



# STEP BY STEP

## TRANSITION GUIDE

*to the*  
**Alkaline  
LIFESTYLE**

# **STEP BY STEP**

## **TRANSITION GUIDE**

800.578-5939

[www.AlkalineLifestyle.com](http://www.AlkalineLifestyle.com)

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# Getting Started

Welcome to the Step-by-Step Transition Guide to the Alkaline Lifestyle.

In the *Introduction to the Alkaline Lifestyle*, you learned the basics. We reviewed the basics of pH, so you can easily understand terms such as acid and alkaline. We talked about the acidity or alkalinity of various foods, and discussed the importance of exercise. We also shared with you information about the mind-body connection, and the connection that our mental mindsets have to alkalinity. Lastly, we talked about getting in touch with your spirit – another way to enhance alkalinity.

Here's where we're going to take that knowledge and transform it into action steps. This book is your how-to guide for following the Alkaline Lifestyle.

## **How to Use this Book**

While you could skip around in Book 1 and still learn quite a bit, the *Step by Step Transition Guide* is meant to be read sequentially. Newcomers to the Alkaline Lifestyle should begin with Step 1, Easy Transition, and work their way sequentially through the book.

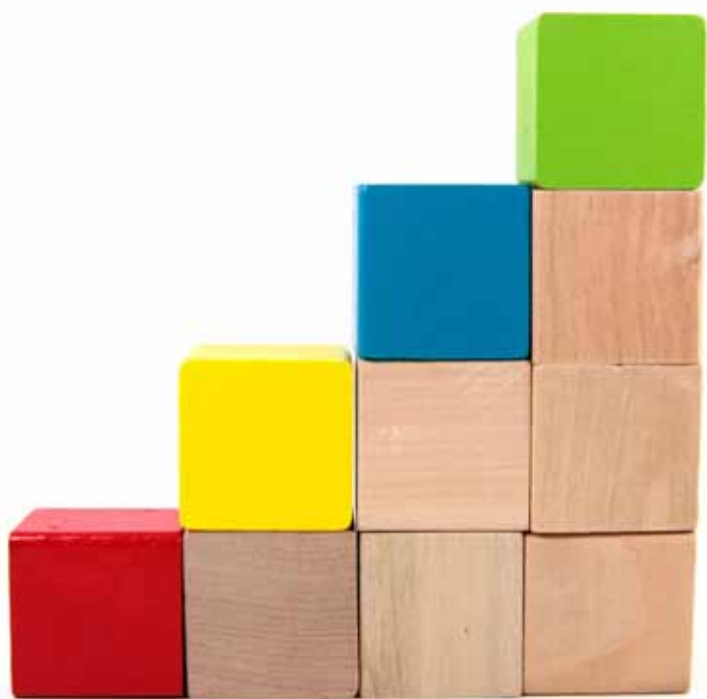
You'll see two symbols used throughout the book: a tortoise (turtle) and a hare (rabbit) icon. Whenever you see the turtle, you'll find a tip for people who need a gradual

approach to the Alkaline Lifestyle. This is recommended for people who may have been living a very unhealthy lifestyle before, such as eating a heavily meat and processed food diet, or people who just know themselves well and know that they need more time to learn and implement lifestyle changes.

The rabbit or hare icon represents Fast Track learners. These are individuals who may have been eating a very healthy diet all along. Perhaps they're vegetarians, vegans, or raw food diet followers, judicious about exercising, or living another healthy lifestyle. For these people, the Alkaline Lifestyle may represent fine-tuning the diet and lifestyle rather than a major paradigm shift. They can take the Fast Track because many of the concepts found throughout these materials are consistent and congruent with their current lifestyle.

You can also adjust your progress through the course and shift to Gradual Transition style if you encounter a topic that's difficult to master. For example, Jane is a marathon runner who currently eats a vegan diet. She understands and grasps the principles of alkaline eating as well as aerobic exercise for alkalinity. Jane, however, finds it difficult to include the affirmations and positive mental mindset tasks set out in Steps 7 and 8. As she nears the end of the *Step by Step Transition Guide*, she may wish to linger on these steps as long as she needs to in order to grasp them.

As you move through these materials, we encourage you to visit the interactive forums and additional information on the Alkaline Lifestyle website.

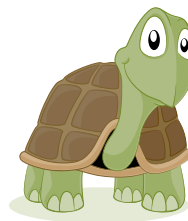


# Step One: Starter Steps

During your first week on the Alkaline Lifestyle plan, focus on two things: 1) getting a baseline reading of your average pH, so you can understand where you're starting from and 2) making small, simple changes in your lifestyle that will enhance alkalinity.

## **Gradual Transition – Turtle Icon**

If you're brand new to this way of living, follow the directions, and if you need more support, look for the turtle icon.



## **Fast Track – Rabbit Icon**

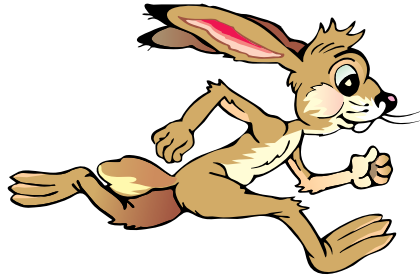
If you've already been eating a healthy diet or following the Alkaline Lifestyle to some degree, you can also follow along or look for the Rabbit icon.



## **For Everyone**

And as with all diet and health programs, remember: if you have any medical conditions or are taking medications, please consult your doctor.





### **Measuring your pH**

Your first step is to know your pH levels right now. This assessment will help you understand how acidic or alkaline you currently are, and gives you a starting point. As you increase your alkaline diet and lifestyle steps, you should see your pH moving up into the alkaline range as you test it daily.

### **Testing pH at Home**

At home tests offer a more convenient route for many people, and although not as accurate as either blood tests or microscopy, they offer convenience, portability and privacy. You test your pH at home using pieces of paper called pH test strips and your first morning urine. Before throwing this book away in disgust, it's important to know what urine is – and what it isn't.

Urine consists of water, mineral salts, and excreted by-products from your body's normal daily metabolism. It isn't disgusting or dirty!

You don't need to handle your urine to conduct the pH test, although if you do get some on your hands it isn't the end of the world. Just wash your hands. Test your urine first thing in the morning upon arising. This is very important. Do not eat or drink anything. Just get out of bed, go into the bathroom, and test your urine using the pH strips. Follow the directions that come with the strips.

Urine pH between 6.8 and 7.2 represents an alkaline state, with a pH closer to 7.2 ideal. Your readings may be below this to start. Please don't get upset if you see lower numbers to start with clearly showing acidity on the chart with your test strips. That's okay! That's why you're taking these steps. With each passing day, your body will respond to the healthy lifestyle changes you make.

There's an important concept to understand about pH. Its measurement is in a logarithmic scale. This means the difference between 7.1 and 7.2 is ten (10) times. That's correct – 7.2 is ten times more alkaline than 7.1 and 7.4 is 100 times more alkaline than 6.4. So every small increase you make in your pH is a big step towards a healthy alkaline lifestyle.

As you get to know your daily pH, you will start to see trends emerge. Tracking your food intake in a journal and comparing readings taken 24-48 hours later will help you see the effects of what you eat upon your body's pH. Over time, you may notice that slight changes to your food, water, exercise, or personal habits make a big impact on your pH.

### **Where to Buy pH Test Strips**

You'll need a set of pH strips, enough for at least a month. You can order them through the Alkaline Lifestyle Co-Op at significant savings.



### **Wean Yourself Off of Acidic Caffeine**

Caffeine. It's the fuel that runs America. If you can't function without at least a few cups of coffee under your belt every morning, join the club. Millions of Americans turn to coffee, tea, and assorted fancy drinks to rev and pep up their already exhausted bodies.

Many years ago, people drank coffee in tiny cups and sipped one, maybe two a day. Today, we use huge mugs, carry more coffee in our travel thermoses, and refill several times a day at the office canteen. We're addicted to the stuff.

Coffee and similar beverages such as tea that contains caffeine are extremely acidic. Among all the things you can drink, these beverages wreak havoc on your system.

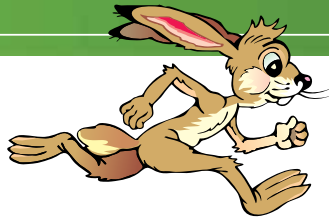
Coffee and its cousins...

- Raise your blood pressure
- Act as a diuretic, which means they flush water from your system
- Are addictive, actually creating addictive patterns in the brain
- Cause chemical dependency, just like a street or prescription drug, complete with withdrawal symptoms
- Exhaust the adrenal glands

Most beverages consumed in the standard American diet are highly acidic, and coffee is no exception. The problem with coffee, tea and other caffeinated beverages lies in their addictive qualities. Trying to go “cold turkey” when your body is used to being flooded with caffeine several times a day can cause withdrawal symptoms as severe as anyone experiences kicking street drugs or prescription drugs. Cravings, nausea, headaches, shakiness and irritability are just a few symptoms that concur with withdrawing from caffeine cold turkey. Sometimes headaches can be so severe they feel like migraine headaches.

Going cold turkey and quitting caffeine appeals to some people who just want to get it over with at once. If you do decide to give up all caffeine immediately without tapering off, try these tips to make it more bearable.

- Pick a day or time when you don't have to go to work or school and you don't have any immediate commitment.
- Give yourself plenty of free time and rest.
- Drink plenty of mineral water or ionized alkaline mineral water during the withdrawal period.
- While aspirin, ibuprofen and other medications are acidic, they will ease any severe headaches you experience. Take according to package directions.





## **Gradual Transition**

Most people choose to wean themselves away from caffeinated beverages gradually. Assess how much caffeine you consume daily. Be honest with yourself. If you think you drink two cups of coffee in the morning, take a measuring cup and actually measure the mug you typically use. Some mugs hold 6 ounces, others 10 or 12. A “cup” can vary.

Cut back on one serving of caffeinated beverages per day for the first week. The average person may drink two cups of coffee in the morning, a caffeinated cola drink at lunch, more coffee or cola in the afternoon and soft drinks such as cola or iced tea with dinner. Switch your evening cola or iced tea for a tall glass of water. Do the same thing over the course of a few days, acclimating your body to less and less caffeine.

You can also do the 50/50 method during your transitional period. While this won't improve your alkalinity, it will help you reduce and finally eliminate caffeine. Use 50% caffeinated and 50% decaffeinated coffee in your percolator in the morning. Throughout the day, choose either a 50/50 blend or decaffeinated beverages.

Work on your transition slowly. Be careful not to let caffeine sneak back into your diet. Caffeine has a sneaky way of returning. Many people who swear off of caffeine find themselves in situations where the only beverage available at a business meeting is cola, so they have a little, thinking it's okay. Suddenly they're overwhelmed by cravings for more. The pathways of addiction in the brain can be re-activated even years after quitting a substance. Ask an alcoholic if he can have one drink again even after 20 years of sobriety; the answer is no. Ask a smoker if she can have one puff of a cigarette after quitting; the answer is no. One sip of coffee will trigger cravings again. Say no to the first sip!

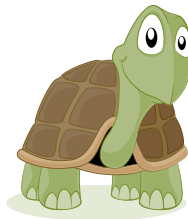


### **What to Drink Instead**

The very best beverage to drink is water. City tap water contains many chemicals, including fluoride and chlorine, both of which are harmful to health. Many municipal water systems use older pipes that leach heavy metals into the water too. Lately, tests have found traces of

numerous chemicals including pharmaceutical drugs in many city water supplies. Most people do not know that water is recycled. People who flush prescription medications down the toilet end up contaminating the public water supply as the medications dissolve into the water system; they'll end up back in the water supply someday.

