

# The Definitive Acid & Alkaline Food Chart

427 foods classified PLUS the full guide to  
getting alkaline & living an energized life...  
the easy way

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Live Energized



## Disclaimer

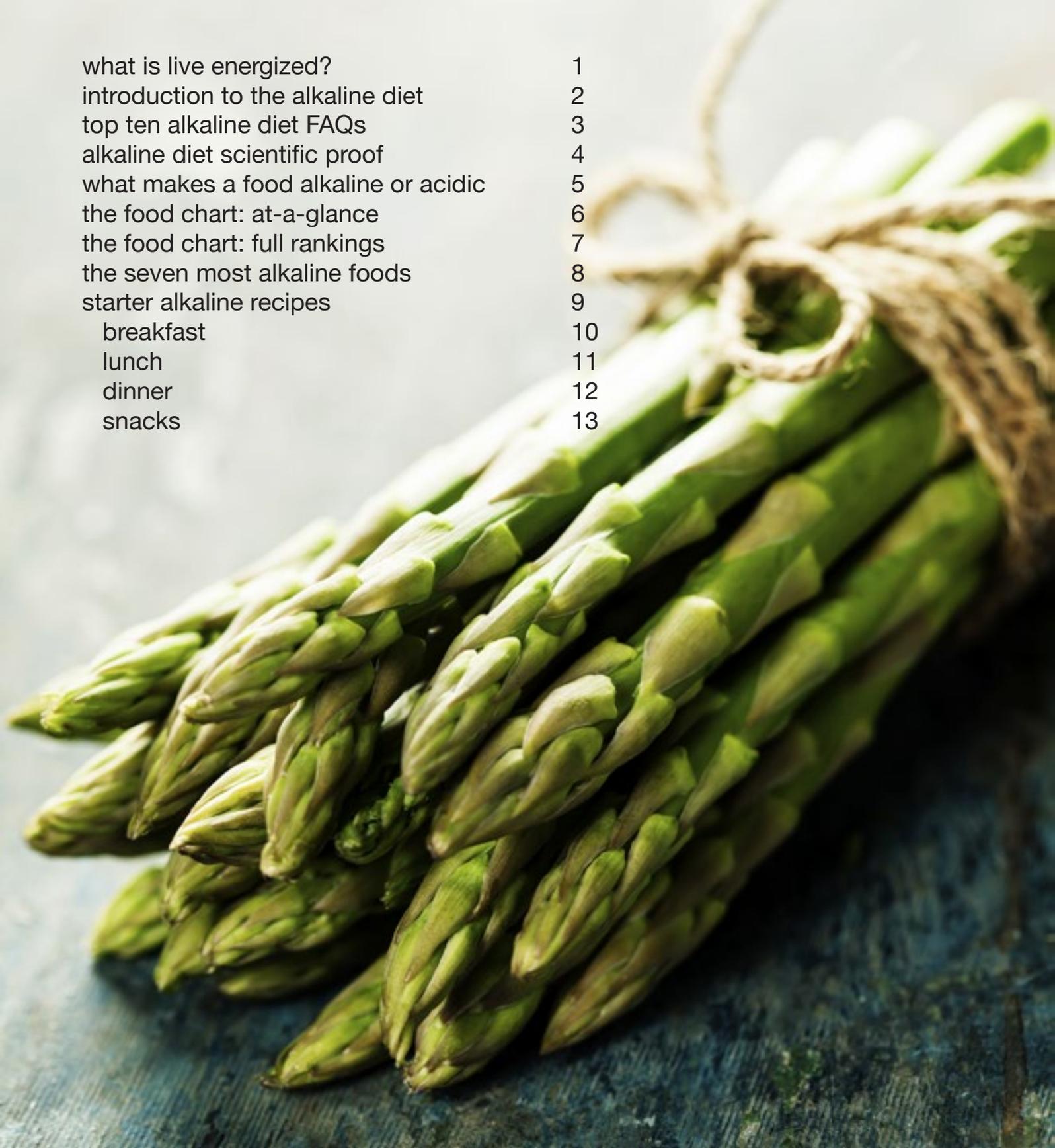
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# What is Live Energized & Who is Ross?

*energy = health = happiness*

This is my belief. I believe that when you live with energy, when you have that energy within you unlocked every area of your life improves.

You have the energy to wake up early and have a healthy breakfast with your kids...

Your relationships improve, your mood improves...

You perform better, more calmly and with more clarity in your work...

