

# IAN BLAIR HAMILTON'S

alkaline  
**INFLAMMATION**  
reducing

**FOOD  
GUIDE**



# Inflammation:

What does it mean to you? A sore on the hand? Redness? A bloated feeling?

What if I told you that inflammation is regarded by experts as the single most disease-creating condition we can experience. And what if I told you most people experience CHRONIC inflammation.. and think it's NORMAL?

Think about it.. if you had the choice of ONLY ONE strategy you could choose for ultimate health, what would it be?

Most people will choose what they know.. which is fine.. except most people don't really KNOW that inflammation is such an overall health 'hang-up'.

Most people with chronic inflammation will give it other names. Take a quick look at the list to the left. It is NOT a full list by any means!

If you go see your doctor about inflammation, he or she will be looking for:

- Elevated High Sensitivity C-Reactive Protein (HS-CRP)
- SED Rate
- High levels of Homocysteine
- Elevated Ferritin in the blood
- Elevated HDL
- Elevated Monocytes: a secondary indicator of inflammation
- Elevated Blood Glucose: a leading indicator of inflammation

## INFLAMMATION SYMPTOMS

Fatigue  
Obesity  
Bad skin  
Digestive problems  
Reflux  
IBS  
Redness  
Joint Swelling  
Joint pain  
Allergies  
Asthma  
Bloodshot eyes

So... Here's what's really scary about Inflammation.

Every Action Contributes either to health or it promotes disease. SO MANY actions contribute to inflammation.

Actions that promote disease create chronic inflammation, which is related with just about every disease known to man.

In 2004, Time Magazine called inflammation "The Secret Killer" and I (hate to say it), every day we make choices for this so called "secret killer".

Every food we choose to eat, every pill we take, the time we decide to go to bed, the city we choose to live in, the job we choose to have... each one contributes to chronic inflammation or helps calm it down.



So, every choice we make about our health boils down to this:

Is it... **Pro-inflammatory or Anti-Inflammatory?** Are you....

- Working 100 hours a week at a stressful job with no sleep? Pro-inflammatory.
- Eating a high-carb, low-fat diet filled with grains and sugar? Pro-inflammatory.
- Drinking a few beers a night? Pro-inflammatory.
- Taking Fish Oil? Anti-inflammatory.
- Getting 8 hours of sleep? Anti-inflammatory.
- Avoiding all grains (especially gluten)? Anti-inflammatory.
- Drinking alkaline hydrogen-rich water? Anti-Inflammatory.
- Meditating? Anti-inflammatory.

So.. most of us DO live with inflammation. Inflammation, acidosis... it's one and the same in effect. Some say it's one feeding the other!



Cassie gave me an ultimatum years ago.

She told me that if I didn't look after myself she wasn't going to care for me when i wasn't able to care for myself. Seemed cruel.. until I thought about it! It would be far more cruel of me to intentionally NOT care for myself and then EXPECT her to care for me don't you think?

If you think about what you've read so far... you can work out without too much inflammation of the brain that inflammation itself must age us. And as we age.. guess what? Our ability to counter inflammation becomes less.. and less.. and less.

So.. I'm guessing you, like me... see inflammation as something bad.

*The truth is quite different.*

**Acute inflammation** is a NATURAL response in the body.

It's our body stimulating a combination of internal and external defence mechanisms. We just get caught up on how it looks and feels: redness, swelling, heat, joint pain, or muscle pain.

So I like to think of it as an important, essential healing system: a balance of 'give' and 'take' stimulated by my immune system.



And the phase we hate most - the 'acute' inflammation is the natural 'high point' of the inflammation cycle.

If it works well, it's an amazing system. In the wild you'll see incredible variations of the same principle. A fox, for instance, will lay up in snow if he is injured to cool the injured limb. For animals, it's natural, but for us there is one BIG complication we'll talk about..

# The Facts about Chronic Inflammation

Chronic. Def: (of a disease) having long duration (opposed to acute ).

