

AlkaWay.com.au

alkaline

balance

chart

Follow the 80/20 rule to promote a long, healthy and enjoyable life.

WHY ALKALISE?

Since Ancient times effective healers have understood the relationship between a mainly alkaline diet and good health. Hippocrates, seen by many as the father of modern medicine, would place his patients on a strict 80/20 diet - being 80% alkaline forming foods and 20% acid forming.

HOW DOES IT WORK?

All foods leave an ash residue after you metabolise them. This residue is either Acid or Alkali in nature, depending on the type of food you eat. Today's science tells us that an excess of acid in our bodies is linked to the development of many 'modern' diseases like cancer, arthritis, heart disease and asthma.

CAUSES OF EXCESS ACIDITY

Our modern lifestyle tends to be overwhelmingly acid forming. Stress, lack of sleep, processed foods and common stimulants like coffee, alcohol, cigarettes and sugars combine to create a pH balance in our bodies that is literally toxic to our health. Go to www.ionlife.info to find out more about the causes of acidity.

HOW DO I ALKALIZE?

Fortunately, the modern disease of over-acidity can be reversed. We have compiled an easy to read chart, that shows you the degree to which particular foods form alkali and acid residue in your body. By using this chart, you can easily make sure that your diet conforms to the 80/20 rule that promotes good health.

OTHER TIPS

Chew Your Food Properly: Your saliva naturally alkalises food and is vital to digestion.
Reduce Your Stress Levels: Stress is one of the greatest acid forming factors - learn to relax.
Drink Alkaline Water: Alkaline ionically charged water acts in your body to neutralise and flush out excess acid.

FRUITS

Blackberries
Raspberries
Strawberries
Cantaloupe
Honeydew
Watermelons
Kiwi fruit
Limes
Mandarins
Mangos
Papayas
Persimmon
Pineapples
Tangerines

Apples
Apricots
Avocados
Bananas
Blueberries
Boysenberries
Cherries
Currants
Grapefruit
Grapes
Lemons
Oranges
Peaches
Pears
Raisins
Tangelos
Olives (green)

Coconuts

Cherimoya
Dates
Figs
Guava
Plums
Prunes
Tomatoes

Pomegranates
Cranberries
Olives (ripe)

VEGETABLES

Asparagus
Celery
Collards
Endive
Kale
Kohlrabi
Mustard Greens
Onions
Parsnips
Radishes
Winter Squash
Sweet Potatoes
Taro Root
Yams
Seaweed

Artichokes
Beets
Peppers
Cabbage
Cauliflower
Dandelion greens
Eggplant
Garlic
Shallots
Lettuce
Okra
Potatoes
Salad Greens
Summer Squash
Turnips
Watercress
Zucchini

Brussels Sprouts
Carrots (org)
Cucumbers
Mushrooms
Snow Peas
Spirulina

Carrots (com)
Swiss Chard
Peas
Rhubarb
Spinach
Beans (all types)
Tomatoes

Corn

OILS HERBS & CONDIMENTS

Sea Salt
Parsley
Paprika
Ginger root
Horseradish (usw)

Thyme
Tarragon
Watercress
Black pepper
Basil
Cardamon
Cilantro (Coriander)
Cinnamon
Dill
Fennel
Marjoram
Oregano

Primrose oil
Macadamia Oil
Coconut Oil
Codliver Oil
Flaxseed oil
Olive Oil
Margarine (most)
Mace
Dill seeds
Coriander Seeds
Celery Seeds
Bay Leaf
Cayenne Pepper

Vegetable Oils (most)
Butter
Canola Oil
Safflower Oil
Sesame Oil
Sunflower oil
Curry Powders
Balsamic vinegar

Soy bean Oil
Peanut oil
Lard
Pickles
Iodised Salt
Red Wine Vinegar
Cottonseed Oil