Bottled water has been found to contain the same ingredients as tap water. Many bottling companies simply use the local water system! Plastic bottles also contain chemicals that can get into the drinking water over time. They also add more plastic to the landfills, and use valuable natural resources such as fossil fuels during the manufacturing process.



### **Simple Water Filters**

If you're just starting out on a healthy living program, the simplest way to ensure good quality drinking water is to invest in a simple filtration system for your home. A charcoal filter system removes much of the contaminants in the water supply and is inexpensive. Some refrigerator units such as those made by GE contain charcoal filter systems that remove many chemicals and



provide fresh, cold drinking water. You can also purchase filters that screw directly onto the tap. The next step above this are the new LIFE Ionizers™ Countertop and Under Counter filtering systems. These use the latest Charged Modified Composite Blend® technology to remove the majority of the contaminants and increase the pH and ORP (anti-oxidant) levels of the tap water. Although they in no way have all of the health benefits of an alkaline mineral water ionizer, they are a step in the right direction.



### **Ionized Alkaline Mineral Water**

The very best water you can drink on the Alkaline Lifestyle program and on the Alkaline Diet is ionized alkaline mineral water. LIFE Ionizers™ makes an excellent unit that provides great tasting ionized alkaline mineral water. While it is an investment, it is an investment that will pay off by helping you alkalize more quickly. The Alkaline Lifestyle Co-Op store sells LIFE Ionizer™ units at good prices for Alkaline Lifestyle members.

### **Eliminate Artificial Sweeteners**

Most of us have grown up with FDA-approved artificial sweeteners thinking there's nothing wrong with

them. You can find diet soft drinks in every store and restaurant. Yet all artificial sweeteners are highly controversial. There's not one manmade sweetener without side effects or some negative test results. Saccharine, the oldest artificial sweetener, has been implicated in bladder cancer. Aspartame, introduced into the food supply in the early 1980s, has been implicated in brain tumor development, seizures, and neurological disorders. Many people are also intolerant to it and develop stomach pains, dizziness and other odd symptoms after consuming it. Newer sweeteners on the market such as sucralose may affect thyroid function. While the companies making these sweeteners want you to think that the FDA approval process screens out any and all harm, the truth is that many of these products and even prescription medications that the FDA reviews make it to the market with minimal efficacy data. The consumer becomes the guinea pig!

Artificial sweeteners do not help you lose weight, either. Recent studies indicate that people who consume calorie-free beverages sweetened with artificial sweeteners end up eating more sugar later. Somehow, our bodies detect the false note in the sweetness and seek the real thing later on, or perhaps we fool ourselves into thinking that because calories were saved in the beverage, we can indulge later.

You can go cold turkey on artificial sweeteners. People who consume high amounts of aspartame may have some withdrawal effects. Cravings, headaches, dizziness

and mood swings may be indicative of aspartame withdrawal. You may wish to ease off sweeteners instead of dropping them cold turkey if you find withdrawal symptoms problematic.

Artificial sweeteners are highly acidic. They are difficult for your body to process and remove. They stress your system by introducing toxic chemicals into the body. You don't need them to live. Give them the boot as soon as you can and steer clear!

### **Familiarize Yourself with the Alkaline Foods**

Your Alkaline Lifestyle program includes a free chart of Acid and Alkaline Foods. In the Introduction to the Alkaline Lifestyle, we talked about the 80/20 rule: 80% of your foods every day should be from the alkaline side of the chart, and the remaining foods may be from the other 20%. Try to eat alkaline foods at every meal and as often as possible. While recipes do mix acid and alkaline foods, we've also provided you with lots of great-tasting, simple and easy alkaline-based recipes.



## **An Easy Way to Remember What to Eat**

Let's keep it simple. What do you eat? We've listed the alkaline foods again, from the ones you should eat the most of to the ones you should eliminate or eat sparingly.

- **Eat Green** – most of your diet should be vegetables, especially dark green, leafy vegetables. You can eat them raw in salads or smoothies. You can steam them or sauté them in a little olive oil. Greens are the very best alkalizing food.
- **Eat Vegetables** – the next group on the Alkaline Diet and Alkaline Lifestyle are all the rest of the vegetables, especially green ones and colorful ones. So eat beets and beet greens, Brussels sprouts and cabbages, lettuce and peas and beans and all the vegetables that are on the chart.
  - Potatoes – potatoes tend to be acidifying. Some natural health experts accept them as alkaline foods while others don't. Choose sweet potatoes (yams) over white potatoes and eat sparingly.
- **Fruit** – choose low sugar fruits and alkalizing fruits such as lemons, limes and grapefruits. Apples and other low sugar fruits may be enjoyed in moderation.
- **Nuts and Seeds** – some are more alkalizing than others, but all provide protein, fiber, minerals and vitamins. Almonds are your best nuts to enjoy,

but choose raw ones. A great idea is to soak your almonds in alkaline water and they will taste better and digest easier. Jordan Almonds (the kind coated in sugar and given out as wedding and party favors) do NOT count as alkalizing nuts!

- **Grains** – like nuts and seeds, grains tend to be acidic, some more mildly acidic than others. These can form part of your 20% acidic foods. Look for healthy whole grains such as Spelt, which is often made into pasta for people on a gluten-free diet.
- **Oils** – olive oil and other vegetable oils may be used sparingly
- **Meat, Poultry and Fish** – all flesh foods including beef, pork, lamb, chicken and game animals are acidic. Fish is less acidic, especially fresh water fish. Shell fish contain a high amount of toxins and should be avoided.

### **What Do I Eat?**

First, do you even know what you eat each day? Most people don't. You may want to start by jotting down what you eat in a given day, keeping track of everything. BLT's count – Bites, Licks and Tastes – while you're cooking, as do nibbles of things. Write it down.

After you've written it down, take a look at your food. How did you do? If you're like most people, it's probably an acidic diet. That's okay. You're at step 1.



Consider what might be the easiest food to replace. Many people find that replacing one food at a time is easier than trying to rush into a new way of eating. For instance, if your lunch regularly consists of a fast food hamburger, French fries and a cola drink, can you try eating a salad for lunch instead, or perhaps a vegetable wrap from the deli?



For those already eating vegetable wraps from the deli, swap out the wrap for a salad. Mix a dressing at home consisting of lemon juice and olive oil; sprinkle sea salt and homemade dressing on the salad. Look over the chart of acid and alkaline foods and the list of what you're eating daily. Focus on the alkaline foods and replace as many acidic foods in your diet today with alkaline foods as you can.

Fast Track followers are already eating a healthy diet, perhaps a vegetarian or vegan diet. For you, it's more about fine-tuning the diet and focusing on alkaline foods than making the bigger changes that the people following the Gradual Transition might need.

### **Step 1: Transition Summary**

Step 1 may feel like a lot of work. Take it slowly if you feel overwhelmed. It is better to make slow, gradual changes that last than to make rapid changes that you abandon because they are too difficult to maintain.

### **Key Points to Remember**

- Eliminate highly acidic foods from your diet including caffeinated beverages (coffee, tea, cola drinks, 'energy' drinks and the like) and caffeinated foods (chocolate).
- Taper off your caffeine intake rather than stopping abruptly if withdrawal symptoms bother you.
- Eliminate artificial sweeteners from your diet. They contribute nothing to your health and create an acidic condition. Ditch them!
- Drink plenty of water, especially filtered water, spring water or ionized alkaline mineral water.
- Familiarize yourself with the Alkaline Diet food chart included in your membership materials. You may want to print a copy and hang it on your refrigerator as well as keep a copy in your pocket, purse or car to take with you to the grocery store.

- Start to learn the basics of eating an alkaline diet. Look at the list and remember that “greens are great.”
- Green leafy vegetables and vegetables in general form the basis of the alkaline diet, along with fruit, low acidic grains and oils, and nuts.
- Try to eliminate flesh foods from the diet such as beef, poultry and pork. You can taper off and start with them one at a time such as eliminating pork first, then meat, then poultry. If you wish to eat a bit of flesh food, freshwater fish is the least acidic.

And please remember the most important point of all....

**Make changes at your own pace.** It is better to change your lifestyle habits slowly and gradually and stick with them then to jump in and make changes quickly, then abandon them later.

**Journal and Workbook:** Visit Week 1 of your Journal and Workbook and complete the exercises there during the week.





## Step Two: Fuel to Start Your Day: Breakfast

Your mother was right – breakfast is the most important meal of the day. But probably not for the reasons you think. In Step 2, we're going to review the basics of starting your day off the alkaline way and why it's critical to jumpstart your day's food intake with alkaline richness. Ready to get started?



This chapter is for both Gradual Transition (*turtle icon*) and Fast Track (*rabbit icon*) users.

### **Don't Forget!**

Before eating, don't forget to take your urine pH level first thing in the morning upon arising. Record it, then head down for exercise and breakfast, or just breakfast if you prefer.

## Your Body's Natural Daily Cycles

Most people are unaware of the fact that the human body goes through three distinct cycles each day: appropriation, assimilation and elimination.

- 1. Appropriation** – means eating. You appropriate food by eating meals and snacks.
- 2. Assimilation** – mean absorption. After eating food, your body digests it, and breaks it down into its various components. The body then circulates the raw materials and assimilates or absorbs them for use.
- 3. Elimination** – eliminating or expelling waste material. The body must rid itself of the components of food which is cannot assimilate, such as fibers from plant material.

These cycles roughly correspond to the following hours on the clock. Remember though that our bodies developed during the many centuries before people used clocks. It's probably more accurate to go by daylight, since our bodies respond best to natural stimulation from sunlight.

- 4 a.m. to Noon (or just before day until the sun is high overhead) is the ELIMINATION phase. This is the time during the day when your body is eliminating waste.
- Noon to 8 p.m. is the APPROPRIATION phase. (bright daylight) This is the time of day when it's best to eat the majority of your food.
- 8 p.m. to 4 a.m. (darkness) is the ABSORPTION phase. This is the time of day when your body is busiest absorbing all the materials you've eaten during the day for growth, maintenance and repair of all the cells of the body.

## **Eating to Help the Body's Cycles**

The best possible way to eat is in accordance with nature's principles. When you eat in harmony with your body's natural timing and in accordance with the phase it is in, you will feel refreshed and energized. When you eat out of synchronization with your body clock, you may feel uncomfortable, bloated, or queasy.

### **Eating Out of Sync: Jim's Story**

Jim, the Vice President of Sales for a textbook publishing company, often travels on business. He had to fly from New York City to California one day, but his flight was delayed by over an hour, putting his arrival time in Los Angeles close to 11 pm by his body's clock. Jim was ravenously hungry, since he did not buy the airline's overpriced meal. At the airport while waiting for a cab, he buys a fast food hamburger, French fries, and a chocolate shake. He eats this in the taxi cab to his hotel. Although it satisfies his hunger, he finds that he can't fall asleep that night. His stomach hurts, and he feels overly tired. The next morning he awakes feeling as if he has a hangover.

Not only did Jim eat a highly acidic, nutrient-poor meal, he also ate out of synchronization with his body clock. He ate a heavy, greasy, rich meal during his body's absorption phase and close to the start of the elimination phase.

Instead of giving his body the opportunity to absorb and eliminate, he forced it into appropriation and absorption mode, thus creating an unpleasant and uncomfortable situation.