**It's a slow, silent disturbance that never shuts off. You can't feel it. You can't be tested for it. Yet it's now a medical hot topic: More and more research shows that chronic inflammation is involved in heavy-hitting illnesses. Integrative medicine specialist Frank Lipman, M.D., calls it "...an underlying cause for many, many diseases."**

Scientists are still decoding exactly how inflammation works, but here's what we know so far:



It all starts with the immune system, the body's first line of defense against any kind of harm. When you're injured or sick, your bone marrow dispatches a veritable SWAT team of white blood cells to root out infection and jump-start healing.

Sometimes, however, the immune system gets a faulty distress signal and deploys an *unnecessary* first-aid squad. These misguided white blood cells still mobilize just like they would if you were actually under the weather, but because there's no infection for them to attack, they end up just hanging around, ...often for a long, long time.

Now here's the big problemo. Your body isn't *made* to accommodate this kind of scattered immune activity. Eventually these 'on the warpath' white blood cells can start damaging your internal organs. They can also needlessly assault other cells the body routinely uses to push off disease, leaving the door cracked open for illnesses such as cancer.

## The big question, then, is what *causes* the body to lose control of its natural inflammation response?

Thankfully, you can do something about preventing and quashing chronic inflammation. I'm going to share the easy diet choices you can make, but first, I'd be remiss if I didn't share the factors supporting chronic inflammation! Don't panic, they are pretty obvious.

I really wanted to know. I spent many hours with Doctor Google and my discoveries are summarized below.

### 1. Carrying excess weight.

When you pack on a few too many pounds, your fat cells begin to er... 'bulge'. They aren't used to bulging, so they send an SOS 'text' to our immune system,

Certain white blood cells respond to the alarm text. They rush to and then inflame the cells that 'texted' for help. If this keeps happening - (after all, why would a cell stop signalling its discomfort if you keep piling on the fat?) - chronic inflammation can make healthy cells

resistant to insulin (the hormone that regulates blood sugar), which in turn can lead to diabetes.

What's more, those excess white blood cells generated in response to the inflammation can start to leak into the bloodstream, aggravating your liver.

## 2. Acidic Diet

High-sugar, high-carb, high-bad-fat foods.

Foods that don't contribute to relieving an excessively acidic body. When you eat a lot of bad fats or foods, what you're essentially doing (besides following an ill-advised diet!) is upping your inflammation risk.

Scientists are still working out why, but so far, they know that foods that quickly dump an excess of sugar into your bloodstream don't actually set off inflammation. No, worse than that.. they actually disable your immune system. They 'take it down' - and out! A Coke, for instance, is reported to disable our immune system for up to six hours!

## 3. Stress

Unexpected frightening situations—being asked to give an impromptu talk at a work meeting, seeing a day's work crash irretrievably on your computer... being rear-ended on the way home.... can prompt sudden bouts of anxiety. These, we now know, are precursors for heightened inflammation.

**"Inflammatory activity usually increases stress,"**

~ George Slavich, Ph.D., University of California.

It's a bit of a chicken and egg argument, because stress causes inflammation causes acidity causes stress causes inflammation. Your brain parts involved in sensing pain are also activated by stress. We're now seeing more studies that show that some people who suffer from long-term anxiety or depression also experience regular spikes in inflammation.

## 4. Breathing bad air, (God help the Chinese!) drinking polluted or acidic water.

Your immune system hates pollution in any form, either in air or in water.

One study even says **women** from areas with polluted air were more likely to develop diabetes. I'm guessing this is probably because air pollution can encourage inflammation and therefore contribute to insulin resistance - and not just for women! But much worse than living near a congested roadway is a cigarette habit. Tobacco smoke is such an assault on the lungs that our immune system rushes in to fix the damage. Then as often as not, it overcompensates. Rather than healing, the white blood cells end up on an offensive - that can eventually lead to lung disease.



Other factors include rich food, acidic water, highly processed foods.. all the usual culprits that we all know are bad for us.

Now let's look at what you can do to counter chronic inflammation, and then I'll list our six most effective anti inflammation foods.

### 1. Eating Omega-3 Fatty acids.

Great for your heart and your nervous system, and now studies show that omega-3s—the “good fats” that are found in some fish like salmon—can also dial down the over eager white blood cells that lead to inflammation. How much is enough? Experts recommend at least two servings of fish every week.