NUTS, SEEDS & LEGUMES

Miso
Pumpkin Seeds
Chestnuts

Bean Sprouts
Cumin Seeds
Cashews
Cashew Butter
Lentils

Sunflower Seeds
Sprouts (most types)
Sesame Seeds
Quinoa Seeds
Flaxseed
Coriander Seeds
Celery Seeds
Almonds
Almond butter
Almond Milk (usw)
Macadamia nuts
Macadamia Butter
Mung Beans
Kidney Beans (usw)
Navy Beans
Fava Beans
Adzuki Beans
Lima Beans
Chickpeas

Amaranth Seeds
Pine Nuts
Almond Milk (sw)
Dried Fruits (most)
Pinto Beans
Pistachio Nuts
Peanuts
Pecan Nuts

Soy Beans
Soy proteins
Soy nuts
Soy Grits
Hazelnuts
Walnuts

SYRUPS SAUCES & SWEETENERS

Umeboshi Vinegar

Molasses
Apple Cider Vinegar
Vinaigrette
Tamari
Cashew Butter
Apple Butter

Rice Syrup
Sucanat (org cane sugar)
Vanilla Extract
Tahini Sauce
Almond Butter

Maple Syrup
Honey
Tomato Paste
Tomato Sauce
Mayonaise
French Dressing
Russian Dressing
Thousand Island
Stevia
Hummus
Butter (milk)
Rice Vinegar
Mayonaise
Liverwurst
Gelatin

White Sugar
Artificial Sweeteners
Ketchup
Mustard
Peanut Butter
Pistachio Butter
Hazelnut butter
Malt
Hops

Corn Syrup
Soy Sauce (sw & usw)
White Vinegar
Sugar (white & brown)
Jams & Jellies (sw)
Caesar Dressing

BEVERAGES

Lime Juice
Lemon juice
Ginger Tea

Pineapple Juice
Grapefruit Juice
Apple Cider

Some Mineral Waters
Herbal Teas (most)
Apple Juice (usw)
Grape Juice (usw)
Orange Juice (usw)
Pear Juice (usw)

Tap Water (varies)
Tomato Juice (usw)
Carrot Juice
Vegetable Juice Mix
Tea (black)
Cows Milk
Goats Milk

Wine (red & White)
Mineral Water (most)
Coffee (all types)
Rice Milk

Malt Liquor (dark)
Beer (dark)

Carbonated Soft Drinks
Milk Shake (sw)
Alcoholic Spirits (most)
Soy Milk (most brands)
Root Beer
Malt Liquor (pale)
Beer (pale)

GRAINS, FLOURS & RELATED PRODUCTS

Baking Soda
Baking Powder

Japonica rice
Wild Rice
Quinoa
Oats & Oatmeal (usw)
Oat Flour
Granola (usw)

Triticale (whole & flour)
Rice Cakes (brown rice)
Rice Flour
Puffed rice (brown)
Brown rice
Pumpernickel Bread
Oatmeal (sw)
Granola (sw)
Buckwheat Flour
Crackers (most)

Wheat (unrefined)
Corn Flakes (sw)
Spaghetti (rye & wheat)
Rice Cakes (white rice)
Popcorn
Rye bread
Rye Flour
Rye

Puffed Rice (white)
White Rice
Oat Bran
Millet (whole & flour)
Matzoh (whole)
Barley (whole)

Spaghetti (white flour)
Soy Flour
Corn Chips (fried)
Waffles
White Bread
Corn Chips
Pretzels (white flour)
Saltine Crackers
Pancakes
Matzoh (white)
Macaroni (white)
Linguine (white)
Cottonseed Meal
Cous Cous

MEATS & DAIRY

Ghee (clarified butter)
Egg Whites

Eggs (whole)
Yoghurt (usw)
Skim Milk
Cream
Sour Cream
Butter
Clams
Cows Milk
Goats Milk
Liver (beef)
Ham
Sausage (most types)

Yoghurt (sw)
Cottage Cheese
Venison
Turkey
Tuna (Fresh & Canned)
Scallops
Oysters
Crabs
Rabbit
Chicken
Duck
Pork
Buffalo
Goat
Lamb
Mackerel
Hard Cheeses (most)
Fish (most)