### **Eating In Accordance with Nature: Rich's Story**

Rich also travels a lot on business, and he happened to be on the same flight as Jim. However, unlike Jim, Rich knows about eating in accordance with his natural body clock's cycles. He also forgoes the airplane's meal. When he arrives at the airport, he's also very hungry, but he knows he has to eat a light meal this late at night. He spots a smoothie and juice stand at the airport, and orders a freshly squeezed carrot, beet, and green juice. This nutrient-rich and alkalizing drink provides him with enough sustenance to feel full without weighing him down. He's added to his alkalinity without going hungry!

## **Breakfast: Elimination Phase**

Unless your job requires you to work an evening or night shift, most people following the Alkaline Lifestyle work a 9 to 5 job and awaken sometime between 5 a.m. and 7 am or so. This puts your time for breakfast in the middle of the elimination phase.

During the elimination phase, your body's resources are working towards eliminating waste products. It's best to eat lightly during this phase. Your goal is to help your body by drinking plenty of liquids and eating highly alkalizing foods. The best way to do this is through green smoothies and fresh juices.

## **What Are Green Smoothies?**

Green smoothies are an easy way to alkalize, and a healthy way for you to get those chlorophyll-rich greens. Green smoothies combine green, leafy vegetables, fruit, water and flavoring elements such as spices into blended drinks that are nourishing and highly alkalizing.

We've provided you with recipes in the accompanying Alkaline Recipe Book to help you create alkalizing energy drinks and smoothies.

Start your day with a smoothie. It's best to blend your smoothie fresh in the morning, but for some people this isn't realistic. You can blend your smoothie in the evening before you go to sleep and keep the pitcher of green smoothie in the refrigerator to drink the next morning. You can also pour it into those travel coffee mugs and take it to work with you.

You can begin making green smoothies using a simple blender purchased from any store that sells small home appliances. You may find, however, that the motors on inexpensive blenders lack the horsepower needed to really juice and mash the leaves of greens; similarly, the blades can go dull quickly. A high speed blender such as the Blend Tech or VitaMix brands offers the convenience, strength, and quality needed if you are going to make smoothies often. The Co-Op store on the Alkaline Lifestyle website sells, at a big discount, such units along with attachments and other equipment you may desire.

### ***Make a Simple Smoothie***

Here's a recipe for a very simple green smoothie that tastes delicious.

You will need:

- A blender
- 1 cup of Romaine or green leaf lettuce, shredded.
- ½ cup of freshly squeezed lemon juice
- 1 cup of fresh pineapple chunks
- About 1 cup of water

Place the lemon juice and lettuce into the blender; pulse until it is chopped, adding a little water so that the blades can easily pulverize and create a smoothie-like texture. Add the pineapple and blend at "Smoothie" setting, adding water as needed until the mixture is blended. Pour into a glass and enjoy your first smoothie!

## **Juicing**

Juicing fruits and vegetables is another great way to alkalize and start your day. Like green smoothies, the process of juicing extracts the vital juices, enzymes and vitamins from fruits and vegetables, creating a delicious and refreshing alkalizing beverage. Some juicers such as masticating juicers crush and pulverize vegetables and fruits, which help them retain their fiber and pulp, preserve the live enzymes, and create an extraordinarily creamy and rich beverage. If you can purchase such a juicing machine, you'll get more out of it than the cheaper units on the market. Such high-tech juicers use more of the pulp, core and peel of the vegetable and fruit with less waste than cheaper models, and extract more nutrients too.

## **Transitional Breakfasts**

Fast Track users of this program are probably jumping into juicing and smoothies with glee, thinking already about all the fresh produce they have on hand to create alkalizing beverages. But what about the Gradual Transition group?

If you're used to eating typical breakfast cereals and milk or perhaps a donut and coffee for breakfast, it can be difficult to get excited over drinking a glass of carrot beet juice for breakfast. It may take time to acclimate your taste buds to such new foods. You can jump into the world of smoothies and juicing, but perhaps use them as snacks instead while you grow accustomed to eating alkalizing breakfasts.



One good way to transition from the typical acidic breakfast into an alkalizing one that supports that elimination phase is to make homemade cereals. Such homemade cereals include nuts, low acidic or slightly alkalizing grains, fruit, and beverages such as almond or rice milk. You can mix up a batch of breakfast cereal and keep it on hand to enjoy daily.

One simple transitional cereal to make includes toasted oats, a handful of almonds and walnuts, and a handful of raisins. Mix together, top with a ripe banana and rice or almond milk, and enjoy – you’ve just made breakfast. You can also sprinkle the top with cinnamon and nutmeg for additional taste.



### **Easing Out of Bad Habits**

In Week 1, we talked about easing out of bad habits such as your morning coffee and donut. If you’re still transitioning away from coffee, keep at it, and try eating the alkalizing breakfast cereal described above 3 times the first week, then 5 times the next, and so on until each morning, you are eating the transitional cereal, a smoothie, or another highly alkalizing breakfast.

### **What about Fruit?**

Some people familiar with the concept of the body's natural cycles are used to eating fruit in the Elimination phase or fruit only until noon each day. Most food combination diets espouse this method of eating, and while it's healthier than eating a jelly donut and coffee for breakfast, it is not alkalizing.

If you take a look at the acid-alkaline food chart, you'll notice that many fruits are actually slightly acidic or very low alkaline. While fruit is good for you, it is not as alkalizing as a green drink or a green smoothie. If fruit appeals to you, you can continue your transition to the Alkaline Lifestyle by enjoying fruit during the elimination phase, but do transition away from it eventually and into a blended fruit and greens smoothie or similar breakfast.

## **Summary and Key Points: Step 2**

- Your body's processes follow three natural cycles throughout the day: appropriation, assimilation and elimination.
- Breakfast occurs during the elimination phase for most people.
- This means you should eat a lightly, highly alkalizing meal.
- Greens are very alkalizing, and a green smoothie is an ideal way to start the day.
- Juicing also provides nutrients as well as an alkalizing drink.
- Transitional foods, such as homemade breakfast cereal, can make it easier for people unused to drinking smoothies to move into the Alkaline Lifestyle.

Go to the second section of the Alkaline Lifestyle Workbook and Journal and complete the exercises there before proceeding to the next chapter.

## Step Three: Alkalizing on the Go: Lunch

Congratulations on reaching Step 3 in the Step by Step Transition to the Alkaline Lifestyle!

**Check in:** Are you remembering to:

- Test your first morning's urine and recording your pH?
- Use your Journal and Workbooks to help you record and remember your progress?
- Taking the program at your own pace?
- Consulting your healthcare professional or our Nutritionist with any questions?

**Feedback:** Have you noticed...

- Any detoxification symptoms such as headaches, rashes, body aches, cravings?
- Positive signs of progress such as improved mood, weight loss, increased energy and mental clarity?

Remember to take the Alkaline Lifestyle program at your own pace. If you feel overwhelmed by all the information and changes to make on the Alkaline Lifestyle, pause and focus on the step you've reached, making sure that you've really incorporated the information into your life. It's better to make slow, gradual and steady changes that last than to leap into a new health program and feel overwhelmed. Like the story from which we derive the turtle and the rabbit icons for our Gradual Transition and Fast Track tips, keep in mind the saying "Slow and steady wins the race!" (*from Aesop's Fables*).

### **Noon: Time to Fuel**

In the previous step, we talked about your body's natural 24-hour cycle of appropriation, assimilation and elimination. From noon to approximately 8 p.m. daily, your body goes into appropriation mode. Appropriate means it is time to eat!

You know already from the Introduction to the Alkaline Lifestyle and the other course materials that the foods you choose should be approximately 80% alkaline each day and 20% acidic, choosing as much as you can from the low-acidic part of the food chart. Starting the day with an alkalizing breakfast of green smoothies and vegetable juices or at least the transitional low acidic breakfast cereals, nuts and fruit starts your day on an alkaline platform while simultaneously supporting your body during the elimination phase. As your body completes the elimination phase, you're all set to begin appropriating or eating nourishing foods.

### **Eating Away from Home: Alkalizing on the Go**

Most people find themselves at their workplace around lunchtime at least five days a week. We'll focus first on alkalizing on the go, or choosing alkaline foods while you're away from home and at work or school. On the other days when you are at home or for those who work from home, these tips may be applied to any meal you eat at home.

### **Navigating the Fast Food Nightmare**

Typical lunch choices are not only laden with fat, calories and sugar, they are also highly acidic. What do you think of when you think "lunch at the office?" A typical lunch

may consist of a deli-meat sandwich, a bag of chips, and a soft drink. If you look at the acid-alkaline chart, every single food on the imaginary lunch menu falls into the highly acidic category. Such a lunch may stop your stomach from growling but it burdens your entire system with acidic foods.

### **Think Creatively About Lunch**

The trick to successfully shaking the fast food or deli lunch habit is to think creatively about lunch. People tend to lock into their personal concepts of meals; breakfast is cereal, lunch is a sandwich, dinner is a meat, potato and maybe a vegetable. Shake off the notion that only a sandwich is filling. Consider your options!

### **Consider Bringing Lunch with You**

The easiest way to ensure you can choose an alkaline lunch is to bring it with you. Most offices offer refrigerators for employee use. Reusable, insulated bags make it easy to carry lunch with you. Portable water bottles enable you to carry ionized alkaline water on the go or fill your bottle with green juices or green smoothies. Nowadays, people embrace thriftiness, and no one will look askance at you for bringing your lunch with you.

## **Alkaline Lunch Choices for Brown Bag Lunches**

There are some wonderful choices for an alkaline brown bag lunch! We've included numerous recipes in your Recipe Guide, which accompanies the Alkaline Lifestyle course materials. Some ideas to consider include:

- Leftovers from last night's dinner – filling and nothing goes to waste!
- Baked potato stuffed with broccoli and topped with salsa
- Soups – vegetable soups such as tomato (made without milk or cream), squash, carrot, lentil soup and many others
- Wild rice and vegetables of your choice
- Quinoa or another low acid grain and the vegetables of your choice
- Roasted root vegetables with a side of soup



All of these meals are quite portable. If you would like your meal slightly warm, simply take it out of your insulated bag and leave it on your desk to get to room temperature. If your office has a stove, heat soups and other hot beverages on the stove top rather than use the microwave. Microwaving foods kills all the living enzymes in them as well as turns some ingredients carcinogenic. The long term effects of microwaving food is unknown. We recommend using other methods to heat and cook food.

### **Eating Out**

On some occasions, you'll want to eat out with your colleagues, or lunch will be brought into a meeting. Some people cannot carry lunch with them due to the nature of their work and must stop and purchase lunch daily. Our Eating Out guide, found in this section, can be photocopied and carried in your wallet or purse to help you choose alkaline foods. One idea is to photocopy the Alkaline Food chart onto one side of a sheet of paper and copy the Eating Out guide on the other side. This makes it even easier to choose a healthy alkaline lunch.



### **Remember the 80/20 Rule**

As you're choosing your lunch, keep in mind the 80/20 rule. On some days you may choose mixed meals, with your plate evenly divided into 80% alkalizing foods and 20% acidic foods. On other days when you know you're going to be eating a catered lunch and alkaline foods may be difficult to find, choose a highly alkalizing breakfast and dinner, and keep that 20% acidic food for lunch.

Always remember – one meal won't make or break your alkaline lifestyle. It's the consistent application of these principles that will create the overall alkaline condition in the body. If your choice is to go hungry or eat a healthy yet slightly acidic meal, it is better to choose a slightly acidic meal than to go hungry and be tempted by an even worse food choice later in the day, such as the office vending machine.