### 2. Vegetables.



Plants - and especially dark leafy greens are by far your best inflammation-fighting weapon short of going for supplements that can concentrate useful nutrients. Greens are chock full of anti-inflammatory elements such as magnesium and antioxidants, as well as carotenoids (the orange and yellow pigments found in carrots, squash, and sweet potatoes) and lycopene (the chemical that gives tomatoes and watermelon their red hues).

Grapes—and yes, red wine—also discourage inflammation, thanks to the much-hyped chemical resveratrol, according to a study published in the *Journal of Clinical Endocrinology and Metabolism*. Scientists aren't quite sure why plants pack such magic, but early research shows that following a Mediterranean-style diet full of lots of veggies, (not too much) fruits, and olive oil may curb inflammation.

### 3. Shake that Tailfeather! Work Out!

Need one more reason to work out? Exercise has **powerful** effects in reducing inflammation. And we aren't talking about crazy amounts of workout.

“We're talking 45 to 50 minutes of moderate exercise,  
most days a week,”

~ Jeffrey Woods, Ph.D., University of Illinois at Urbana-Champaign.

Professor Woods says everyone should be sweating it out, regardless of how much weight you are carrying.

Just because you look lean doesn't mean you're not harboring hidden inflammation. If, however, you are trying to shed some chub, here's extra motivation:

Exercise shrinks fat cells, which automatically fights inflammation by quieting your body's immune system.

## 4. Good Vibes.

Smile! Anxious or depressed people can lower their inflammation risk simply by getting happier.

In a recent Psychosomatic Medicine study, depressed women who just attended therapy sessions experienced a drop in inflammation. I think it's probably because they'd lowered their stress levels. In my experience, lowering stress of any kind - mental or physical - can be a very big key in beating chronic inflammation.

*So how about instead of obsessing over worst-case scenarios ("I'm going to bomb this test" or "I'm going to miss my flight"), keep your immune system cool by taking a deep breath and not treating your negative thoughts as facts.*

As Promised...

## My Seven Most Powerful Anti-Inflammatory Foods

These are foods you know about and maybe even consume now. They're not so unusual.



### 1. Avocado

Try adding avocado to salads, and not only for taste! We've learned that absorption of two key carotenoid antioxidants—lycopene and beta-carotene—increases significantly when fresh avocado (or avocado oil) is added to an otherwise avocado-free salad.

One cup of fresh avocado (150 grams) added to a salad of romaine lettuce, spinach, and carrots increased absorption of carotenoids from this salad between 200-400%.

This research result makes perfect sense to me because carotenoids are fat-soluble and would be provided with the fat they need for absorption from the addition of avocado. Avocado oil added to a salad accomplishes this same result.

Summarizing Avocado beneficial ingredients::

Phytosterols:

beta-sitosterol, stigmasterol, and campesterol

Carotenoid antioxidants:

lutein, neoxanthin, neochrome, chrysanthemaxanthin, beta-cryptoxanthin, zeaxanthin, violaxanthin, beta-carotene and alpha-carotene

Non-carotenoid antioxidants:

including the flavonoids epicatechin and epigallocatechin 3-O-gallate, vitamins C and E, and the minerals manganese, selenium, and zinc

Omega-3 fatty acids:

in the form of alpha-linolenic acid (approximately 160 milligrams per cup of sliced avocado)

Polyhydroxylated fatty alcohols (PSA)s

Each one of these ingredients have been studied and proven to reduce inflammation.

And.. I LOVE Avocado!

## 2. Ginger



Historically, ginger has a long tradition of being very effective in alleviating symptoms of gastrointestinal distress.

In herbal medicine, ginger is regarded as an excellent carminative (a substance which promotes the elimination of intestinal gas) and intestinal spasmolytic (a substance which relaxes and soothes the intestinal tract).

Modern scientific research has revealed that ginger possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds, and direct anti-inflammatory effects.

Ginger contains very potent anti-inflammatory compounds called gingerols. These substances are believed to explain why so many people with osteoarthritis or rheumatoid arthritis experience reductions in their pain levels and improvements in their mobility when they consume ginger regularly.

In two clinical studies involving patients who responded to conventional drugs and those who didn't, physicians found that 75% of arthritis patients and 100% of patients with muscular discomfort experienced relief of pain and/or swelling.