Frozen Yoghurt
Cheese (most)
Veal
Swordfish
Swiss Cheese (aged)
Beef
Sour Cream
Shrimp (prawns)
Lobster
Mussels
Bacon

DESSERTS, FAST & PROCESSED FOODS

Whey
Hashbrown
Vege Soup (usw)
Baked Potato Chips

Tomato Soup
Baked potato
Wheat bran (fruit) (usw)

Fruit Pies (usw)
Artificial Sweeteners
Sweet Pickles
Rice Cakes (white)
Whole Wheat Bread
Vegetarian Burger
Tempeh
Sweet Pickles
Spaghetti Sauce (tom)

Cakes
Cookies
Ice Cream
Chocolate (sw)
Lollies
Deserts
Fruit Pies (sw)
Preserves (sw)
Canned Soup (sw)
Yeast
Pizza
Burgers
Fried Foods
Hot Chips
Bacon & Eggs
Meat Sandwich
Chicken Nuggets
Nachos
Tacos, Burritos
Onion rings
Fried Potato Chips
Tofu Frozen Deserts

COMMON MEALS & FOODS

Borscht
Potato (baked, mashed)

Vegetable Soup (usw)
Hash Browns

Tomato Soup (usw)
Split Pea Soup
Black Bean Soup
Coleslaw

Chicken Noodle Soup
Quiche
Macaroni & Cheese
Lasagne
Hot Dogs
Buttered Toast
Meat Pies
Croissants
Bagels
Bread Products (most)
Baked Beans (sw)
Canned Foods (most)

KEY

- Very Alkaline
- Moderately Alkaline
- Low Alkaline
- Low Acid
- Moderately Acid
- Very Acid

SW = sweetened with sugar or corn syrup.
USW = unsweetened with sugar or corn syrup

ORG = organic produce grown without sprays.

COM = commercially grown with sprays

THE PILLARS OF GOOD HEALTH



A pillar is a support. Without a support, the structure crumbles.

When we look at personal health and longevity we can choose to look at that which is supported by the pillars - or at the pillars themselves. It goes without saying that if the pillars are strong, the structure survives. So what are the pillars of health, our ‘foundations’?

FOUNDATIONAL HEALTH

We were taught at school that good health came from a pyramid of food. Eat the right foods and good health will follow. Since we left school, that pyramid has been turned upside down as Harvard University, originators of the food pyramid theory, have rethought foods and its effects. The newly released 2008 food pyramid shows alkaline foods as the most important food of all, and our old favourites of white bread and meat way down the scale in terms of amount we should consume. It has also added water as the most important of all food sources.



FOUNDATIONAL HEALTH MANAGEMENT: You are.. an Ecosystem

Most people have the idea that a healthy alkaline diet is not palatable. What they don't understand is that an alkaline body has a lot more to say about what it likes than an acid body. Because an acid body is continuously struggling to rebalance itself and overcome ongoing acidic inflammation, it isn't really capable of enjoying life like an alkaline body.

A naturally alkaline body talks to you in many ways; you may, for instance, find yourself eating foods you've never liked before - and enjoying them.

You may find some recreational drugs like coffee become too intense in effect to continue as your body frees itself of the insensitivity of an acidic metabolism.

You may find changed sleeping habits as your blood changes to alkaline, and increases its ability to hold oxygen, your source of energy.

You may also experience detox symptoms including cold-like symptoms, rashes, headaches and more as stored acid is liberated, along with other toxins held with the acid waste.

You may also lose weight spontaneously, as your body relieves itself of the need to use input fat to 'stash' acids - a latecomer to the body's arsenal of self-protective responses, in this case due to the extreme danger of renal damage through excess acid elimination.

HOW WE ALKALIZE

The body has some very clever ways of alkalinizing, or rebalancing itself. Because it is a complex, sophisticated organism, it is always monitoring acid and responding to it.