Your finances improve...

You have time to cook well, eat well, exercise well and live well...

You have time...

I believe that when people live in a way that unlocks the energy (that we all have within us) life moves to a whole new level.

And it is my passion to help as many people as possible to live energized.

That energizes me!

I have been coaching, teaching, researching and helping people to get alkaline and live an abundantly healthy life to get that energy for over a decade and I hope you love the way I teach.

I believe life is about energy, but I also believe life is about joy, fun, enjoyment and pleasures.



And as you read through the foods in this food chart I hope you come with me on this journey knowing that you don't have to suddenly give everything up...

You don't have to try to eat perfectly from day one...

You don't have to give up all of your favourite foods and YES you can still have a fun and pleasurable relationship with food (and drink).

Getting abundant health and abundant energy is all about balance, taking things a step at a time and making the right choices with your diet and lifestyle more often than not.

It doesn't mean never having a cheat meal, or a cheat day.

It means being real, human, social, fun AND at the same time loving your body so wanting to do the right thing when it matters.

I also believe that every one of us, on our journey to abundant health should first focus on getting the good stuff in, before we start worrying about cutting the bad stuff out.

Just this one little shift will make a huge difference for you. It removes the stress and anxiety, and it stops you from judging yourself harshly.

Focus on getting the good in, and for the most part, the bad will look after itself.

I just love that.

So in under a few hundred words, this is what I believe in and my philosophy to health.

Approach this guide with that in mind. Don't fall into the trap of looking at the acid foods and the alkaline foods and thinking "aarrrggghhh what am I going to eat!?"

Look just at the alkaline foods and think - "How can I incorporate some more of these foods into my favourite meals and daily life...?"

If you approach it this way the anxiety will disappear and it will seem a lot more manageable.

I have also included 12 delicious alkaline meals for you in the back of the book - if you ate one of these once a day you'll notice the difference right away...

That's not that hard right?

And if you do slip up?

Don't worry about it. Don't stress.

Just look at it, think through why you slipped up, what caused it, how you were feeling. Recognise what happened...

And then just move on.

Life's too short.

So I truly hope you love this guide, and I hope this guide helps you to unlock YOUR energy, the energy that's inside you right now just waiting to come out.

Enjoy and let's get energized!

Ross Bridgeford

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## What is the Alkaline Diet

### Why Eat Alkaline & What is the Alkaline Diet?

The alkaline diet is focused upon giving your body all of the tools it needs to thrive: the nutrients and nourishment it needs to give you the health, energy and vitality of your dreams.

And nature has shown us that these foods, the most nourishing foods, are alkaline.

Vegetables, leaves, nuts, seeds, healthy oils & fats, oily fish...foods like spinach, avocado, cucumber, kale, almonds, salmon, watercress, carrots, celery, lemons, limes, coconut, beets, pumpkin, beans and so on - these are all alkaline forming foods.

They all contain high levels of vitamins, minerals, omega oils, phytonutrients, antioxidants and fibre.

And nature has shown us that the foods that rob the body of energy, cause stress to the digestive system, clog us, destroy our energy and age us are the acid-forming foods...foods like sugar, trans fats, refined foods, fast foods, junk foods, chips, soda, pizza, wheat...you can probably guess where I'm going here.

It makes perfect sense, and is working with nature perfectly. The foods that you probably already know are good for you are all alkaline-forming. Why? Because they're mineral-rich, vitamin-rich, antioxidant-rich, have a high water content (generally), and are natural. These are the biggest determinant of an alkaline food (more on this in a moment).

The reality is, the alkaline diet is a very, very simple and straightforward approach to health, but is backed by extensive science (see page 16 for just a handful of these studies).

### The Scientific Explanation of the Alkaline Diet

Our body is designed to be alkaline.

The pH of most of our important cellular and other fluids such as our blood is designed to be at a pH of 7.365, which is slightly alkaline.

In just the same way that our body will do whatever it takes to regulate our temperature to stay within a very tight range, it does the same for the pH of our fluids. And while our body does create acids naturally through our bodily functions, we have a small alkaline buffering system that naturally keeps us alkaline.

Your body HAS to keep the pH of your blood, cells and other fluids at just slightly alkaline (pH 7.365) and it will do ANYTHING it has to in order to maintain this pH balance.

To do this, your body calls upon its store of alkaline buffers, which it draws upon to neutralize the acids we ingest or create through bodily processes. This store of buffers is very easily depleted because most of us eat and drink such strong acids.