Another study published in the February 2005 issue of the Journal of Alternative and Complementary Medicine sheds further light on the mechanisms of action that underlie ginger's anti-inflammatory effectiveness. In this research, ginger was shown to suppress the pro-inflammatory compounds (cytokines and chemokines) produced by synoviocytes (cells comprising the synovial lining of the joints), chondrocytes (cells comprising joint cartilage) and leukocytes (immune cells).

*Ginger is another one of my fave foods, ever since I worked harvesting it in the red dirt fields of Eumundi, Queensland. Ah! The smell!*

## 3. Turmeric



Turmeric (*Curcuma longa*), the bright yellow of the spice rainbow, is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bloody urine, hemorrhage, toothache, bruises, chest pain, and colic.

Not only is it known for its anti-inflammatory properties, there are tons of studies that involve its effect on Irritable Bowel Disease, Rheumatoid Arthritis, Cystic Fibrosis, Cancer Cell Growth and Metastases, Colon Cancer, Prostate cancer, childhood Leukaemia, improved liver function, cardiovascular protection,



cholesterol, and Alzheimers’.

Our kitchen benches at home take a pounding from our turmeric use because it also stains very easily, and I’m always getting the scrub job after a successful dinner!

You can sometimes buy fresh turmeric from local farmers’ markets. Yum!

One thing I would like to point out here: Turmeric works because it causes the production of molecular hydrogen in the body.

Now, if you’ve followed our research over the past year, you’ll be aware that we are studying the therapeutic effects of molecular hydrogen intensively, and are very, very impressed! What is so exciting is that molecular hydrogen doesn’t have to come from turmeric. It can just as easily - or even more so, (because turmeric isn’t so easily absorbed) - be obtained from our UltraStream water system.



#### 4. Garlic

This list sounds like my list of favourite foods. Does that mean I’ll live to 100? I’m working on it!

Garlic has **excellent** anti-inflammatory properties. It’s been linked to better cardiovascular health, to obesity prevention, and in alleviating and preventing arthritis.

There are two more ingredients in garlic (*vinylidithiin* and *thiacremonone*) that inhibit inflammatory

messenger molecules AND provide an anti-oxidative effect.

Allicin is the most researched compound in garlic. It has been linked to many anti-inflammatory benefits.



#### 5. Beetroot (Beets)

Remember all those legendary Russian 100+ people?

Beetroot, frequently consumed either pickled or in borscht, the traditional Russian soup, may be one reason behind their long and healthy lives. These colorful root vegetables contain powerful nutrient compounds that help protect against heart disease, birth defects and certain cancers, especially colon cancer.

Many of the unique phytonutrients present in beets have been shown to function as anti-inflammatory compounds. In particular, this anti-inflammatory activity has been demonstrated for betanin, isobetainin, and vulgaxanthin.

In addition to their unusual betalain and carotenoid phytonutrients, beets are also an unusually good source of betaine. Betaine is a key body nutrient made from the B-complex vitamin, choline. (Specifically, betaine is simply choline to which three methyl groups have been attached.) In and of itself, choline is a key vitamin for helping regulate inflammation in the cardiovascular system since adequate choline is important for preventing unwanted build-up of homocysteine. (Elevated levels of homocysteine are associated with unwanted

inflammation and risk of cardiovascular problems like atherosclerosis.)

Betaine may be even more important in regulation of our inflammatory status. Its presence in our diet has been associated with lower levels of several inflammatory markers, including C reactive protein, interleukin-6, and tumor necrosis factor alpha. As a group, the anti-inflammatory molecules found in beets may eventually be shown to provide cardiovascular benefits in large-scale human studies, as well as anti-inflammatory benefits for other body systems.

Like turmeric, beets can stain. My father loved them and tells the story of meeting my mother's parents for the first time. He had been invited for dinner as was told to sit down at the dinner table and wait while the family prepared the meal. In the middle of the white lace clothed table was his favourite food; beetroot in syrup. I leave you to guess the rest of the story!



## 6. Asparagus

The fleshy green spears of asparagus are both succulent and tender and have been considered a delicacy since ancient times.

