselves first and foremost with diet. Then they learn about ionized alkaline mineral water, and they incorporate those suggestions. Exercise is important, and people begin to understand and incorporate exercise suggestions in their lives. Even suggestions for cultivating a positive mental mindset make sense to most people.

Then we come to the world of spirit, and people tend to shut down and go back to figuring out what to eat and when to fit their workout in. That's a shame, because spiritual pursuits work hand-in-hand with your mental outlook to form one supportive internal climate for alkalinity.

Definition of Spirit

Before we proceed, let's first define how we're using the term spirit. Many people already follow a religious tradition, and that's fine. We're not going to recommend a particular religion or faith to you. Instead, we use the term "spirit" to mean connecting with a broadly defined Higher Power or Spirit. How you actually define that

Higher Power is up to you. Our goal is not to convert you to any particular mindset, but to help you become more alkaline and healthy, inside and out, from your body to your mental outlook. Spiritual connections are part of that goal.

Spiritual Practices Beneficial

Numerous studies released over the past 20 years indicate that people who hold a religious or spiritual perspective are healthier. The Alliance for Positive Thought,⁸ which advocates positive thinking without belief in a Deity, offers an interesting group of articles that point to three areas of research:

1. Religion (spiritual practices) promote health
2. Benefits can be achieved without specific belief in a Deity
3. Uniquely Theistic (religious) practices may not be any more beneficial than other type

This body of research points out that benefits may be achieved through the application of spiritual practices, but people may not necessarily achieve additional benefits by believing in a supreme being or a particular set of religious tenets. That's good news for nonbelievers and those who classify themselves as "open to the possibility but need more proof" or just plain old "not sure."

Specific Spiritual Practices That May Be Alkalizing

Keep in mind from the previous chapter that certain traits of mind according to experts such as Dr. Young create an alkaline environment. These include:

- Peaceful, calm thoughts
- Positive thinking
- Optimism
- Generosity
- Forgiveness

All of these traits may be accomplished through general spiritual practices.

Which Practices Help

Given this list of alkaline traits, which practices can help you attain the peaceful, calm and happy mental mindset that leads to alkalinity? We'll share a few here, and teach you several of them in the accompanying materials. The practices that have shown in our experience to help include:

- Meditation
- Mindfulness
- Music
- Arts
- Nature

One last thing before we begin our discussion of meditation. If you already belong to a religious tradition, we encourage you to continue and find new and deeper

ways to enhance this aspect of your life. Our suggestions are just that—suggestions. They are not meant to supplant long-held beliefs, ideologies or creeds you may hold. Instead, let them add to your growing body of knowledge about what it means to live the alkaline lifestyle.

Meditation

Meditation for disease prevention and wellness is defined as “A self directed practice for relaxing the body and calming the mind.”⁹ Although meditative practices have their roots in the religious traditions of India, China and Japan, various types of meditative practices may be found worldwide, in all cultures and belief systems.

The average person goes through his day tense and active. You might not notice the tension throughout your body, but it is there. The mind too is tense, filled with an endless panoply of thoughts ranging from the mundane (“What’s for dinner?”) to the negative (“He hates me. I know he does.”) The constant, endless internal chatter adds to the external stressors, and creates an acidic environment.

Meditation helps health in several ways. The National Center for Complimentary and Alternative Medicine (NCCAM)¹⁰ list several research studies linking meditation practices to stress reduction for patients. It has been used successfully by medical doctors such as Dr. Dean Ornish in conjunction with diet and other

therapies to help patients with heart disease. Meditation has also been linked with improved information processing in the brain, increased clarity of thought, and greater empathy—all aspects of the alkaline lifestyle, and the so-called internal mental alkaline environment espoused by Dr. Robert Young.

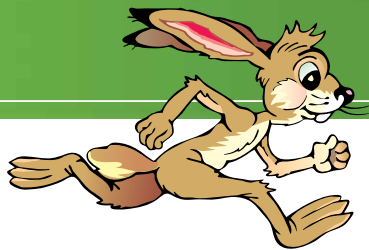


How to Meditate

There's no one right way to meditate. There are many ways to experience the health benefits of meditation.¹¹ The key to successful meditation is regular practice. Set aside a few minutes a day, preferably in the morning before your day gets so busy you forget to meditate, to practice.

