

IS ACID SLOWLY KILLING YOU!

ALKALARIAN – A person and or a diet that emphasizes predominantly alkaline food, drink and lifestyle, thereby maintaining a balanced acid-alkaline body chemistry for optimal health and vitality.

HOW DO YOU KNOW IF YOU ARE OVERLY ACIDIC?

Fat is an Acid Problem!

Recent research has discovered that acid is a cause of obesity. Fat is actually an over acidification problem. What does that mean: The body creates fat cells to carry acids away from your vital organs, so these acids don't literally choke your organs to death. Fat is saving your life! Fat is actually a response from the body to an alarming over acidic condition. The solution? Alkalize and Energize.

What about Underweight?

The other end of the health spectrum, the yeast and fungus produced within an overly acidic body can feed on your nutrients and reduce the chemical and mechanical absorption of everything you eat by as much as 50%. This causes many people to become excessively thin, which is no healthier than becoming overweight. Without protein, your body cannot rebuild new tissues or produce enzymes, hormones, or hundreds of other chemical components necessary for cell energy and organ activity. Fatigue, illness, and body weight changes are the results. An underweight person may lose a little more weight as their body chemistry stabilises. As their body normalizes, they will begin to gain towards their ideal weight.

Healthy bodies are not overweight or underweight. A healthy body naturally maintains its own ideal weight. You can begin to restore health, balance, and harmony to your body with alkalizing foods. As alkalizing and oxygenation begins to take place, the body naturally begins to seek its own ideal weight.

Do you suffer from Allergies

The toxins produced within an overly acidic, oxygen deprived body may contribute significantly to what are often called the symptoms of allergy. In addition, the absorption of undigested proteins is a major cause of allergy conditions. The digestive system is weakened, which prevents the total breakdown of amino acids – often causing food allergies. This alone may produce a wide spectrum of severe allergic reactions.

Eating products which introduce oxygenating and alkalizing elements into your body –, this helps to balance the conditions that may lead to hypersensitivities.

Are you constantly Fatigued

It is probably the most major symptom or complaint of an overly acidic body. The toxins produced in an acidic body environment reduce the absorption of protein and minerals, which in turn weakens the body's ability to produce enzymes and hormones. This also interferes with the reconstruction of cells and other necessary components of energy production. The result is fatigue, poor endurance, an inability to add muscle tone, and general weakness.

The New Biology

If over acidification of the body is the single underlying cause of all disease. Then the old biology, based on the work of Louis Pasteur in the late 1800's, stems from the idea that disease comes from germs which invade the body from the outside. Recent studies have found that when the body is in a healthy alkaline balance, germs are unable to get a foothold.

Think of your body as a fish tank. Think of the importance of maintaining the integrity of the internal fluids of the body that we swim in daily. Imagine the fish in this tank are your cells and organ systems bathed in fluids, which transport food and remove wastes.

Now imagine we back up a car and put the tailpipe up against the air intake filter that supplies the oxygen for the water in the tank. The water becomes filled with carbon monoxide, lowering the alkaline pH, creating an acidic pH environment, and threatening the health of the Fish, in other words, your cells and organs.

What if we throw in too much food or the wrong kind of food (acid producing food like dairy, sugar, and animal protein) and the fish are unable to consume or digest it all, and it starts to decompose and putrefy? Toxic acid waste and chemicals build up as the food breaks down, creating more acidic byproducts, altering the optimum alkaline pH.

Basically, this is a small example of what we may be doing to our internal fluids every day. We are fouling them with pollution, smoking, drugs, excessive intake of food, over-consumption of acid forming foods, and any number of transgressions which compromise the delicate balance of our internal alkaline fluids.

Some of us have fish tanks (bodies) that are barely able to support life, yet we somehow manage to struggle from day to day, building more severe imbalances until there is the inevitable crash and debilitating chronic, disturbing and disorganizing symptoms to deal with.

The pH level (the acid-alkaline measurement) of our internal fluids affects every cell in our bodies. Extended acid imbalances of any kind are not well tolerated by the body. Indeed, the entire metabolic process depends on a balanced internal alkaline environment. A chronically over acidic pH corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. In summary, over acidification interferes with life itself leading to all sickness and disease!

Like the earth in which we live, our bodies are 70% water. Food cravings are often the body's cry for water. A thirst for water will develop as one begins to hydrate with water.

A diet high in acid foods such as meat, dairy, grains, high sugar fruits, and bread, causes acid wastes to build up in the body. When acid wastes enter our bloodstream, the blood system will attempt to dispose of these wastes in liquid form through the lungs or the kidneys. If there are too many wastes to handle, they are deposited in various organ systems like the heart, pancreas, liver, colon, and other locations.

The breakdown of this disposal process of acid waste could also be called "the aging process." To slow down and reverse this process, one must begin by removing this over acidification of the blood and tissues by including liberal amounts of alkaline water in the diet. Alkaline water has a pH between 9 and 11, and will neutralize harmful stored acid wastes and gently remove them from the tissues.