### **Dealing with Peer Pressure**

Although we'd all like to think that we're adults now and immune to peer pressure, there will be times when your colleagues and friends may urge you to "just try a bite" of their chocolate cake, or their sirloin steak, or some other food that's highly acidic. You have many choices. You can say no gracefully and if pressed, just say you are on a diet. You can simply say no thank you and not explain yourself at all. No one has the right to tell you what to eat or to try to make you feel guilty for taking care of your health.

Another option, if you don't mind a little white lie, is to say you are allergic to the food. Now you may not have a classic, medically-defined allergy, but any foods that cause ill health may be loosely classified as foods to which you are allergic. It's a little white lie, but no one in their right mind is going to urge shell fish on someone who is allergic to it, and so your colleagues should leave you alone.

You don't need to explain your lifestyle choices to anyone. How you take care of your body is your business. It's like your home – is it anyone's business whether you choose the blue carpet or the beige one? You have to live with it. Similarly, you're the one who will have to live in your body for the next several decades (we hope!). How you choose to care for your body is your business.

## THE ALKALINE LIFESTYLE EATING OUT GUIDE

### **Fast Food and Deli Choices**

**Salads** – look for salads based on greens, such as Romaine lettuce, red leaf or green leaf lettuce. Other vegetables such as carrots, cucumbers, celery and onions are great. Leave off the dressing or use sparingly a vinegar and olive oil dressing.

**Soups** – vegetable soups offer a warming, filling alkaline meal

**Baked potato** – baked potato stuffed with vegetables and/or kidney-bean based chili is low alkaline/low acidic if you leave off the sour cream and cheese.

**Vegetable Wraps** – Wheat or corn flour tortillas are acidic, but a vegetable wrap is a better sandwich choice than typical sandwiches. Ask for a vegetarian wrap filled with sliced sticks of vegetables.

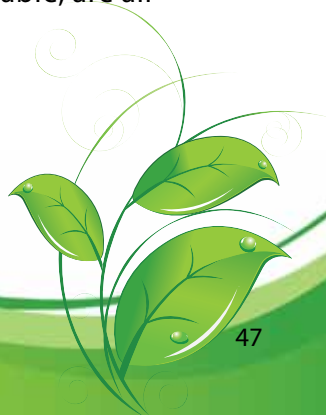
**Fruit** – Alkaline and low acidic fruits and fresh fruit salads are great. Choose from among the alkaline fruits on the chart and add a small bag of nuts and seeds for

protein as long as you aren't allergic to nuts. Almonds, cashews and pumpkin seeds are the most alkaline.

### **Restaurant Suggestions**

**Salad entrée** – order a salad entrée but ask the restaurant to hold the meat and get the dressing on the side. An old dieting trick works well on the alkaline lifestyle when you can't find an alkaline dressing: dip your fork into the salad dressing, and then spear your lettuce. Just enough dressing will adhere to the fork to provide taste without adding a lot of acidic dressing to your meal.

**Vegetarian entrees** – Vegetarian entrees may or may not be alkaline. Look for entrees based around alkalizing vegetables, such as braised or lightly steamed broccoli, kale or chard. Watch out for cheese and eggs, which are sometimes added to vegetarian meals as fillers or for protein. If vegan selections are available, these may be nicely alkalizing. Wild rice plus two vegetable sides or grains such as quinoa, if available, are all alkalizing, filling and tasty.



**Transition meals** – for those in the early stages of alkalizing, a good transitional meal is a simple broiled or baked fish entrée such as trout, salmon, flounder or tilapia. Side dishes such as wild rice, baked potato or sweet potatoes plus a green vegetable make a wonderful meal. Other low acid meals include venison and game meats, or vegetarian meals that include goat or sheep's milk cheese, which tends to be a low acid cheese.

**Dessert** – ask the wait staff if the chef can prepare a simple selection of sliced fresh fruit, whatever he has in the kitchen. Most fruit is alkaline or low acid and is sweet enough to satisfy and end of meal craving for sweets.

**Beverages** – sip plain water with a twist of lemon or sparkling mineral water.

**Avoid** – the bread basket, bread sticks, and gobs of margarine or butter on your food.

## **Key Points to Remember:**

### **Week 3, Alkalizing on the Go**

- Alkalizing on the go means either bringing nourishing alkaline foods with you or knowing ahead of time your possible food choices.
- Always keep in mind the 80/20 rule. You are aiming for 80% alkaline foods daily. If you need to, you can use your entire 20% of acid foods in the ratio on lunch. Choose what fits your lifestyle.
- Bring leftover dinners, salads, soups, and low acidic-high alkaline vegetable meals with you to work.
- Choose low acid or alkaline meals at delis, fast food restaurants, and restaurants.
- No one has the right to bully you into making poor food choices. Learn to tune out others who may urge you to eat off your food plan.
- Make a copy of the Eating out Guide and photocopy the Acid-Alkaline Food Chart onto the back of the paper. Keep a copy in your purse or wallet to bring it with you when you are eating out.

**Journal Exercise:** Complete the journal exercises for Step 3.



## Step Four:

### End the Day Alkaline: Alkaline Snacks & Dinners

Congratulations! You've been enjoying the Alkaline Lifestyle now for just a little over a month. How are you feeling?

Are you remembering to...

- Check and record your first morning's urine pH? What's your average?
- Complete the Journal exercises for each week?
- Read your goals periodically to refresh them and keep them top of mind?
- Enjoy an alkalizing breakfast?
- Take an alkaline-based lunch to work or choose alkaline foods at home?

#### **Weekly Action Plan**

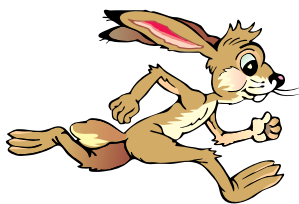
By now, both the Gradual Transition followers and the Fast Track followers have made significant changes in their lifestyle and habits. Check the list on the following page. Have you made these changes?





### **Gradual Transition**

- Decreased or eliminated caffeine, coffee, tea, soda pop from my diet
- Eliminated artificial sweeteners
- Added a green smoothie, either as breakfast or a snack
- Increased my intake of alkaline vegetables so that I am eating at least 1-2 high alkaline foods per day
- Decreased my intake of red meat, pork and dairy products
- Eating an alkaline-rich breakfast at least 3x per week



### **Fast Track**

- Eating an alkaline breakfast and lunch daily
- Enjoying a green smoothie daily
- Completely eliminated coffee, tea, soft drinks and junk food from the diet
- Rarely if ever consume meat
- Already exercising at my own pace

One of the best ways to organize and incorporate all the changes you're making into your life is to create a weekly action plan. Your Journal includes a Weekly Action plan template. It's a useful tool to print, complete, and hang on the refrigerator or at your desk, keeping it where you can see on a daily basis.

Your weekly Action Plan should include the steps outlined for the week on the Alkaline Lifestyle, along with a list of the tasks you need to accomplish this week to keep yourself focused on the Alkaline Lifestyle.

Outlining your meals for the week or at least for the next day helps keep you focused. We provide you with sample menus and shopping lists along with the Recipe Guide to help you achieve your Alkaline Lifestyle. By choosing ahead of time what to make, you can ensure that you have the ingredients on hand to prepare your alkaline meals. You'll also have what you need to pack alkaline meals on the go and include healthy snacks in your diet.

### **Snacks and You: The Role of Snacks on the Alkaline Diet**

Snacking has gotten a bad reputation, thanks to the obesity epidemic. While it's true that runaway snacking can pack on the pounds, snacks can also round out a healthy diet and stave off hunger until your next meal.

## **Emotional Eating and Snacking**

One of the reasons snacking has achieved such a bad reputation is how often it's abused. Snacks are used for every purpose under the sun except to stave off hunger. People snack when they're hungry, to be sure, but they also snack when they are angry, lonely, tired, bored or simply because something tastes good. People eat when food is available. Put a tray of cookies out on the table in any office and you'll see how quickly they disappear, regardless of whether or not people are hungry. Colors, smells and even the mere sight of food often trigger an urge to eat.

## **HALT Emotional Eating**

Dieters have an acronym to help them deal with cravings to eat off of their food plan: "HALT". The letters in the word "HALT" stand for Hungry, Angry, Lonely and Tired. These four words summarize the main reasons why people overeat or eat foods not on their chosen food plan.

- ***Hunger*** appears to be self-explanatory, yet few people truly recognize the genuine hunger signals in their bodies from other feelings. Think about the last time you went without food for many hours. Common signals of true hunger include feeling light headed and strong pains in the stomach area. Your stomach may rumble, and your energy level is down. Those are common signals of true hunger.

- **Anger** often fuels eating binges. Many people have learned to swallow their anger by eating instead of using constructive methods to express anger. The next time you quarrel with someone, get cut off in traffic, or feel your feathers ruffled, note whether or not you have a sudden craving for a comfort food or a crunchy food, two typical anger-related eating binges. Chances are good that you're trying to swallow your feelings by eating.
- **Loneliness** is epidemic in society, which may sound strange at first. We can choose to be around people whenever we want to be, whether it's in person or online. Yet the mere presence of people doesn't assuage loneliness. Having a personal connection with someone, a friend to talk to, and people with whom you share a common bond are the best antidote for loneliness. If you find yourself feeling sad or down and reaching for the wrong foods, do you need companionship and friendship instead?
- **Tired** – Many people mistake a drop in their energy level for hunger when in fact they're feeling tired. Now that you're on Week 5 of the Alkaline Lifestyle program, you've moved away from caffeine and sugar-rich foods, both of which can cause bouts of tiredness as the artificial stimulation of both chemicals wears off. Be sure to get plenty of sleep, rest and recreation in your day to ward off tiredness. If you're feeling hungry but you've eaten a nourishing meal, check your tiredness levels. How are you feeling?

### **Alkaline Lifestyle Snacks**

If you've decided that you are genuinely hungry and need a snack, feel free to reach for any of the alkaline foods on the acid-alkaline food chart included in the program materials. Almonds, pumpkin seeds and cashews make healthy snack choices, as do alkalizing fruits such as grapefruits, melon, berries, and others. Just watch your calories and portion sizes. Nuts are high calorie choices and it is easy to eat more than is good for you.

### **The Alkaline Lifestyle: Dinner**

Your last meal of the day should be dinner, consumed at a time that fits your schedule but preferably no later than 8 p.m. With approximately two hours of dusk, your body shifts into the assimilation mode and cannot easily handle large, heavy meals.

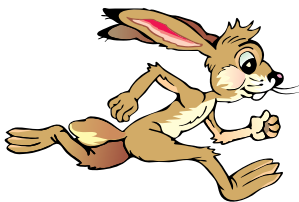
An alkaline dinner is a tasty dinner. Start off with a large salad rich in greens. Choose alkaline recipes from the Alkaline Recipe book accompanying your Alkaline Lifestyle materials.





### **Gradual Transition Dinners**

Do you still eat beef, pork, or poultry? Try to transition away from a meat-based dinner. Most people in America were raised on the 'meat and potatoes' mantra. They're used to a plate heaped high with beef, chicken or pork and dressed with refined carbohydrates such as pasta or heaping amounts of mashed potatoes and gravy. As you embrace the Alkaline Lifestyle, gradually shift your last meal of the day into an alkaline-based meal. You may want to give up pork first, then beef, then chicken. Try eating vegetarian meals a few times per week. Experiment with recipes from the Recipe Book or take out vegetarian cookbooks from the library. There are a myriad of recipe sites today listing thousands of possible vegetarian recipes. Once you familiarize yourself with the Acid-Alkaline Food Chart, you'll be able to spot recipes that lean more towards the alkaline than the acidic.