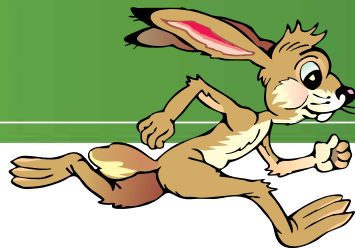
Simple Meditation Practice 1

You can begin to meditate by simply sitting quietly in a straight back chair with your feet flat on the ground and your hands placed comfortably in your lap. Close your eyes, focusing the gaze on the spot on the forehead right between your eyes; if this is uncomfortable, begin just by closing your eyes. Focus on the breath. Count 1 as you breathe in, and 2 as you breathe out. Let your mind quiet and still. Don't fight any random thoughts that flutter or race through your mind; just focus your attention back on the breath. Remain this way for several minutes, counting 1 – in and 2- out. You have just meditated.



Simple Meditation Practice 2

Another simple meditation technique is the mantram or mantra repetition. Choose a word that evokes a mood or quality you would like to feel, such as “peace”. (Some people may choose a religious phrase or the name of a deity; if you have a religious practice, you may find you benefit more from a phrase such as “Jesus, prince of peace” “Rama” “Om” or “Hail Mary, Full of Grace.” The choice is yours.) Now, simply repeat the word silently to yourself while walking, waiting in line at the store, on an elevator, or during any moment when you are otherwise occupied. When washing dishes, repeat your mantram. When cleaning the house, repeat your mantram. Some people also recommend sitting quietly and writing the mantra over and over again on a piece of paper. The motion of writing and repetition of the word or phrase produces a calmly meditative state. You can also sit quietly for a few minutes and simply focus on repeating your mantra silently to yourself.



More instruction will be given to you in both the Step by Step Guide and in the Mind & Spirit book in the Alkaline Lifestyle course, along with a list of recommended resources.

Successful Meditation Depends on Regular Practice

Meditation is like any skill; it must be learned and practiced so that it becomes second nature and feels natural to you. Think about all the skills you have today. Most people reading this can drive a car. You didn't slide behind the wheel the first time and automatically know how to turn the car on, drive a straight line, parallel park or make a U-turn. Someone had to teach you, and then you drove in your Driver's Education classes or with a more experienced driver. He or she offer guidance and instruction, correcting mistakes you made until you could drive safely and pass your driver's license test.

Meditation is very similar to this. You can begin on your own, but having a teacher— either in person or through books or videotapes—helps you by pointing out common mistakes that many beginning students make. Daily practice paves the way for progress.

Don't be upset or discouraged if at first you cannot focus for more than a few seconds at a time. In today's crazy world, where we are bombarded with ceaseless stimulation, our minds and bodies are over stimulated. It may take a while before you are able to comfortably shift your focus into meditation and even longer

to relax the body and mind so that the full effects of meditation are felt.

Mindfulness

Yet another spiritual practice that enhances feelings of peacefulness and calm that are so conducive to the Alkaline Lifestyle is mindfulness. Although the practice of mindfulness developed as part of Buddhism, mindfulness may be practiced outside of Buddhism.

The definition of mindfulness is “bringing one’s full attention to the present moment”. The emphasis is on a completely neutral, non judgmental approach to the present moment. The practitioner focuses attention on the task at hand, calmly paying attention to what he or she is doing whether it is washing the dishes or changing the oil in the car.

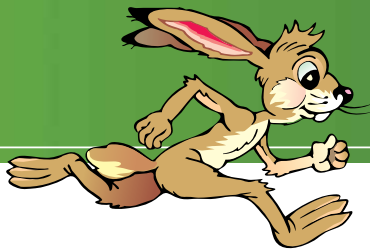
The first step to mindfulness is paying attention to the flow of thoughts. It is learning to recognize and guide the mind back to the present moment, not by internally criticizing or judging oneself for thinking “wrongly” but by calmly acknowledging thoughts and gently steering them back to the task at hand.