It's not surprising to see asparagus being heralded as an anti-inflammatory food because it provides a truly unique combination of anti-inflammatory nutrients. Among these anti-inflammatory nutrients are asparagus saponins, including asparanin A, sarsasapogenin, protodioscin, and diosgenin.

One of these saponins (sarsasapogenin) has been of special interest in relationship to amyotrophic lateral sclerosis (ALS), also known as "Lou Gehrig's Disease." Even though ALS is classified as a chronic, neurodegenerative disease and is not currently accepted as an autoimmune disorder, excessive, unwanted inflammation may play an important role in the death of certain nerve cells (motor neurons) in ALS.

Other anti-inflammatory nutrients in asparagus include the flavonoids quercetin, rutin, kaempferol and isorhamnetin.

Several studies have compared the overall antioxidant capacity of asparagus to the antioxidant capacity of other vegetables, and the results for asparagus have been impressive.

Asparagus compares favorably with many of the cruciferous vegetables like cabbage and cauliflower, and while it ranks lower than some of the green leafy vegetables like spinach, it is still very high on the list of antioxidant foods.

Want more?

Try Cucumber, Cinnamon, Celery, Cloves and Cauliflower. They are all excellent at fighting inflammation!

Finally, let's run through the foods you need to avoid if you want to remain with low to no inflammation.

# 1. ALL Sugars

The American Journal of Clinical Nutrition reported that processed sugars and other high-glycemic starches increase inflammation, which causes pain, overheating, redness and swelling.

The Average American now consumes 160 lb of sugar a year.

High amounts of sugar in the diet increase advanced glycation end-products, or AGEs, a protein bound to a glucose molecule, resulting in damaged, cross-linked proteins. As the body tries to break these AGEs apart, immune cells secrete inflammatory messengers called cytokines. Depending on where the AGEs occur and your genetic predisposition, they could eventually result in arthritis, cataracts, heart disease, poor memory or wrinkled skin.

Sugar, including fructose most often found in fruit, is the most acid-forming foods we consume. Just stop... and you'll be amazed at how addicted you were.

# 2. Red Meat

I'm a red meat eater so I'm not going to trot out the usual line about red meat consumption being linked to heart disease.

Rather, I'm going to tell you my story.

In 1989 I decided to go vegetarian. Yes, I was into yoga, went to India, sat at the feet of a guru.. *yada yada yada*... I lived with a vegetarian woman - that always helps -- and I was deadly serious. In 2000 I discovered the Alkaline Diet and from there until 2102 I strictly followed the Alkaline Diet as prescribed on the web.

In 2012 I fell off my son's skateboard and broke my leg.

Dexascans revealed that even though I had been following a diet that supposedly protected me from bone loss, I had severe osteoporosis. I was shocked. (to say the least!) Cassie - God bless her socks - took matters into her own hands and researched why this could have happened.

She found some very significant factors I (we) had simply overlooked. The alkaline diet as purveyed on most websites really has **very little** science behind it and is pretty simplistic. It doesn't even agree on what method to use in measuring the alkalinity of a food. It ignores the facts that many so called alkaline foods have alkaline minerals (good) but also loads of acid-producing sugars and carbs! It also ignores the fact that we need a full range of amino acids only available from a balanced meat inclusive diet.

Thirdly, there is a vital missing vitamin in the alkaline and vegetarian diet. it's Vitamin K2, found only in grass-finished beef, dairy and horrid-tasting Japanese **Natto**. What is this virtually unknown Vitamin's function? It permits all that calcium that flowed through my alkaline veins to deposit on my bones, as it should if I a naturally healthy. Without it, I just peed out the calcium! So I've been on what we like to call the Alkaline Paleo Diet, consisting of all the wonderful foods we've talked about here, plus much smaller amounts of red meat than I ever ate prior to my vego era. It proved to be that carbs and sugars are addictive and **rule** your consumption.

I would eat *anything* served up, and if anything was left over I'd always find space for that too. It was only last year that I read Dr Susan E Brown who said that excess meat turns to acid, not all meat. The RIGHT meat (grassfed) in the RIGHT quantity in a balanced non-addictive diet plan.