1. Respiration

We don't just breathe to obtain oxygen. Our outbreath, as all the yogis know, is as important as our inbreath. Our outbreath is the mechanism to break down carbonic acid into

carbon dioxide and salt. The salt is re-used by the body, and the carbon dioxide is exhaled. That's why we pant so heavily as we run; we are ridding the body of poisonous acidic metabolic waste!

2. Elimination

The body will use the bladder as a convenient place to dump excess acid when necessary.

3. Perspiration.

Sweat is basically acid waste. In a beautiful example of the ingenuity of our body design, this same waste acid is meant to coat the skin and kill bacteria that land on it, thereby protecting us from dermal infection.

In reality we jump into the shower, and wash off all of our acid mantle, then use alkaline soap to completely ruin all the germs in our vicinity that we are clean and ready for them to infect us. Users of AlkaWay water Alkalizers also use the by-product antibacterial acid water to wash down before leaving the shower, restoring their acid mantle.

4. Exercise

Moderate exercise supports healthy lymphatic vessel movement and transport of the wastes within. (*Excessive exercise supports excessive acid production*)

Few people realise that the lymphatic system does not work of itself. It needs muscle movement to squeeze the lymph ducts and therefore transport wastes to the eliminatory organs. Not enough exercise will cause a slowing or backup of the lymphatics and consequent increase in 'held' acid waste. This unhealthy situation has been linked to serious disease.

5. Internal Balancing

The body reacts quickly and radically to an acid attack. The first thing it does is look for 'the usual suspects' as potential alkali donors. The blood is a major buffer of alkalis and acids, primarily to supply the digestive system with correct amounts of hydrochloric acid for digestion and bicarbonate of soda for protection of the stomach water from the acid. However an excessively acidic body will have lowered alkali buffers in the blood, and so the body will seek other sources. It will draw alkalinity from the alkaline producing pancreas, and then the tissues, and finally the bones and teeth.

This explains why so many Westerners have bones like honeycomb; this is the body's disaster protection plan. Like a white ant infestation, it carefully leaves a supportive web of bone as it steals calcium. Again, we are now seeing a rash of broken hips in older people, especially women.

Summarizing, acid waste is so destructive to the body that it will even rob its own skeleton to neutralise it.

THE 'TILT' EFFECT

When our bodies are acidic, nothing works properly. It's like a pinball machine with a tilt, a polluted ecosystem.

Although all systems still work, (due mainly to the marvelous failsafe survival engineering we call the body) they can't do the job well enough, and because all systems in the body rely on all other systems for cooperation and support, each 'downline' system suffers even more. Let's look at a trip to our kids' favourite fast foodery.

As your body receives word of the avalanche of acid producing 'food' about to arrive, it sends a call out to the bloodstream to start pumping acid and alkalis into the stomach. Of course, if you've partaken of too many of these sorts of meal, there isn't enough acid or alkali available. Also, your blood is probably the consistency of raspberry jam due to excess acidity so the body experiences great difficulty actually pushing blood towards the stomach, much less supply the necessary acid and alkalis. This is the effect of the common complaint known as high blood pressure.

So down comes the food, and an 'attempt' is made at digestion. Because the stomach nerves monitor the process, they know there is still not enough acid, so the callup for alkalis goes out to all tissues, organs, bones and teeth.

Finally, the body, in desperation, passes the partially digested food on into the small intestine. The pancreas, normally the organ that neutralises acids left in the digested food, has been exhausted of alkalis by your constant demands, so the food ends up down into the lower intestine in a putrefactive, acidic state. Because it really shouldn't still be acidic, the lining of the small intestine can't protect itself - and leakage of putrid food can occur, causing inflamed intestine, and an abdominal cavity with acidic, rotten food rolling around!