### **Fast Track Dinners**

Those following this program that have already transitioned into a vegetarian or almost-vegetarian lifestyle are ready for more alkaline-goodness in their lives. Have you tried raw foods? Raw foods embrace most of the tenants of the Alkaline Lifestyle. Raw food consists of food that is not heated past 118 degrees Fahrenheit. This preserves the life-giving enzymes within the food. Raw foods are delicious, nourishing, and satisfying. To learn more, visit [RawPeople.com](http://RawPeople.com). If you can, try to transition one meal per day into a raw meal. You may already be doing this with your breakfast smoothie or a lunchtime salad. There are many wonderful dinner options too – explore raw foods today!

### **Feeding Your Family the Alkaline Way**

Dinner presents unique challenges for people with children who are transitioning to the Alkaline Lifestyle. Alkaline dinners are healthy choices for the entire family. Children may balk at eating some of the vegetables at first, but with patience, you can serve alkaline meals that your entire family will enjoy.

Start your meal with a salad. Make a large salad of mixed greens and vegetables. Children should help themselves to as much salad as they wish.

Make the main course about alkaline vegetables. Serve sweet potatoes, an alkaline vegetable that kids love that is also rich in vitamins, minerals and fiber. Create Chinese-stir fry dishes of various vegetables served over rice or vegetarian entrees such as acorn squash stuffed with baked beans. Spelt and vegetable pastas offer another take on favorite among children and adults alike. Experiment with the menus and meal suggestions within the Alkaline Lifestyle Course to develop a list of favorites for your children.

It's important to expose children to different foods early in life. Children whose parents enjoy exploring different cuisines and foods mimic their parent's enthusiasms and are more likely to try different foods.

Children also love finger foods. Cut up vegetables into finger foods, such as carrot and celery sticks. Make "French fries" at home using sweet potatoes baked in the oven. Try cauliflower bites or kale chips for snacks. All of these feature alkaline foods that taste great and offer many opportunities to introduce alkaline-rich vegetables into your child's life.



### **Families Often Need Gradual Transition**

If your whole family already follows a vegetarian or vegan lifestyle, congratulations! On the other hand, most families are a mixture of people like you seeking a healthier lifestyle, adults who don't want to make changes and children who just know that chicken nuggets and pizza tastes good.

You've got to decide as a family what your lifestyle will be. Parents set the stage for the entire family. If either Mom or Dad (or hopefully both parents) want to embark on an Alkaline Lifestyle, they have to set the pace for the family. Rather than force a whole set of changes upon your children at once, move the whole family gradually through lifestyle changes.

Begin by eliminating the worst offenders from the pantry: sugar breakfast cereals, "fruit" rollups that are mostly chemicals, cookies, chips and soda pop. Just by eliminating those items from your pantry you will already have shifted your children's diet into a much healthier realm!

Make sure that you offer plenty of healthy alternatives that taste good to your children. Visit the Alkaline Lifestyle Co-Op and look for snacks, such as nuts and dried fruit that your children will enjoy.

Raw food recipes offer many choices of puddings, snacks and sweets that can be alkalizing or at least low acid. Look over the Recipe Guide and choose recipes that appeal to your family's tastes.

You cannot control what your child eats when he or she is playing at a friend's house or at school. Birthday parties, snack time, and special occasions may find your child drinking a soda pop or eating a chocolate bar. But by encouraging an alkaline lifestyle at home, your child will be much better off than his friends noshing on junk food all day.



### **What If They Say No?**

You're excited to embark on the Alkaline Lifestyle. You're feeling better than you have in years and you're enthusiastic about the wonderful changes you are seeing thanks to this new way of living. But your family isn't enthusiastic. In fact, your whole family is in rebellion. They refuse to give up their chips and dip, their steaks and hams. They want nothing to do with the Alkaline Lifestyle.

We don't want to ignore this scenario as it can – and does – happen. It's happened in our lives too. Thankfully, we've discovered a few ways to work around such

challenges. If the other members of your household refuse to embrace the Alkaline Lifestyle, here are some simple things you can do to stick with your meal plans, especially at dinner. Most families choose their own breakfasts and eat lunch separately at their school or workplace. Dinner and weekends are the most vulnerable time when temptation can strike, especially if family members keep foods at home that aren't on your eating program. Here are some strategies when your family says "No!" to the changes you wish to make.

- **Prepare traditional dinners but omit acidic foods from your plate.** For example, a typical family dinner may consist of roast beef, baked potato, gravy and peas. Enjoy the potato and peas and eat a large green salad with your meal.
- **Gradually add new items to the menu.** Often family members rebel at sudden changes rather than the overall concept.
- **Change one meal a month and start new traditions.** Try making Friday nights vegetarian nights, or shift Sunday dinner into "soup and sandwiches", keeping the soup choice an alkaline choice. With enough "normal" choices on the table, family members won't feel pressured into adopting what they may incorrectly perceive as an exotic and unfamiliar lifestyle.
- **Create an off-limits shelf in the pantry.** The off-limits shelf is a shelf reserved for other people's junk foods. That's their shelf for their stuff. If you can think about it like this without rebelling and craving the

foods, it becomes a 'safe space' for them to keep their chips or junk food while you can mentally tell yourself "No, that's not mine" and move on. For some people this technique works well. For others it sets up the urge to break the rules and eat everything on the shelf, so proceed with caution until you understand your own reaction to the "no trespassing – off limits" shelf concept.

### **Key Points to Remember: Week 5**

- Week 5 focuses on Snacks and Dinner.
- Be sure you're snacking because you are Hungry – and not because you are Angry, Lonely or Tired.
- Choose alkaline snacks from the Acid-Alkaline Food Chart.
- Nuts, fruit and vegetables are great choices, but watch your portion sizes on nuts –it's easy to over-eat them.
- Dinner often focuses on meat and grain. Refocus your plate by making alkaline-rich vegetables the main event at dinner.
- If you're still eating meat, gradually eliminate it from your diet. Try omitting pork first for a week or two, then beef, chicken and shellfish. If you feel you must continue eating some meat, choose finfish.
- Dinner is often a family event. Introduce dietary changes gradually to children and reluctant adults.

- Try vegetarian dishes a few nights per week.
- Look for tastes and flavors your family enjoys.
- Create appealing finger foods made from alkaline-rich vegetables for young children.
- Eliminate junk food from the house. If you don't bring it home, your kids can't snack on it!
- Explore raw food recipes such as 'chocolate' deserts, fruit "pies" and tasty vegetable chips for great alkaline snack ideas.

**Journal:** Complete Step 5 Journal Exercises. Be sure to look through your Recipe Guide and try some great recipes this week for dinner!



## Step Five: Ease Into Exercise

Congratulations on accomplishing six wonderful weeks focused on your health! This week we will begin to explore the wonderful world of exercise from an Alkaline Lifestyle perspective.

But before we begin, take a moment to check in. How is your transition to the Alkaline Lifestyle going? Are you....

- Starting your day with a healthy alkaline breakfast?
- Taking your alkaline lunch to work or school, or choosing healthy, alkaline options for your lunch if you eat out?
- Choosing snacks such as nuts, fruit and vegetables?
- Enjoying dinners based around vegetables rather than meat?
- Exploring new recipes to keep meals interesting for you and your family?
- Encouraging your children (or your partner) to eat healthier foods by forgoing the junk food at the store and trying new options?
- Sticking to your food plan even if your family chooses not to join you on your journey?
- Transitioning at your own pace, acknowledging steps you may need to repeat while applauding your achievements?

### **This Week's Focus: Exercise**

This week we introduce the concept of exercise into the Alkaline Lifestyle. It's no secret that exercise is important for a healthy lifestyle. Human beings developed over many thousands of years in a harsh environment. From chopping wood for fires to hauling water from wells, men and women got plenty of exercise through their daily chores.

Today, we have labor-saving devices for every aspect of our lives. Most people work in office buildings where the longest walk they take is from their office door to the elevator. This isn't a healthy lifestyle, and the statistics bear this out. The incidences of obesity, diabetes, heart disease and cancer are rising. Many of these diseases could be prevented or delayed if people ate healthy (alkaline) diets, exercised more, and took better care of their health.

Exercise plays a critical role in health. Before embarking on any exercise program, please consult with your healthcare practitioner. Use care and caution and ease into exercise gradually if you are out of shape. It is better to ease into an exercise regimen you can follow than to jump into exercise full-tile and injure yourself.

### **Aerobic Exercises for Alkalinity**

Exercising for alkalinity is slightly different from exercising for overall fitness. In his book *The pH Miracle for Weight Loss*, Dr. Robert O. Young talks at length about

the need for aerobic exercise that raises the heart rate without pushing the body into an anaerobic state. What does this mean? During aerobic exercise, the heart rate is elevated to pump more blood to the muscles and throughout the body. Respiration increases and you begin breathing heavily. This increases the amount of air entering the lungs and subsequently the amount of oxygen in your system. If you exercise too heavily, however, you push the body into anaerobic metabolism. This builds up waste products such as lactic acid, creating an acidic environment. During aerobic exercise, the body can release waste products efficiently, preventing an acidic environment.



### **Exercise Helps with Detoxification**

Another important yet often overlooked benefit of routine exercise is its role in helping the body's immune system and detoxification methods.

One of the body's immune systems is the lymphatic system. This is a system of vessels and organs throughout



the body that transport lymph, a clear fluid, through the entire body. Lymph transports various immune system cells that identify and counteract invaders such as bacteria and viruses. Lymph transports the immune system cells to where they're needed and removes them when they're done. A healthy lymphatic system is a healthy immune system.

Exercise encourages detoxification in multiple ways. When you exercise, you perspire, and perspiration sheds acidic waste products through the pores of the skin.

### **Examples of Aerobic Exercise**

There are many ways to exercise aerobically. Walking is the simplest aerobic exercise. It requires only a good pair of walking shoes and a safe place to walk. Most people can begin a walking exercise program. For the very obese or out of shape, start with a walk around the block, or a five or ten minute walk, and work your way up to 15 minutes, then 20, and so on until you can walk for as long as you desire. The key to making walking an aerobic exercise is to walk briskly enough so that you can still talk but singing is impossible. Try it once or twice with a partner and listen to your body. When you reach the point where you can't take a deep enough breath to sing "Happy Birthday" to each other but you can still converse, that's a good aerobic walking work-out pace.

Another good aerobic workout is jogging or running. Be sure to invest in a good pair of running shoes and start slowly if you have not jogged or run for a long time. People with foot or knee problems should start out with a walking regimen unless advised by their doctors that it is okay to begin jogging or running.

Speaking of joint problems, people with orthopedic problems or arthritis may wish to investigate water aerobics as a good alternative to walking, jogging or running. Water aerobics are exercises classes held in swimming pools. "Jogging" in the water or 'dancing' through the water reduces stress on the joints but still increases the heart rate. It's a fun, social way to exercise. Look for water aerobics classes at YMCA swimming pools, town pools or health clubs nationwide. Swimming offers good aerobic benefits too if you are lucky enough to live near the ocean, a lake or a swimming pool.

Sports offer additional aerobic benefits. Tennis, racquetball and handball are social ways to engage in exercise but may be impractical for regular workouts; it may be difficult to find a regular partner for games unless you belong to a health club that matches players for games.