ALKALIZING FOODS

Good sources to buy from the health food shop or our website are:

- **Spirulina** by Green Foods
- **Wheat grass and Barley grass powder** by Melrose
- **Vital Greens** (vegetables) by Logical nutrition P/L

Ants 10 day challenge

Guidelines

Vital Breathing: 1-4-2 in three sets of 10 each day

1. Living waters and live food: Drink plenty of water and eat 70% water-content food – a salad every meal.
2. Aerobic power and maximum strength: Exercise six times in the next 10 days. Warm up properly. Exercise at your proper heart rate for at least 15 minutes. Cool down properly.
3. Maximum nourishment:
 1. Break your fast (breakfast) with green vegetables, green juices, non – acid producing, low sugar fruits and fruit juices, or light, alkalizing foods only.
 2. Properly combine your meals.
 3. Don't eat starch and proteins together.
 4. Eat in a relaxed state.
 5. Eat comfortable amounts.
 6. Drink water before your meals, not during or after.
 7. Eat organic as much as possible
 8. Eat well before the time you retire to sleep.
4. A directed mind:
 1. Create joy where before you had stress.
 2. Ask problem-solving questions.
 3. Direct your appetite.
5. Structural support: Get some rest, get some sun and/or get a massage. Keep your body in alignment with stretches, exercises and/or professional care.
6. Eliminate or dramatically reduce processed fats: eat enough natural or unprocessed fats but watch your processed fat consumption.
7. Eliminate animal flesh: for 10 days and judge by the results.
8. Eliminate milk, cheese and all other dairy products (with the rare exception of a condiment).
9. Eliminate acid addictions: For 10 days cut out sugar, salt, vinegar, nicotine, alcohol, caffeine and drugs.

Menu Options:

Breakfast

Steamed broccoli and lemon juice

Roasted vegetable broth soup (diced zucchini and yellow squash) and green salad including green peas.

Tomato, cucumber and avocado salad

Miso soup and spinach and fresh greens with lemon and lime juice

Vegetable juice (blend of carrot juice, celery juice, parsley juice and wheat grass juice)

Vegetable juice (blend of celery, cucumber, parsley and spinach) and tomato, cucumber and avocado salad with lemon juice.

Miso soup and cucumber, tomato and avocado salad.

Lunch

Warm spinach salad

Grilled zucchini, peppers, cauliflower and broccoli

Chopped salad (finely chopped Romaine lettuce, tomato, cucumber, pine nuts, sun-dried tomatoes, chopped herbs including basil)

Ginger/carrot soup with zucchini salad (zucchini, red leaf and romaine lettuce, radishes and onions)

Roasted vegetable salad (mixed greens, eggplant, zucchini, yellow squash, peppers, asparagus and sun-dried tomatoes with citrus dressing)

Big salad and vegetable soup.

Dinner

Asparagus, tomato, cucumber and avocado salad

No oil vegetable stir fry and miso soup

Vegetable skewers and a mixed greens salad with avocado/tofu dressing (place tofu and avocado and fresh herbs in blender)

Split pea soup

Minestrone soup and squash in a tomato-basil sauce

Curried vegetables (peppers, carrots, broccoli, cauliflower, onion, garlic etc.)

Cream of broccoli soup (with soy milk) and roasted vegetables

Grilled vegetables with tomato-herb sauce.

Sautéed spinach with garlic and green salad with lemon juice.

Vegetables in black bean sauce (No MSG)

Grilled asparagus with mixed greens salad

Salad with ginger dressing.

Tabbouleh salad

Grilled vegetables with seasoning.

Stir fried tomato, basil, garlic and zucchini.

HEALTHY MEAL OPTIONS

BREAKFAST

Steamed broccoli with olive oil and lemon juice

Open faced avocado sandwich on toast sprouted bread with avocado, tomato, and seasoning

Roasted vegetable broth soup (diced zucchini and yellow squash) and green salad with crunchy chow mien noodles and green peas

Tomato, cucumber, and avocado salad with olive oil and lemon juice

Stir fry broccoli with sesame oil, and Chinese 5 spice powder, sesame seeds

Stir fry vegetables and hash browns with green peppers and onions

Steamed broccoli with olive oil and lemon juice

Miso soup and spinach and fresh greens with lemon and lime juice

Vegetable juice blend of carrot juice, celery juice, parsley juice, and wheat grass juice

Basmati rice with sliced avocado and tomato with lemon juice

Mix of fresh melons and or grape fruit – after 30 days of healthful living and cleansing and only on an empty stomach

Basmati rice with broccoli and cauliflower seasoned with olive oil and real salt and pepper

Vegetable juice – a blend of celery, cucumber, parsley, and spinach, and tomato, cucumber, and avocado salad with olive oil and lemon juice