Much of the interest in the clinical applications of mindfulness has been sparked by the introduction of Mindfulness-Based Stress Reduction (MBSR).¹² Regardless of whether one wishes to learn and practice mindfulness for stress reduction or to improve mood, the practice of mindfulness may be done at any time, in any place.

One simple way to practice mindfulness is to shut the radio or television off when you are reading, working, or doing chores around the house. Practice driving your car with the radio shut off.



Another way to practice mindfulness is to focus specifically on the other person during a conversation. This is a lot more complex than it seems! Often, we are so busy thinking about the next thing WE want to say that we lose sight of the fact that the most important part of a conversation is listening to what the other person has to say. At first, people may react strangely when you say nothing but listen to them with one-pointed attention or mindfulness. They may wonder why you're not nodding, or saying something, or interrupting them. Sometimes people act surprised and say, "Is everything okay? You're not saying anything." Simply reassure them that you are listening. You'd be surprised at how such quiet, mindful listening can change the tone of a conversation or a relationship!



Music and the Brain

Shakespeare said, "Music soothes the savage breast" (not beast!) and he was quite correct! Since ancient times, people have used music therapeutically. King David in the Old Testament played the lyre, a type of harp, to soothe his predecessor, King Saul; and the

ancient Greeks believed that music had healing properties. Today, pioneering musicians and composers such as New Age artist Stephen Halpern believe that music can be used to tune the chakras, the energy centers of the body, or to evoke feelings of calm, peace and tranquility – just the qualities we want to cultivate for the Alkaline Lifestyle.

Using music for healing has become so acceptable that we even have music therapists who work in nursing homes, hospitals and hospices, using music not only to enrich patients' lives but to help them overcome or compensate for the effects of strokes and other cognitive diseases. The Healing Music Organization¹³ is one such group dedicated to disseminating information on the healing properties of music.

For the Alkaline Lifestyle, use music that soothes rather than agitates. Soothing music varies from person to person. One person may enjoy solo instrumental classical pieces, such as the sound of a flute, harp or piano, while others may find that nature-inspired sounds, such as those on relaxation tapes, are helpful. Try a variety of musical disciplines and styles to find one that works for you. The previously mentioned musician, Stephen Halpern, offers a large selection of CDs based on his theories of using music to enhance the human energy centers; many other musicians have tapes for healing, tranquility, restful sleep and so on. Choose music with a slow, steady, relaxing tempo in whatever genre appeals to you.

Playing a musical instrument or singing is also an excellent method to create a calm, internal alkaline mood. Remember that the notion of spirituality as part of the Alkaline Lifestyle stems from the theories that peace, calm, and tranquil moods enhance alkalinity, while an agitated frame of mind increases acidity. While studying, playing or practicing an instrument, the mind goes into the so-called “zone”, a focused, meditative state akin to other meditation practices. Some athletes and artists in other fields report going into the “zone” while playing or creating. Any sustained activity that gets the mind out of the rational, left-brained thinking and into the creative, right-brain mind helps produce feelings of calmness, tranquility and peace, all part of the Alkaline Lifestyle.



Art as Part of the Alkaline Lifestyle

Music is part of the entire spectrum of human creativity called the Arts, but because music is more often associated with healing than other creative endeavors, it was listed separately.

Humans are inherently creative beings. We long to express our creativity. People express creativity in a myriad of ways; in how they dress, decorate their homes, and play. Engaging in the creative arts is one form of play, which enhances stress relief and gets us out of our daily worries. All of these practices help us transcend the logical mind and enter the gates of timeless creativity, enhancing feelings of relaxation, peace and tranquility.

Engaging in visual arts such as sculpting, painting, drawing, sewing or creating with the hands is an excellent way to relieve stress and enhance the internal alkaline



environment. Writing is therapeutic, and journaling or creative writing helps us relieve stress and express pent-up emotions, which also enhance alkalinity. Drama, singing, performing, dancing....all of these are expression of the human heart and soul, and good for alkalinity.