Now comes the Free Radical story:

Free radicals are not 'bad' as we have been led to believe. Free radicals are a necessary tool of the body to clean up

waste that escapes all the other janitorial systems of the body. A free radical is simply a positively charged oxygen atom, which is seeking an atom of chemically and electrically opposite qualities to neutralise and eliminate.

Unfortunately, as we have already discussed, an acidic body is an *unbalanced* body, and like other automatic systems related to digestion and elimination, this can cause it to work either too well or not well enough. In the case of free radicals in an acidic body, they work to excess, attacking healthy body cells as well as unhealthy material. Hence the need for antioxidants.

Alkaline food and water are natural antioxidants. In fact alkaline ionized water is perhaps the highest power, lowest cost antioxidant available, for it is loaded with negative hydrogen ions, which are the chemical opposite of free radicals. On contact, they both unite and turn into harmless water.

It's easy to see the problem with taking antioxidants if you continue an acidic lifestyle. The free radicals are attempting to clean up your acid waste, and the antioxidants are neutralising them. However by returning to an alkaline balance, we are actually *supporting* the rebalancing of the body systems and the prevention of the imbalance which causes the putrefactive waste in the first place!

Dr Susan Lark, MD, in her book *The Chemistry of Success*, profiles an alkaline balanced person. They may have:

- Increased physical vitality and stamina
- Enhanced mental clarity and acuity
- Increased ability to get on with other people.
- Increased optimism and vision.
- Faster recovery from illness, injury, and exertion (*incl. colds, flu, sinusitis, bronchitis, pneumonia, allergies, traumatic injury and surgery*)
- Increased resistance to illness (colds, flu, sinusitis, bronchitis, pneumonia)

She also cites health benefits you may receive from becoming naturally alkaline again:

- Reduced incidence of digestive problems such as heartburn, irritable colon, Crohn's disease and colitis.
- Reduced risk of and increases relief from urinary tract conditions such as bacterial cystitis, interstitial cystitis, and uric-acid kidney stones.
- Reduced risk of gout.
- Reduced risk of and helps in treatment of rheumatoid arthritis and other autoimmune diseases.
- Lower risk of osteoporosis and promotes bone and teeth growth.
- Better ability in prevention and treatment of diabetes.
- Reduced hypertension.

BEGINNING YOUR ALKALINE BALANCE JOURNEY

Changing to alkaline isn't hard. Although you may not be familiar with the food and water you eat and drink, your body remembers it well, and will rejoice as it returns to what it KNOWS to be right.

Over the last five years our thousands of clients have all said the same; alkalinizing changes your life for the better, not only in health but in attitude and food preferences. Your body knows best!

After years of an alkalarian diet we also have a few hints for you that will assist the transition.

Rule One is that guilt is acidifying!

Getting upset over your inability to immediately make the change to an alkaline lifestyle only acidifies you further. It's easier to accept that an acid metabolism is a state of addiction. Observe your moods and body messages and you'll see that this is true. Deprive an acid body of its sugar hit and it will scratch, claw and cajole for its 'sugar hit'.

Perhaps the very easiest way is through drinking alkaline ionized water. Water in this unique form is constantly neutralising acids in the body, flushing away accumulated wastes (usually stored in fat) and ensuring maximum hydration. Replacing your acidic tap water or any other common liquid beverage will return you tenfold in health benefits.

Drinking sufficient alkaline ionizedwater has other side benefits.

In our experience a body that drinks alkaline water regularly will begin to alkalize anyway. It's common to hear of people losing their sweet tooth, or eating less, or acquiring a love of unfamiliar alkaline foods.

Good hydration will also allow the body to detoxify for as long as needed, as stored acids are neutralised and make their way via the lymphatic system to the bowel and out. Alkaline ionized water is 'wetter' water, meaning it has less molecules per molecular cluster. Its 'smaller' clusters mean it penetrates tissue and fat far more effectively

WHAT DOES AN ALKARIAN LOOKS LIKE?



than tap water. Fat is the acid storehouse of a seriously acidic body. When acids are neutralised and eliminated, the body often decides that the fat is no longer needed.