*We are lucky: we have a local outlet that specialises in organic grassfed meats and we are now a happy and regular customer. And we admit it: we love our food more than ever we did as vegetarians.*



### 3. COFFEE!

Caffeine in coffee increases catecholamines, AKA STRESS hormones. You've already read how stress is one of the big inflamers of our body. It elicits cortisol and increases insulin. Insulin increases inflammation.

Coffe is also acid! Expect digestive discomfort, indigestion, heart burn, GERD and dysbiosis (imbalances in gut flora).

Lots of studies have shown that coffee increases inflammation. One particular study looked at coffee consumption on inflammation marker concentrations were in 3,042 randomly selected men and women. As little as one cup of coffee a day increased in inflammatory markers.



### 4. Dairy

I admit to a mixed feeling about dairy.

When I went to school (many, many years ago!) we were all lined up in the schoolyard at morning break and forced to drink a bottle of sweetened flavoured milk. It was not my favourite morning pastime! But of course, there are those luscious cheeses, the amazing desserts, the whipped cream.. you know it.

But I can say without doubt that every time I have ANY dairy, I am immediately coughing up mucus.

Inflammatory? You bet! Also, now you've read my story about my own diet transformation, you can see why I was tempted to call in at our friend the farmer and get some fresh milk - direct from his huge vats of 'fresh white'.

And yes, my need *was* greater because I knew the grassfed local Jersey cows would top up my Vitamin K2! Common allergens like casein and gluten (proteins found in dairy and wheat) will also trip the inflammatory cycle. And we needn't bother talking about the problems of factory milk vs. farm door milk.

Here's a quite amazing fact. As much as 60% of the world's population cannot digest milk!



## 5. Grains

There's still quite a school of thought that refined grains are worse than unprocessed grains.

Frankly, the fact that most commonly consumed grains are seriously addictive overrules my own concern about whether processed or unprocessed grains have different benefits in ingredients.

I laugh when I see all the *kerfuffle* about the 'new wonder grains' or gluten free breads. Why not just give it up completely instead of trying to substitute? Bread is a TERRIBLE inflammatory food! Why would you eat it?

I know.. I know.. because of the smell of fresh baked bread. Yes, it is hard but if you break the wheat addiction I promise you, you'll be clearer headed, less sluggish, more stable of mind than ever before in your life

**People still think that because refined grains lose fibre and Vitamin B should be a reason to only eat unprocessed grains. NO! Our biggest, most popular grain, wheat, is seriously addictive. Other grains are still high carb and therefore highly acid-forming.**

## 6. Trans-Fats (and excessive omega 6 with little or no Omega 3)

Increasing your Omega 3's has been discussed. I take an Omega 3 supplement as well as eating fish twice a week.

I'm amused at the reasons some vendors give to support their product. At our local market a progressively minded guy sells hemp seed and hemp oil. Many people buy it because of its high Omega 6 content, which only shows me that they haven't read up on maintaining a balance of sixes and threes, and that much of our health problems come from too many 'sixes'. It may be a good oil, but it IS very high in Omega 6 with low to no Omega 3's.

Transfats are serious Frankenfoods. They are used in many snack and processed foods and you'll still find them on many food labels. Transfats lock up the ability of the body to respond to enzymes when the enzymes are messaging to the body to carry out a specific health management task.

The only oils I would recommend are coconut oil, olive oil and perhaps macadamian oil.

## Where to from here...

I had some really good advice from best selling low carb diet author. Jimmy Moore. He said, "Whatever diet you decide upon, do it and do it fully. Most people half do a diet and then decide it didn't work." Sage advice.



IAN IN TOKYO

So.. it seems to me that the disappointment that seems to pervade the diet scene may be a sort of self sabotage based on people actually subconsciously or otherwise not really 'doing the diet'. So it follows that unless you have a reason to strictly follow a diet, you WILL sabotage and you WILL be disappointed and swear that you never heard me say this to you.

So perhaps I can (respectfully) suggest right now that unless you have a real reason to follow my diet advice here, you will probably fail. Sorry, It's just the glaring obvious.

Can you see what I'm saying?  
Do you have a good reason to stay on the diet? Strong enough that you are prepared to have stencilled inside your eyelids tomorrow - THE goal you WILL achieve WHEN (not if) you follow these guidelines?