## **Rebounding**

Dr. Robert O. Young recommends in his book *The pH Miracle for Weight Loss* an exercise called rebounding as a great alkaline exercise. A rebounder is a mini trampoline. By jumping on the rebounder or engaging in various exercises, you not only raise your heart rate but exercise many muscles through the body – more so than merely walking, running, or engaging in aerobic dance or similar exercises. Because you are bouncing on a trampoline, you'll also increase your balance and flexibility. It is important to choose a high-quality rebounder. Low quality ones can be uncomfortable or downright dangerous. The Alkaline Lifestyle Co-Op Store sells good quality rebounders at discounted price for Alkaline Lifestyle members, and exercise advice is available for our members, too.

## **Finding Something You Enjoy Is Key**

No matter which exercise you choose, finding something you enjoy is the key to success on the Alkaline Lifestyle. If something isn't fun, you won't stick to it. Don't force yourself to participate in exercises that you dread. One person following the Alkaline Lifestyle said that she hates to work out in gyms, but she loves being outdoors. Instead of forcing herself to go to the gym and walk on a treadmill, she laces up her sneakers and heads outside for a brisk daily walk. Another person lives in a busy urban area where walking on city stress can be dangerous. For her, a daily treadmill walk in her apartment while watching the nightly news is the best way to fit in exercise.

Tips to incorporate exercise into your life:

- Choose what you love. You're more likely to stick with it.
- Start slowly and build up your fitness level.
- If anything starts hurting, stop and assess the pain. Seek medical attention for any pain that's severe or lasts more than 24 hours.
- Find a fitness partner or friend who will encourage your success.
- Keep a record of your fitness activities in your Alkaline Lifestyle Journal and Workbook.
- Chart your success!

### **Strength and Flexibility: Pilates, Yoga and T'ai Chi**

Using a rebounder will help you improve your aerobic fitness, strength, flexibility and balance. If you're engaging in other aerobic activities, you'll want to add some additional exercises to build strength and flexibility. These exercises are also great for reducing stress, which encourages an alkaline mindset by cultivating peace and calm.

#### **Pilates**

Pilates is a system of exercises to build strong core muscles. Core muscles are those in the abdominal area or trunk. Joseph Pilates was a physical therapist who developed these exercises as a method of physical rehabilitation for soldiers after World War I, but his unique instructional method and machines to use the body's own weight and resistance to build strength

caught on with dancers and athletes worldwide. Today, Pilates has become mainstream, with books, videos and classes available nationwide.

If you take Pilates lessons at a studio, you will learn either mat exercises (exercises conducted on the floor while laying or sitting on a mat) or exercises on a machine called the Reformer. You can achieve many benefits from mat exercises alone, so don't be afraid to try an instructional DVD or a mat class only if that is what appeals to you.

While many exercises emphasize speed, Pilates emphasizes precision. It is better to do Pilates exercises slowly in the proper form than to rush through them with sloppy form.

Pilates builds strong core muscles and increases flexibility, stamina and strength. Many athletes take Pilates classes because of its wonderful effects throughout the body. It is an excellent method of exercise.

## **Yoga**

Although often thought of as part of a religious tradition, hatha and other forms of yoga are a series of stretches, poses and breathing exercises intended to relieve stress, build strength and flexibility, and enhance concentration. Anyone at any age of fitness level can engage in some form of yoga. Yoga videos, classes and books are available nationwide. You may want to take some classes first so that an instructor can correct your posture and help you achieve the proper form before practicing at home.

Yoga is wonderful for the Alkaline Lifestyle. It encourages concentration and focus in a gentle, non-competitive manner. When you practice yoga, you move at your own pace, something we've stressed throughout the entire Alkaline Lifestyle program. It is great for cultivating mindfulness, tranquility and peace while giving you a good total body workout.

### **T'ai Chi**

T'ai chi improves flexibility, concentration, and focus. It actually derives from a system of martial arts, yet today's practitioners focus more on its mental and physical health benefits. The soft, flowing movements build strength gently, while the breathing exercises and concentration required to engage in t'ai chi create a peaceful mindset. You can find t'ai chi videos online or in stores or take classes to start a t'ai chi practice. Many studies point to numerous health benefits of t'ai chi, including studies that indicate t'ai chi may reduce blood glucose levels in diabetics. It's certainly worth exploring and appears to offer many health benefits.

## **Week 6 Summary: Step by Step Transition**

Week 6 is the time for you to begin incorporating exercise into your Alkaline Lifestyle.



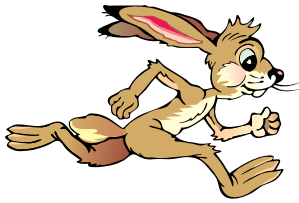
### **Gradual Transition**

If you are new to exercise or very out of shape, begin slowly. You may wish to consult with our fitness expert or find a personal trainer. Or simply explore the various exercise options mentioned in this chapter.

Start slowly. Move at whatever speed is comfortable for your body. Record your thoughts in the Alkaline Lifestyle Journal and Workbook. Note which exercises appeal to you and which do not.

How do you feel afterwards?

Talk to your doctor if you have any health problems or restrictions, or seek advice from a Certified Fitness Trainer.



### **Fast Track**

For those who have been exercising regularly, now's the time to adjust your program to reflect the Alkaline Lifestyle. If you're used to working out until you "feel the burn", you may be exercising too hard and creating an anaerobic climate, which increases acidity rather than sheds acidity. Check your fitness levels.

Do you do any kind of flexibility or strength training? If not, why not explore Pilates, yoga, t'ai chi or other methods?

Lastly, set a goal for your fitness. Many people respond best to a set goal. If competition turns you on, enter a local race and train for it. Take a dance class and plan to enter the recital. Challenge your personal fitness level and take it to new heights!

### **Step 5 Summary: Exercise**

Step 5 focuses on adding exercise into your Alkaline Lifestyle.



Key points to remember:

- If you have a medical condition, talk to your doctor or health care provider before embarking on any exercise program.
- You can begin an exercise program no matter what your current fitness level. Just take it slowly.
- Aerobic exercise increases alkalinity.
- Anaerobic exercise increases acidity.
- If you can talk but can't sing a simple song such as "Happy Birthday" while you're walking, jogging, running or engaged in any kind of aerobic activity, you're at a good level. If you can't even talk, slow down
- Try different aerobic activities until you find something you like. You are more likely to stick to an exercise program if you like it.
- Round out your fitness program with strength and flexibility exercises.
- Increase your exercise duration and intensity gradually.
- Consult a Certified Fitness Trainer or find a local class if you need personal, hands on attention.
- Visit the Alkaline Lifestyle website for more fitness help.

**Journal and Workbook:** Take a few moments to complete the Journal and Workbook exercises for Step 5. Use the Journal to record your exercise experiences, what you've tried, and what you like. Log your steps, your miles, or the time you spent exercising.



## Step Six: Detoxification and the Importance of Water

Congratulations on starting Step 6 of the Alkaline Lifestyle program. You have made such good progress. We're so glad you've continued your Alkaline Lifestyle program.

### **Take a moment to...**

- Open your Alkaline Lifestyle Journal and Workbook to the first section. Read your original goals and other entries. What progress have you made since your first week on the program?
- Have you completely transitioned away from highly acidic foods?
- Have you junked the junk food?
- Have you been able to incorporate more vegetables into your diet?
- Which exercises have you chosen? Are they fun?

Use your Alkaline Lifestyle Workbook and Journal to write down any reflections you've made. Writing them down helps you remember them and refer to them later.

### **Detoxification and Water**

In Step 6, you'll continue to choose alkaline meals and snacks, as well as continue with whatever exercise routine you've chosen. If you're still easing into exercise, keep going at your own pace. The information in this chapter will help both Gradual Transition and Fast Track

program followers. Detoxification may be taken either at Gradual Transition or Fast Track pace; the information on ionized alkaline mineral water and the importance of water overall applies to everyone.

### **The Toxic World We Live In**

Nearly everyone recognizes that environmental pollution is a global problem. Since the Industrial Revolution, the byproducts of modern mechanized living pump all sorts of pollutants into the atmosphere and our water. In Charles Dicken's London, coal smog was so thick on the evening air that people had trouble breathing. Today the world battles with major oil spills, the by products of nuclear, coal and oil-fired power plants, manufacturing pollutants and chemicals added to consumer products.

Even our water systems aren't exempt from toxic chemicals. While municipal water systems treat the water to remove bacteria and other organisms that cause disease, traces of many chemicals including prescription medications, hormones from birth control pills and medications, and much more have been found in drinking water. Bottled water, which many times is just filtered tap water, leaches chemicals from the bottle's plastic into the water.

Most of us have been eating the Standard American Diet (SAD) our entire lives. This diet, rich in animal protein and processed food, also creates a toxic build

up inside the body's tissues. Animal tissue such as beef, pork and poultry contains trace amounts of hormones, antibiotics and other chemicals ingested by the animals. These end up in our bodies after we eat, digest and assimilate the food. Genetically Modified (GMO) grain products, heavily sprayed crops and other modern agricultural methods have also increased our body's toxic load tremendously.

Our bodies struggle under this toxic load. During the normal process of digestion and metabolism, the body produces its own share of natural toxins. It knows how to rid itself of the daily toxic load efficiently. When we are exposed to additional toxins, it struggles to rid itself of its natural toxic load and the additional environmental toxins. Sometimes the body even stores toxins in fat tissue to keep them away from vital organs.

As you embrace and integrate the healthy lifestyle changes of the Alkaline Lifestyle Program, you've removed various toxins from your life. Giving up toxins such as alcohol, tobacco, caffeine and artificial sweeteners removes quite a number of toxic burdens from your overburdened system. You've already taken some wonderful steps towards detoxification by giving up such substances.

Now it's time to consider additional detoxification steps. These are simple things you can do now as well as daily, weekly and monthly throughout the year.

## **Fewer Toxins In, More Toxins Out**

Detoxification is the process of speeding up the rate at which your body moves out toxins as well as encouraging your body to release any stored toxins. As you've worked through the steps in the Alkaline Lifestyle, you are actually taking in fewer toxins. By now you have stopped drinking alcohol, caffeinated beverages, and beverages sweetened with sugar and artificial chemicals. These steps have already reduced the amount of toxins you are taking in. Now it's time move more toxins out!

Last week we talked about exercise, and that's another way to speed up your body's natural methods of detoxification. As we discussed, when you exercise, your body naturally sheds toxins through perspiration (sweat) and breath. Exercise also stimulates the lymphatic system, which improves immune function and also helps to move waste products out the body's tissues.

Now it's time to discuss three simple detoxification steps anyone can take at home: juice fasting, drinking ionized alkaline mineral water, and steam baths.





### **Gradual Transition**

Both juice fasting, alkaline mineral water and steam baths are fairly simple ways to detoxify and speed along your Alkaline Lifestyle transition. If you have any medical conditions, talk to your doctor before fasting.



### **Fast Track**

To speed up detoxification, Fast Track program followers may want to purchase an infrared sauna in addition to at-home steam baths. Colonics and enemas also encourage detoxification of the colon. Colonics use water, coffee or probiotics to flush out waste material from the colon. An experienced colon hydrotherapist should perform a colonic. Enemas may be performed at home.

## **Juice Fasting**

Most people are familiar with the term fasting. The word 'fasting' encompasses a wide range of restrictive eating options from not eating meat, such as the Roman Catholic tradition of fasting on Fridays during Lent, or abstaining entirely from food and water from sunup to sundown, as Muslims do during the holy month of Ramadan.

The best method of fasting on the Alkaline Lifestyle is juice fasting. A juice fast consists of drinking freshly squeezed vegetable and fruit juices throughout the day as well as ionized alkaline water but abstaining from food. A juice fast may be undertaken at home for one day or up to three days among healthy individuals. You should only undertake longer periods of fasting under the supervision of a healthcare practitioner.