You can gain confidence by tackling one meal at a time. A good meal to begin with is breakfast. A healthy alkaline breakfast can be a luscious quick and easy Asian Greens stirfry, using organic coconut oil, along with your choice of zucchini, tomato, mushrooms or eggs.

Or if you're very keen you can juice some greens. Just take a look at the chart overleaf, select your greens and put them through your juicer.

If you're in a hurry, try concentrated Green Food like Core Greens. Mix it with apple or carrot juice, and you've ingested the equivalent of a day's greens in a glass.

MORE ALKALINE BALANCE TIPS

Some people are better digesters than others. They have a better stomach acid supply. Complete digestion is paramount in importance for alkalinizing. Did you know that food you eat in excess of your needs becomes acid waste that begins eating you?

Think of meal time as a meditation. eat with peace on your mind.

Chew your food. Salivation is a natural result of proper chewing and it is saliva that contributes to alkalinizing the food, especially grains which are normally an acid problem food.

Protein and Starch are, generally speaking, acid-forming, so when you *need* to eat these groups, accompany them with vegetables.

If you have experienced an unavoidable 'acid excess' period, you can choose all alkaline foods for a couple of days to regain your natural balance.

If you must eat grains, choose alkaline-forming ones, like amaranth, millet or quinoa.

Animal protein is extremely acid-forming. Try to balance it with lashings of gorgeous greens to an 80/20 ratio.

Add lemon or lime juice to anything you like. It will soon become a staple that you will love every way you use it!

Think of your body as a river; it flows, and is never the same. So it is with your alkaline/acid balance. The body's many functions all have an effect on our acid/alkaline balance just as rocks, bends and inflows change the form of a river. Therefore constant attention to alkalinizing is needed; we don't just alkalize and remain so.

Change is not immediate. Have patience.

Deep breathing alkalizes. It converts carbonic acids to carbon dioxide and salts.

Sleep alkalizes. Rest alkalizes. Gentle exercise, like walking, alkalizes. Negative emotions acidify. Love alkalizes.

If you cook food, if your food is canned or frozen, it will be more acid-forming.

If your food is chemically grown it will be more acidic. Dilution is the solution to pollution. Drink LOTS of alkaline water.

Countless people suffering from acidification don't even know it. Others who eat good alkaline food may still be acidic because of their low stress tolerance or metabolic type. You are an individual in mind and body. Take the time to learn enough about your own type. A good source: www.alkaway.com.au

Acids are already contained in some foods. Other forms of acid in food may only result from metabolism (breaking down) of a protein (uric and phosphoric acids) fat (fatty acids, acetylacetic acids) carbs (pyruvic or succinic acids) etc.

Try to choose foods for the effect they will have on your future health rather than how they look or taste. Make a choice for future health and your individual tastes will fall into line. Your body *loves* health.

"Food has no intrinsic value. The only value it possesses comes from the digestive tract that receives it." P.V. Marchessau, French nutritionalist and naturopath.

It makes no sense to attempt to eliminate all acid-forming foods. Many of these foods are those that carry life energy to the body. We must intake sufficient proteins to allow alkaline minerals to be properly absorbed.

True alkalization needs consumption of a balanced alkaline-forming diet at every meal. One acid meal or one acid 'big night out' can cancel out the good work of many days' alkalinizing.

Go Green at every meal. The author's breakfast is (acid-forming) cherry tomatoes and zucchini sauteed in organic coconut oil with Chinese greens. Yum! The ratio is 20% acid-forming (tomato) and 80% alkaline forming greens.

If you must snack, snack on dried fruit. Generally, they are alkalinizing because some of their fruit acids are oxidised as they dry.

Research your foods. Apricots are very acidic prior to maturity even if they are already orange. They are alkaline when they are ripe and soft. Acidity varies with variety and maturity.

Drinking juices does not reduce the acid. It concentrates it as the acids are *in* the juice, not the (often) alkaline tissues.