Miso soup and cucumber, tomato, and avocado salad

HEALTHY MEAL OPTIONS

LUNCH

Vegetable wrap – sprouted tortilla with peppers, raw vegetables, sun dried tomatoes, almonds, etc

Tuna burger on a sprouted wheat bun with fresh tomato and lettuce and mixed greens salad

Warm spinach salad with falafel

Roasted vegetable wrap with hummus and tabouleh

Lentil soup with field greens salad and no yeast crackers

Vegetable burger on sprouted wheat bun with avocado, lettuce, tomato, and sweet potato chips

Vegetarian chilli and yellow squash

Grilled zucchini, peppers, cauliflower, and broccoli over millet

Roasted eggplant sandwich on whole wheat focaccia bread with roasted peppers and pesto and tomato spinach soup

Chopped salad – finely chopped romaine lettuce, tomato, cucumber, pine nuts, sun dried tomatoes, chopped herbs, olive oil, and basil

Nicoise salad – tuna, red skinned potatoes, green beans, olives, romaine lettuce with lemon dressing

Soft tortilla fish tacos – halibut, vegetables, guacamole, and tomato salsa

Ginger/carrot soup with zucchini salad – zucchini, red leaf and romaine lettuce, radishes, and onions with flaxseed oil, real salt, and garlic dressing

Roasted vegetable salad with potato and Aragua soup (rocket lettuce) – mixed greens, eggplant, zucchini, yellow squash, peppers, asparagus, and sun dried tomatoes with citrus dressing

Salad wrap in a pita with vegetables and hummus

Vegetable wrap with guacamole and sweet potato chips or fries

Big salad, vegetable soup, and a sweet potato

Tuna over mixed greens salad with tomato and cucumber

Green salad, falafel, hummus, and pita

Bean tostada – pinto beans, extra lettuce, salsa, and guacamole, hold the sour cream, cheese, and anything made with animal fat.

HEALTHY MEAL OPTIONS

DINNER

Grilled halibut (fish) in pesto sauce with asparagus and tomato, cucumber, and avocado salad

Vegetable fajitas with guacamole and salsa, gazpacho soup and mixed greens salad with clover sprouts, pine nuts, herbs, roasted peppers, and olive oil

Vegetable stir fry seasoned, wild rice, and miso soup

Barbecued salmon with a vegetable skewer and a mixed greens salad with avocado tofu dressing – place in blender

Split pea soup and soft tortilla fish tacos with lettuce, tomato, guacamole and salsa

Taco salad – crunchy tortilla filled with pinto beans, romaine lettuce, tomato, avocado, and shredded rice cheese – place olive oil basted tortilla upside down over a bowl in the oven

Grilled salmon, asparagus, spinach salad, and lemon tofu cheesecake

Minestrone soup and spaghetti squash with a tomato basil sauce

Curried tofu and vegetables – peppers, carrots, broccoli, cauliflower, onion, garlic etc;

Cream of broccoli soup with soy milk and roasted vegetable wrap

Lentil soup with pita chips and a mixed greens salad – baby greens, flaxseeds, lentil sprouts, tomato, cucumber

Rice or spelt pasta in pesto sauce with cabbage, carrots, and pine nuts, garlic toast, and mixed greens salad with tomato, cucumber, flaxseeds, and avocado

Grilled vegetable pizza with rice mozzarella and tomato sauce on a yeast free crust

Broiled herbed mahi mahi, (sea bream fish) vegetable medley, and baby greens salad with flaxseeds, lemon juice, and olive oil

Baked salmon with olive oil, rosemary, salt and pepper, sautéed spinach with garlic, and green salad with olive oil and lemon juice

Wonton soup no egg, no mushrooms, Szechwan shrimp and snap peas with black bean sauce (no MSG)

Grilled halibut (fish), asparagus, and a field or mixed greens salad

Fresh vegetable spring rolls, vegetable fried rice (no egg), phad thai noodles (no egg, no mushrooms)

Angel hair pasta with olive oil, basil, and garlic, asparagus, a big green salad with olive oil and lemon juice and lemon sorbet

Edamame (boiled soybeans), vegetable nori rollups, and salad with ginger dressing

HEALTHY MEAL OPTIONS

SNACKS.

Raw Almonds

Rice crackers with raw almond butter

Sunflower sprouts, cucumber, cold pressed oil Blend, and lemon

Flaxseed chips and guacamole

Raw vegetables jicama, (wild yam) celery, and carrots and guacamole

Date shake

Hummus, tabouleh, and raw vegetables

Fresh melon or grapefruit (after 30 days of healthy living & cleansing and only on empty stomach)

Taro, beet, and sweet potato chips

Grilled vegetables with olive oil and seasoning

Celery and jicama (wild yam) with raw almond butter

Stir-fried tomato, basil, garlic and zucchini

Oatmeal raisin cookies (made with all natural ingredients)

Veggie Sticks (available at most health food stores)