Fasting gives your body a chance to rest, recuperate, and eliminate any toxins. Freshly made alkaline juices increase alkalinity as well.

To complete a juice fast, you should have a good quality-juicing machine and plenty of fresh organic produce on hand. Bottled juices often contain sugar and artificial preservatives, and the pasteurization process required by law in most places for bottled juice products completely eliminates the living enzymes found in fresh juice that enhance health. The Alkaline Lifestyle Co-Op stocks high quality juicers at very affordable prices.

## **Steam Baths and Saunas**

Like exercise, steam baths and saunas encourage perspiration. Perspiration removes acids and waste products through the skin. A good steam bath encourages head to toe perspiration.

When taking a steam bath, be sure to drink plenty of water before, during and after the steam bath. This prevents dehydration and encourages perspiration necessary for detoxification.

You can take a really hot shower or hot bath to encourage perspiration. If you have access to a sauna at a health club or fitness center, take advantage of it. It will greatly enhance your detoxification. An infrared sauna is the very best kind for detoxification. Home units are available, and many fitness centers now provide them too.

## **The Importance of Water**

Your body is comprised over approximately 70% water, and you need water daily to survive. You can do without food for a long time, but without water, you will die within days.

The very best beverage you can drink for alkalinity and overall good health is water.

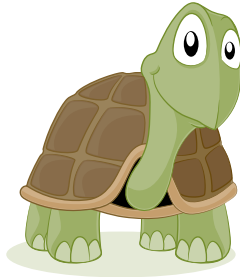
Drinking ionized alkaline drinking water is another great way to help detoxify the body at a cellular level.



The typical Standard American Diet (SAD) relies heavily on protein-rich foods such as meat and dairy products. It also includes many processed foods and grains. Some natural health experts believe this creates a state called metabolic acidosis. During this state, the physiological systems of the body struggle to handle the acidic load.

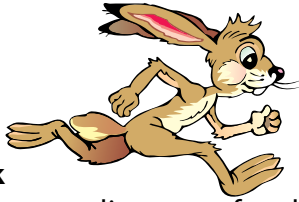
The body has to break down and excrete the toxins and acids, which results in extremely acidic urine. The problem is further exaggerated by drinking plain, ordinary tap water. At best, tap water has a neutral or a pH of 7, but it's often acidic or below a pH of 7. When the body is in a chronic state of metabolic acidosis, the liver cannot process toxins as efficiently as when the body is alkaline. Liver enzymes are highly pH-sensitive and are responsible for the chemical biotransformation of toxins into water-soluble metabolites for excretion in the urine. When you alkalize the urine to a pH of 7.1 to 8.3, the body can more easily excrete toxins. So by alkalizing the body, you help your body shed more toxins and enhance the detoxification process.

Another reason why ionized alkaline water speeds the detoxification process is because it has lower surface tension than regular water. The surface tension of water determines how easy it is to absorb, the lower the surface tension, the easier water is to absorb through the process of osmosis. Easier to absorb alkaline water is also rich in essential minerals. Just by drinking ionized alkaline water you can help enhance your body's ability to detoxify naturally and gently.



### **Gradual Transition**

The simplest way to generate clean drinking water is to invest in an advanced filtration system for your home. The filters that screw onto the existing taps and filter water before it exits the tap are not adequate to really filter the water. They do not address anything but sediment and some chlorine, whereas most tap waters contain dozens if not hundreds of contaminants. What you should look for is a multi-stage, multi-filter system that will take out the micro-organisms; the contaminants; the VOCs (volatile organic chemicals); and the heavy metals and fluorides. These come in counter top or under counter models and are available in the Alkaline Lifestyle Co-Op. These will provide purified drinking water at a fraction of the cost of buying bottled water.



### **Fast Track**

The very best quality water for alkalinity is ionized alkaline mineral water. If you're serious about alkalinity and treating your body with the very best quality water you can afford, invest in a Life Ionizer® machine. This device attaches to your tap water and uses ionization to generate acidic pH and alkaline pH water. The two streams are separate, providing acidic water for washing dishes and household chores and alkaline water for drinking. Alkaline Lifestyle members receive great prices on Life Ionizer® units through the Co-Op store. Please visit the store for details. This is the absolute best quality ionized alkaline water machine on the market and fully guaranteed.

### **The Truth about Water Filters**

The most common filters available are charcoal filters. They're inexpensive and easy to add to the tap. Even refrigerators with water dispensers and ice makers come with charcoal filters. Charcoal filters water and removes some impurities, and it can certainly improve the taste of most water. But it does not change the pH of water, nor can it eliminate most harmful elements.

What about reverse osmosis (RO) filters? While these do provide good filtration for most harmful substances,

they do nothing to ionize the water or make it alkaline. Reverse osmosis filtration will remove many harmful substances but it will not add anything to encourage or enhance good health and in reality it makes the water very acidic, which is detrimental to your health. One thing that many people do, who already own a reverse osmosis system, is to add a post RO mineral cartridge and then hook it up to their ionizer. Check the Alkaline Lifestyle Co-Op for these “Charged Modified Composite Blend” filters.

### **Ionized Alkaline Water**

Drinking alkaline water helps the body maintain a high level of hydration to help it flush wastes. Alkaline water also supplies beneficial alkalinity in the form of essential minerals like calcium and magnesium. By providing the body with alkalinity from alkaline water, you can help avoid losing bone mass since the body robs calcium from your bones to help neutralize acidity.

By drinking ionized alkaline water, you provide the body with the alkalinity it needs to handle the acids, process wastes, and stay hydrated. Charcoal and reverse osmosis filters don't provide the alkaline benefit as an ionized alkaline water system does.

It's wise to be concerned about the quality of water you drink. The body is 70% water, and water infuses every organ, cell and system of the body. Without water, you would die within 72 hours from dehydration. Drinking filtered water alone isn't enough to encourage good health (although it's certainly better than getting your hydration needs filled from soda pop, diet cola and coffee!). Adding the benefits of ionized, alkaline water may tip the balance towards good health. It is something that many people have indeed experienced.

### **How Much Ionized Alkaline Water Should I Drink?**

One of the most common questions people ask nutritionists, doctors, and fitness coaches is, "How much water should I drink?"



It seems like every magazine article, website and news program recommends drinking eight 8-10 ounce glasses of water every day. But is that enough for your individual health requirements? If you went running on a hot July morning you'd probably need much more water

than someone who donned a business suit, sat in traffic for the same amount of time, and arrived at the office. So how do you calculate how much water to drink?

### **Thirst is the WORST Gauge of Needing Water**

When you feel thirsty, you are actually already in a state of mild dehydration. You lose 2 to 3 liters of water every day just through normal metabolic processes. You've got to replace that and more for active and vital good health.

### **How Much Ionized Alkaline Water to Drink**

So how much ionized, alkaline water should you drink? Use this simple formula, found in the book *The pH Miracle for Weight Loss* by Robert O. Young, PhD.

- As a rule of thumb, you need 1 liter of ionized alkaline water for every 40 pounds of body weight. Thus a 120 pound woman should drink at least 3 liters of ionized alkaline water each day. Another way to calculate it is half your body weight in ounces. So a 120 pound woman would need 60 ounces a day for normal activities.
- Drink 8 ounces of ionized alkaline water upon rising in the morning, and another 8 ounces before working out. Then sip 4 ounces for every 15 minutes of your workout.
- Sip more than the required amount...you may see faster results.

### **How Do I Drink That Much Water?**

Start slow. Set a goal. If you know you need to drink 3 liters, aim for 4 or 5. Try the following and set your own schedule to ensure you drink enough healthy ionized alkaline water.

- Drink one 8 ounce glass of ionized alkaline water upon rising each day.
- Sip an 8 ounce glass each hour.
- Drink more during workouts
- Drink one 8 ounce glass of ionizer alkaline water before going to bed each night.

Ionized alkaline water is thirst quenching and helps maintain an alkaline environment in the body. Drink up for your health!


## Key Points to Remember: Step 6, Detoxification and Water

- This week, our focus is on detoxification methods and the importance of water.
- Just by eliminating the highest acidic foods, as you did starting in Week 1, you have already begun to detoxify!
- To increase detoxification and alkalinity, try a simple juice fast.
- Increase your water intake and use at the very least a carbon water filtration system.
- Ionized alkaline mineral water is the very best water for alkalinity. Such water increases alkalinity in your body throughout the day as you sip water. It also detoxifies the body at the cellular level. What could be easier?
- Drink as much water as you feel comfortable drinking. It has no calories and is very beneficial for health.
- Scientific studies show that drinking water at night will significantly reduce hunger pangs.

**Workbook and Journal:** Complete the Step 6 exercises and reflections on your Workbook and Journal.







## Step Seven: Mind and Spirit

Congratulations on reaching the Step 7 of your Step by Step Transition into the Alkaline Lifestyle!

You began by determining your starting point and base pH, and learning about alkaline foods to enjoy. You began eliminating acidic and poor quality foods from the diet. You focused on shifting to a healthy, alkaline breakfast, lunch and dinner. You learned the reasons why eating light, alkaline meals in the morning is better than eating heavy acidic meals.

Next, you learned about the importance of exercise for alkalinity and health. You explored different aerobic and other types of exercise, gradually adding them to your lifestyle. Last week, you learned about detoxification and water, especially ionized alkaline mineral water and how both can enhance your health and alkalinity.

How are you feeling? Look back over your Journal and Workbook. What progress have you made?

### **Step 7: The Alkaline Mindset**

This week we will explore the alkaline mindset and connecting with spirit. While many health programs include mental tricks and tips for motivation and weight loss, few address the mental and spiritual connection to the Alkaline Lifestyle.

## **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!

## **Step by Step Guide to Improving Your Outlook**

Now that you understand the importance of a positive mental outlook, it's time to take some steps to cultivating the peaceful qualities and upbeat mindset that adds to the alkaline state.

- **Slow down and take notice.** The first step towards making any changes in your life is to cultivate awareness. We often get so busy, we don't take the time to stop and notice exactly what we are doing now, in the present moment. In the Mind & Spirit course materials we will talk at greater length about this method called Mindfulness and how it can help you make positive changes in your life. For now, as often as possible, try to **notice aspects of your internal dialogue**. *What do you say to yourself on a regular basis?*

- **Use your Journal and Workbook to note any patterns** you recognize in your internal dialogue. We all talk to ourselves. Everyone has running chatter in his or her minds. The question is this: what's the overall tone of yours? Is it, "I can't do anything right" or "I'll always fail" or something negative? Is it neutral? Is it positive? Don't worry about it and don't beat yourself up over it. Just notice it. If you feel like you're starting to beat yourself up over it, take a break and try again.
- **Stop negative chatter.** If you do notice patterns of negativity, try the following. Tell yourself "Halt!" or "Reset" and shift mental gears.
- **Replace negative with positive.** One great way to shift your mind from negative chatter to positive self-talk is to repeat affirmations. Affirmations are positive statements that when repeated over time gradually replaces negative self-talk. Books such as Louise Hay's "You Can Heal Your Life" teach you how to create positive affirmations or you can write your own. Week 8 in your Journal and Workbook reviews some positive affirmations and methods to create your own, and the Mind & Spirit book in this course also reviews affirmations, their use and creation. You can also purchase tapes with affirmations on them. It takes time for affirmations to take root and grow, but once they do, you'll be amazed with the results!