To put this in context, the pH scale is logarithmic – so pH 6 is 10x more acidic than pH 7, meaning pH 5 is 100x times more acidic than pH 7 and pH 4 is 1000x more acidic. Cola has a pH of between 2 and 3. So you can see how a diet filled with meats, dairy, fizzy drinks, alcohol etc would quickly deplete these buffers.

*And when we deplete these buffers and still ingest more acids...what happens?*

The body is forced into drawing upon the alkaline minerals it has to buffer which causes havoc in the body – for instance, if the body is constantly drawing calcium to neutralise the acids we consume then the symptoms of osteoporosis emerge (hence the numerous research articles linking cola consumption with osteoporosis)

However, as we have evolved and our diets and lifestyles have changed over the last century or so we have dramatically increased the amount of acidity in our lives.

Diet, stress, emotions and no exercise contribute, in their own ways to the increased acidity in our body.

Focusing on the alkaline diet for the time being, it will be no surprise to you to learn that the most acidic foods are: sugar, trans-fats, yeasts, dairy, simple carbs, alcohol, refined foods etc. These acids manifest in our diets as colas & fizzy drinks, pizza, chips, cakes, biscuits, microwave meals, crisps, breads, caffeine, cheese, fatty meats, ice cream, smoking, beers, wines, condiments, milky drinks, cream etc.

All the foods you already know are not good for you.

As we've already mentioned, I'm sure you can guess that the foods that are alkaline to the body are therefore...wait for it... fresh vegetables, salads, leafy greens, omega oils, nuts, seeds, pulses, whole grains.

These are fresh foods, raw foods, whole foods, foods with a high-water content and nutritional value.

It makes this diet pretty easy to understand and pretty easy to follow. I think most people, if given a list of foods could put them into the acid or alkaline group 8 times out of 10.

**This just makes sense, right?**

Eating the foods you KNOW are good for you and staying away from the foods you KNOW are bad for you...it all makes sense!

Throw in some exercise, lots of hydration, avoiding stress and getting good sleep, and I think you'd have a lifestyle that even the most skeptical of your friends, family members or physician can get on board with.

And that brings us on to....the great alkaline diet myths...

## THE ALKALINE DIET MYTHS

### But why eat alkaline? You can't change your pH and the stomach is full of acid... right?

These are two good questions, and two common misconceptions.

#### MYTH #1: You Can't Change Your pH?

This is actually a truth. You can't change your pH. And that is the whole point of the alkaline diet! Confused? Let me explain...

The body has a very important regulatory mechanism to maintain the pH of the blood (and other cells) at a pH of 7.365. If anything threatens to move that, the body will go to extreme lengths to keep it at 7.365. If it went to 7.2? You'd die. It's the same type of system that maintains your body's temperature in a very tight range.

We have evolved with a very small 'alkaline buffering system' in the body, as the body has to maintain this slightly alkaline pH. Our normal bodily functions (such as our metabolism) cause a small amount of acidity in the body, and that is what this buffering system is there to neutralize.

However, with our hugely acidic modern, Western, "Standard American Diet" (which is also closely followed in the UK, Europe, Australia and so on...) containing heaps of sugar, wheat, excessive dairy and red meats, trans fats and refined, junk foods, the body is over-run with acidity.

This alkaline buffering system is exhausted before breakfast has even finished!

And so the body has to maintain this alkaline pH in a much more devastating manner. Put it this way, the body will sacrifice all else to maintain this pH, such is its importance. It will sacrifice your medium and long-term health to keep this short term goal of homeostasis (the perfect balance in the body).

The incredible stress it puts your body under to try to neutralise these acids is huge. It will overproduce sodium bicarbonate to try to neutralise the acidity from the food and the excessive hydrochloric acid the stomach has to produce to digest these foods (reflux anyone?) It will draw alkaline minerals from elsewhere in the body (such as calcium from your bones, and magnesium from your vital organs) leading to all manner of inflammatory conditions. Any acidic toxins it cannot expel will be bound up in visceral fat to protect your organs from the acids and the toxic byproducts they produce (and this visceral fat is just the start of a whole lot more inflammation, as well as the love handles).

And this is just the start.

These are just a few of the results of your body rigidly maintaining that pH at 7.365.

So it's true - you can't change your pH.

As a race, we've seemingly been TRYING to for decades, but it's stayed there, despite every modern, refined, junk food we can throw at it.