Now.. having said that, the simple truth is that most of us have bodies that don't like to change. So we have to get a little sneaky. So what do we do when we want to sneak something new into our home life? We introduce it slowly. The same applies to our body. Introduce these foods slowly. Your body will just wonder why it feels so good.

## Here's a few more 'sneaky' diet ideas.

More ways to get our favourite inflammation busters into us easily.

### Anti-Inflammation Green Smoothie



Ingredients:	choice (strawberries, blueberries, cranberries, etc)
3 tablespoons protein powder	
2 inch piece of ginger (peeled if not organic)	½ cup alkaline hydrogen rich water
2 cups of leafy greens (kale, collards, romaine, spinach, chard, etc.)	Blend for 1 min or until smooth
1 cup of celery	Serve immediately or store in airtight container.
1 cup of mixed frozen berries of your	



## Feeling 'Soupy'?

Soups are a great way to devise or modify to add goodies like celery, beetroot, ginger, turmeric, cauliflower or asparagus. They can go into any soup to enhance its richness and flavour.

Why not grab some of everything and throw it in the blender?

## What about a Salad?

I love salads. I have one for lunch every day of the week. It's so easy to supercharge a simple salad into an anti-inflam one. Grate some beetroot or ginger, add a few sticks of asparagus, a cucumber, half an avocado... Now we're talkin'!

...and then for your Salad Dressing...

I've been making an anti inflammation salad dressing for years. It's very simple. Fresh garlic and olive oil, parsley, lemon juice (a super alkalizer) and whizz it all. Leave it long enough for the garlic to really suffuse with flavour. Add ground Himalayan salt or celtic salt to suit your taste. If you like your dressing smooth, add an avocado. Basic recipe: About 2/3 Olive oil, one third Balsamic vinegar or Apple Cider Vinegar, Easy!

Oils aren't just oils.

The King of oils in our opinion is coconut oil. It's medium chain triglycerides feed the heart, and change our basic metabolism to a state of ketosis - our original natural state rather than our new glucose and sugar based metabolism. It has had a PROFOUND effect upon my life! (Video here)

To Juice... or not to juice.



Juicing has been popular ever since flower power. Before that it was the domain of what we thought were slightly strange people AKA vegetarians. I have to admit to something here. We supply the world's finest juicer, the stainless steel Angel. It would juice YOU if you got your finger caught! And I love juice, especially greens. But...

I have seen a trend towards juices as meal replacements. An ad on cable TV almost promises that you will walk on water if you buy their juicer and follow their regimen. How strange, then, when I learned what happened to one friend who did just that; bought their juicer and followed their regimen! Suddenly he had terrible gout symptoms. He rang his brother whom he had gifted the same juicer to, and lo and behold.. same problem!

So what happened? A mutual friend is a doctor. he explained that he was getting so much

juice that certain ingredients got too much for his system. He over-juiced himself. If you want to learn more about this, Google 'FODMAP diet.'

So... keep your mind open. The foods I've talked about are 'ubiquitous' foods. (**Love that word!**) They fit in almost anywhere. They are flexible and it's only the amount you use that determines palatability. Look at what you're eating now and blend, blend, blend.

That's 'sneaky' eating and it's healthy eating!  
You are *coaxing* your body into health rather than forcing it.

## WHERE TO FROM HERE?

If this information resonates, let's resonate some more!

Cassie and I have been very seriously involved in the Alkaline movement for over FIFTEEN (OMG!) years. We've gone from high point to high point in understanding more and more about this fascinating subject and we (*without blowing our own trumpets over much*) reckon we are right at the forefront of alkaline knowledge.

We'd love to share our latest phase of learning and can give you a small preview with some pretty mind blowing new science. Here's a sample.

- Why the Alkaline Diet you've read about is dang near impossible.
- A So So Simple Alkaline 'Cheat' that gets around having to eat a mountain of greens.  
Why the whole alkaline water theory is just plain WRONG
- The 'secret ingredient' that turns ordinary water into a VERY powerful anti inflammatory.
- Great recipes from Cassie, direct from our Byron bay home kitchen.  
Getting alkaline water for cents rather than thousands of dollars  
Integrating good acid foods with your alkaline diet.

All you need do is link up with us here. Thank you for spending time with us! And greetings from Byron Bay!



