- **Write a daily gratitude list.** A gratitude list is a simple exercise used to cultivate a positive mindset. Simply sit quietly for a few moments. Then, using the page in your Journal Workbook, complete the sentences that begin, "I am grateful for \_\_\_\_\_". You may want to list such basic things as "I am grateful for my home" and "I am grateful for my sight" and continue. Try to list as many as you can. Use this exercise whenever you feel you are slipping into a negative mood. You can just think through your gratitude list as quick refresher and mood booster. Once you realize what you have to be grateful for, you will feel your mood improve.



## **Steps for Connecting with Spirit**

The last aspect of the Alkaline Lifestyle is the notion of connecting with your spirit. Whether it's finding peace and joy in nature or by expressing your creativity, cultivating a spiritual approach to life and finding the grace notes in your daily experiences creates the positive, uplifting alkaline mindset.

- **Spend time in nature.** Walk outside whenever you can. Gaze out of your office window for a few moments. Watch the clouds. Note the changing panoply of the seasons. Hang pictures of natural environments in your office space. Nature exerts a powerful effect.
- **Enjoy hobbies.** Whether it's knitting or painting, gardening or writing, explore creative hobbies that engage your mind and spirit. Is there something you've always wanted to explore? Take a class. Most public libraries offer some type of groups or classes, and local high schools and colleges often provide adult education classes. Books, DVDs and tapes also provide additional instruction. Or just pick up a pen, a brush or some clay and create! The important thing is to get out of your logical, rational mind and allow the rush of creative right-brained thinking to infuse your spirit with energy and life.

- **Do something for others.** When we focus on the needs of others, we step outside of our own internal world and show compassion, one of the emotions Dr. Young feels creates an alkaline internal environment. Formal volunteering offers structured time set apart for this sole purpose, but informal opportunities abound. Visit an elderly neighbor or someone who is ill. Stop and talk to the children in the neighborhood. Pick up the phone and call someone you haven't spoken to in a while. Work with a charity or cause you believe in. All of these are opportunities to cultivate compassion as part of the Alkaline Lifestyle.
- **Meditate.** Meditation encompasses a broad range of styles and techniques, but the end result is clear. Study after study proves that meditation is beneficial to relieve stress and anxiety, both of which cause an acidic mindset. Whether you focus on your breath, meditate on a word in mantra meditation, or participate in a formal structured meditation tradition is entirely up to you. Any meditation will be beneficial to you.





### Key Points to Remember: Step 7

- The Alkaline Lifestyle includes cultivating qualities of peace, tranquility, kindness and compassion.
- Take note of your internal dialogue. If you find yourself repeating negative, critical or judgmental thoughts, don't despair – just take a deep breath, stop yourself by saying "Reset!" or some other signal, and change course.
- Use positive affirmations to replace negative self talk with positive self talk
- Volunteering creates a spirit of compassion for others. This creates an alkaline mindset.
- Gratitude also creates an alkaline mindset. Reflect daily on all the good things in your life that you are grateful for and repeat this exercise whenever you feel down about life.
- Learn meditation. No matter which method you choose, it provides tremendous benefits for health, alkalinity and life.

### **Journal and Workbook Exercise: Complete Step 7 exercises**



## Step Eight: Making Positive Changes Lasting Changes

The last step in the Step by Step Transition to the Alkaline Lifestyle is to make these positive, healthy changes lasting changes.

Many people embark on a health program. Few stick with it. Motivation wanes. Old temptations strike. Life gets hectic, and people forget to focus on their goals.

The secret to success on the Alkaline Lifestyle program is to take small, daily steps to make lasting changes. Small steps can lead to big, positive outcomes!

Think about water. Water can be big, like the ocean. Water can be small, like drops of mist. Water is beautiful and tranquil, or it can be strong and threatening. Water flowing over granite, one of the hardest rocks in the world, can carve great canyons like the Grand Canyon over long periods of time. Daily steps can also carve out a path to success. You don't need to make big leaps – daily steps add up.

### **Take Daily Steps to Make Changes Permanent**

Think back to the first week of the course. The very first step focused on the overall acid-alkaline balance in the body. It is not one specific action or food that creates acidity or alkalinity but the cumulative effect of everything a person eats, drinks, and more.

Think about this when you are making the changes suggested in the Alkaline Lifestyle Program. It isn't one grand, sweeping gesture that creates acidity or alkalinity. It is the small steps you take each day that create the big picture.

Take daily steps to make permanent changes:

1. Live in the present moment. Focus on today's positive changes. Don't worry about the outcome. If you take a step forward today, and again tomorrow and so on, before long you will achieve your goal.
2. Focus on the meal at hand when choosing foods.
3. Look ahead to your next meal only to anticipate or plan for events. For example, if you know you're going out to dinner with friends and food choices at the restaurant lean towards acidic; eat alkaline meals the rest of the day.
4. Plan your meals and snacks.
5. Take time to shop for alkaline foods.
6. Make time for exercise. Even if it's just 15 minutes, take a moment to work out!
7. Make time for relaxation and creativity. Both shed stress, which contributes to an alkaline lifestyle.

### **Dealing with Negative People**

As you incorporate more of the Alkaline Lifestyle into your daily routine, you may encounter people who scoff at the idea of alkalinity. There's plenty of information supporting the concepts presented in these materials,

and many health experts believe that alkalinity creates health. Certainly the core concepts in the Alkaline Lifestyle such as eating the foods on the alkaline side of the acid-alkaline chart, getting exercise each day, drinking more water and releasing stress are embraced by even the stodgiest of conventional medical experts.

However, mention the words “alkalinity” to certain people and you may get a negative response. They may laugh at you or tell you all sorts of (incorrect) horror stories about the dire consequences of pursuing an Alkaline Lifestyle. This means they have no understanding of the concept and people fear the unknown!

People react strongly – and sometimes negatively – to others around them who are making lifestyle changes. The reasons are complex and often stem from personal insecurities. For example, if you and your partner are both overweight and you lose weight on the Alkaline Lifestyle program, your partner may feel uncomfortable. People see the positive changes in you, and it shifts their perspective. Watching you undergo a transformation like a butterfly emerging from a cocoon may make others uncomfortable aware of the changes they need to make in their lifestyle.

Although it’s natural to want those you love to share your success, sometimes people just aren’t emotionally ready to make changes in their own lives. When you make positive changes in yours, it makes them uncomfortable. It’s a daily reminder of what they could be – if

they chose to move outside of their current comfort zone. While you do not intend it as a criticism, some people take it that way. There is nothing you can do about this except develop some coping mechanisms for those who feel threatened or upset by your healthy lifestyle changes.

### **Share with Caution**

Before sharing your health program with others, ask yourself – are they open to this information? You may get so excited by this new way of living and the positive changes you’re experiencing that you want to share this with everyone around you.

If the people around you exclaim, “You look fantastic! How did you do it?” by all means, share the Alkaline Lifestyle program information with them. Let them know that by making simple daily changes in what they eat and drink, how they move and think, they too can lose weight, sparkle with energy, and feel great!

On the other hand, rushing into your next family party and telling all, “I found out why you’re fat! It’s the acid food you’re eating!” may not be the best strategy. People don’t respond well to that approach. They may take it as a criticism.

So share with caution. If asked, share a little bit, and refer people to the Alkaline Lifestyle website for more information.

## **Letting Comments Roll off Your Back**

It's easier said than done, we know, but sometimes you just have to let comments roll off your back. Although you can successfully point to all the facts about the Alkaline Lifestyle and its positive benefits, sometimes you need to let others' comments roll right off your back.

For instance, if after sharing your enthusiasm for the Alkaline Lifestyle someone says, "It's fine to drink coffee; why, my grandmother drank coffee and she lived to be 80 years old" just nod, smile, say thanks and keep going. You don't need to defend your actions to anyone.

The fact is that you and you alone are responsible for your health choices. You have to live in your body, not someone else! Your health and wellness are your choice and your responsibility. So embrace the Alkaline Lifestyle!

## DAILY SUCCESS PLAN

We've put together this Daily Success Plan to help you focus on incorporating the Alkaline Lifestyle program in to your day to day activities. Use the exercises in your Journal and Workbook to create your own plan of action too.

### **Morning**

- Upon arising, test and log your pH
- Drink an alkaline green smoothie or enjoy an alkaline-based breakfast
- Take a few minutes for meditation or breathing exercises
- Pack your lunch, if necessary and some alkaline snacks to enjoy
- Leave plenty of time to commute to reduce stress

### **Lunch**

- Enjoy your alkaline lunch
- Take a few moments for a walk or step outside for some fresh air if you can

## **Dinner**

- Enjoy an alkaline dinner
- Exercise for half an hour (or fit this in anytime you can)
- Spend time with family
- Enjoy creative pursuits

During the day, repeat affirmations and take a few minutes to listen to your needs. If you need to reduce stress, do some breathing exercises, step outside for a walk, or find another outlet.

**You can do it.** You can live the Alkaline Lifestyle.  
Enjoy!





## **CONGRATULATIONS!**

You have completed 8 Weeks of Step by Step Transition to the Alkaline Lifestyle.

You have....

- Weaned yourself off of acidic foods such as caffeine, sugar, alcohol and more
- Increased your intake of alkaline foods so that your daily intake averages out to 80% alkaline foods, 20% other
- Familiarized yourself with the acid-alkaline food chart and made a copy to take with you when shopping, dining out, etc.
- Stocked your alkaline kitchen
- Learned how to make alkaline smoothies and juices
- Changed from an acidic breakfast (or no breakfast) to an alkaline breakfast that supports the elimination phase of your body's daily cycle
- Discovered the basics of an alkaline lunch and nourishing, healthy "alkaline on the go" meals for lunch
- Developed a meal plan for dinner that includes alkaline foods the whole family will enjoy
- Transitioned gently from a meat-based diet into an alkaline diet

- Explored exercise and engaged in aerobic activity of some sort most days of the week, but at least three days a week
- Used simple detoxification methods to enhance overall detoxification from the typical acidic diet
- Purchased a water filtration system or a Life Ionizer® for fresh, pure alkaline water
- Increased your intake of water so that you are drinking water as your primary beverage throughout the day
- Developed strategies for noticing your mental mindset and changing it
- Created space in your life for artistic endeavors or other pursuits that nurture your spirit

Share your success. We'd love to hear from you. Please visit **[www.alkalinelifestyle.com](http://www.alkalinelifestyle.com)** today and share your successes.

Questions? Please contact us through the site too and ask questions of our nutrition and fitness experts. We're here to help you be successful!

### **Step 8 is just the beginning....**

You may still be on the Gradual Transition track, and that's okay. Return as often as you need to work through any steps that may be more difficult for you than others. Be sure to reach out and ask for help from the experts at the Alkaline Lifestyle if you need to.





## Citations:

1. pH Miracle Living, Q & A, <http://www.phmiracleliving.com/t-faq-emotions.aspx>
2. Quote taken from <http://www.2012.com.au/Alkaline-QandA.html>

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The Alkaline Lifestyle has many people intrigued – but what is this new lifestyle? How do you begin to enjoy the Alkaline Lifestyle? The Step by Step Guide to the Alkaline Lifestyle walks you through each step you need to take to transition to this healthy way of living. The Eight Week Programs helps newcomers to the Alkaline Lifestyle understand the importance of an alkaline diet, identify alkaline and acidic foods, plan meals, create a fitness program, and embrace the mind-body and spiritual connections for total health. It's your step by step guide to a new you, a guide that makes the Alkaline Lifestyle easy to understand. Start your journey today!

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