Balance is everything: design your meals so that alkalinizing foods are always greater in content than acidifying.

Never partake of a completely acid-forming meal. This will force your body to withdraw vital alkaline minerals from your reserves and is usually followed by a sudden reduction in vitality, teeth feeling on edge, chills, itches or even joint pains.

Be gentle. Alkalinizing is returning to your natural balance state. A naturally balanced person has no need to inflict harsh regimens on themselves even if they think it is for health. Learn more about alkaline balance so you can tailor your lifestyle and diet to what your particular metabolism really needs.

"Oranges are like gold in the morning, silver at noon, and lead in the evening."
(Arab Proverb)
Eat acid foods when you are ready to digest them. We handle acids differently depending on the state of our system. When we have had the benefit of our nightly lymphatic janitorial service and are therefore as 'cleansed' as our body can make itself, it is better to intake acid-forming foods. If you have problems digesting acids, oranges and other fruits may be better later in the morning or even later because your body may take half the day to wake up fully. Your body needs to be both hydrated and fully 'pumping' to be able to safely oxidise acid-forming foods. (*Many eastern monastic orders skip one meal completely, and many monks have extraordinary health and longevity.*)

Nuts, generally speaking, are not great alkaline sources with the exception of Almonds and Brazil nuts. Brazil nuts are so alkalinizing that they form an excellent snack for seriously acidic people.

Black olives are great alkalizers but green olives are not. However only oil-preserved black olives are alkalinizing; not those in brine! Confusing? Yes!

Whole milk from a cow is alkalinizing. Whole milk that has been pasteurized is alkalinizing. Milk that has been sterilized, ultra-pasteurized, homogenized or processed any other way, causes it to become harder to digest, which in turn has an acidifying effect on the body.

Hard or soft crust cheeses are alkalinizing as long as you are not dairy intolerant, when the allergic effect has an inflammatory effect, which in turn is acidifying.

Tips for an Alkaline Lifestyle

Eat Well

Eating processed or acidic food is like slicing bits off your toe. It's going to hurt, and it's going to disable you sooner or later. What's more, chances are it's going to gobble up all of your savings when you least expect it - trying to repair the long term damage you've inflicted on yourself.

Eat Smart

Organic food may seem more expensive but it is alive. It has more life force and more ability to support your immune system instead of compromise it, like processed, chemically preserved food.

Eat Less

Over eating isn't cool. The food you eat in excess of your body's needs, converts to acidic, toxic waste. It doesn't just make you fat. It poisons you.

Drink Smart

If you must drink wine, drink it made from the San Giovese grape, which thrives in alkaline soils. You'll be surprised at the lack of day-after effect.

Drink Enough

We sweat, spit and eliminate around two litres of water per day. To just maintain hydration levels you need a net liquid intake of *at least* the same amount.

Drink Right

No more sodas, no more beers, no more sugar filled juices, shakes, alcopops... it takes a little research to find the food and liquid 'gangsters' that are really hurting you. Water in its alkaline ionized form is the perfect beverage.

Any allergic reaction to foods is acidifying. What's your Lifestyle? Acid or Alkaline

Acidifying	Alkalinizing
Couch Potato	Physically active
Elevator rider	Stair Hopper
Car to the corner store	Walking lover
Stamp collector	Action Man
Indoor pursuits	Outdoors lover
Stress Freak	Chillout Dude
Restless and late	Cool, organised
Insomniac	Sleep lover
Smoker	Non-Smoker
Pessimist	Optimist
Irritable	Serene
Aggro	Confident and tranquil

How Soon Should You Improve? If you take the steps to change to an Alkalarian lifestyle you may expect changes in conditions such as nervousness, fatigue, skin inflammation, heartburn, itches and red blotches. If you do not experience improvements it's advisable to consult a trusted, qualified health professional.

Information contained on this poster does not infer any therapeutic outcome and is for the sole purpose of education and support for the reader. You should always consult your preferred qualified health professional when contemplating any change to your normal health regimen.