What if you feel you have no creativity? There are some people who believe they aren't good at any of the arts. That's okay. Chances are you've found a way to express your creativity through some art, somewhere. One shy woman who claimed she couldn't dance, sing, or draw loved to knit. She chose gorgeous yarns in jewel tones and knitted beautiful scarves and sweaters that she loved to give away. She's an artist just as much as a person who paints or dances ballet is an artist. We are all artists at heart!

Cultivate your artistic side for a more tranquil, alkaline environment. Creativity connects us to our soul and expresses the deepest part of who we are. It is a welcoming entry point for many people seeking to connect to their spirits, and a wonderful aspect of living an Alkaline Lifestyle.

Nature

The last method of connecting to your spirit as part of the Alkaline Lifestyle is also a method that's accessible in some way for most people: connecting to nature.

As with other topics related to spirituality and alkalinity, many studies point to the stress-relieving powers of

being in the natural world. Even surrounding yourself with pictures of the natural environment, such as photographs of beautiful mountains or beaches, may be just as effective as being outside. A study conducted by the University of Washington¹⁴ suggests that office workers benefit by having such pictures near their workspaces instead of blank walls.

To experience the healing powers of nature and its effects on alkalinity, there are several things you can do. The first is to simply step outside and gaze up at the sky. No matter where you live, you can see the sky – even prisoners can look out a window occasionally! Take a moment to experience the beauty of nature.



Gardening, walking outside, or even taking your work outside whenever possible can greatly improve your mood. The fresh air, exposure to sunlight, and natural beauty all work to enhance your mood, reduce stress, and

improve alkalinity. If you work indoors in an office building or cubicle with little natural light and a blocked view of nature thanks to another office building or just poor office design, try placing photographs of beautiful natural environments in your workspace or using a desktop picture or screen saver of a meaningful natural place such as beach, ocean, mountain, desert or whatever you prefer.

Pulling It Together: Connecting to Spirit

If this seems like a lot to do, please relax. Like the rest of the Alkaline Lifestyle, you can make changes slowly, over the course of many, many months, or jump in wherever you feel most comfortable. Treat this aspect of your life with gentleness and love; relax and incorporate whatever suggestions in this section appeal to you.

Does any one aspect of spirit “speak” to you? Did you feel drawn to the discussion of nature, the arts, music or mindfulness? Use that as the springboard to connecting to your spirit, of deepening that aspect of your life.

You don’t need to incorporate every single suggestion in this chapter. You may have another method of connecting with your spirit. You may find your personal religious practices and philosophies are helping you ease stress and relax. Just use whatever techniques you find attractive and helpful to cultivate a loving, peaceful spirit.

Chapter 6 Summary

- Connecting to your spirit enhances alkalinity by developing the characteristics Dr. Young believes lead to alkalinity such as peacefulness, loving thoughts and more.
- You can connect with your spirit no matter what your belief system.
- Techniques for connecting with spirit can be taught independently of religious beliefs.
- Meditation is focused concentration for the purpose of relaxing the body and stilling the mind.
- Simple forms of meditation may be practiced anywhere.
- Mindfulness is the ability to focus one's thoughts on the immediate present.
- Both meditation and mindfulness have been used in experiments and clinical settings to relieve stress and help people deal with illness.
- Music has soul-soothing qualities and often uplifts and connects people to their spiritual self.
- Participating in creative arts such as painting, drawing, sculpting, singing, playing a musical instrument (rather than listening to music), knitting, crafting or any creative endeavor also connects to the spirit and creates the peaceful, tranquil mind conducive to the alkaline state.
- Being in nature also helps shed stress.

What's Next?



Now that you've finished this overview of the Alkaline Lifestyle...and you understand the building blocks...it's time to get started.

Book 2 in the course is the Step by Step Guide. You'll use the guide, along with Book 3 (Journal and Workbook) and the Recipe Book to begin your loving, wonderful, ALKALINE LIFESTYLE.

Are you ready?

Let's get started!

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