You can't change your pH.

**The goal of the alkaline diet is to give the body everything it needs to *keep it there!***

We're giving the body all of the nourishment we can to help support the body, to maintain this pH, to keep the homeostasis.

**Because when the body is in balance - it THRIVES.**

MYTH #2: Why Eat Alkaline When the Stomach is Acid?

This one is much easier. The stomach is not a big pit of acid, swishing around 24/7. It is an incredibly clever organ of digestion, which produces hydrochloric acid on-demand to digest the foods you eat and prepare them for nutrient extraction in the large intestine. There are two things going on here. Firstly, the stomach acid does not burn, melt and destroy all foods to nothing like you'd imagine an acid doing that in a science class. It simply prepares them for the next stage of digestion, where the nutrients (i.e. the alkaline minerals, antioxidants, vitamins etc) can be extracted and dispersed around the body.

Secondly, tell me which produces more acid in your stomach (reflux sufferers would be able to answer this one especially quickly): red wine and sugar or spinach and cucumbers?

To digest acidic foods, especially the heavy ones and yeast/wheat laden ones, the stomach has to produce a LOT more hydrochloric acid than to digest cucumber, celery, spinach, kale, watercress, lettuce, carrots and so on.

And the constant over-production of hydrochloric acid, which then has to be neutralised to base before it causes issues is hugely stressful to the body. And when there is too much to neutralise? It has a huge knock-on effect to the body, with the very first symptom being acid travelling back up the esophagus with heartburn and reflux being felt (and it rapidly gets way worse than this).

And finally, to squash this myth once and for all: if the stomach is acid so it doesn't matter what the pH is because the stomach will dissolve it all in acidity, then we may as well go on stuffing ourselves full of cakes, ice-cream, chocolate, pizza, chips, fast foods and so on. Because the stomach is just full of acid anyway, why does it matter whether it's an acidic or alkaline food, right?

You get the point!



# Alkaline Diet FAQ

I've been running [liveenergized.com](http://liveenergized.com) (formerly [energiseforlife.com](http://energiseforlife.com)) and living alkaline for over eleven years now, and I've learned a LOT about how to get alkaline & stay alkaline.

I know it can be confusing!

So this section is here to answer your questions right away – to remove the confusion and conflicting information as quickly as possible, so you can get on with getting alkaline and thriving (without the stress or worry)!

**Here are your Top 10 Alkaline Diet Questions...Answered!**

## QUESTION 1: Everyone “KNOWS” lemons are acidic. Why do you recommend them?

This is a quite common question, so I'm getting quite good at answering it in a nice and simple way!

It is basically about what **effect** the food has on the body once consumed rather than its acidity or alkalinity in its natural state. Lemons, while containing citric acid have a very high content of the strongly alkaline minerals potassium, magnesium and sodium.

These minerals have a very alkalising effect on the body.

The reason this doesn't work with oranges or other sweet citrus is because the sugar content of the orange is so high that cancels out the alkalising minerals and leads it to have a very acidifying effect on the body. That is the same for almost all other fruits (unfortunately).

Which brings us onto...

## QUESTION 2: Can I eat fruit?

Unfortunately, the answer to this one is, basically that you have to keep it in moderation! Most people are inclined to really overdose on the fruit when they 'go healthy', but this can be counter-productive.

Fruits should be treated as a treat, or 'emergency food'. Better than a chocolate bar, yes, but the sugar content of fruit makes it actually quite acidifying.

My alkaline diet guidelines are:

—> eat just 1-2 (preferably one) piece of fruit per day, making sure it is 'in season' and preferably berries and melons, rather than the higher sugar fruits such as apples, bananas, oranges, pineapples etc.

You really need to minimise sugar, whether it is fructose, sucrose, glucose (anything ending in -ose).

They all have the same effect on the body – sugar is sugar is sugar, no matter where you get it from and fruit is absolutely packed with it.

While I understand that fruit also contains fibre, vitamins, etc. the sheer amount of sugar that fruit contains means that this not a worthwhile trade off to see this as a food you can eat with wild abandon.

The Problem with Sugar (and a quick crash course on why an acidic lifestyle is so bad).

In the same way that our body will do whatever it has to in order to maintain a temperature of 37 degrees, it will go to similar lengths to maintain a pH level of 7.365 for our internal cells, particularly the blood.

The modern Western diet of meats, dairy, fizzy drinks, chips, chocolate, candy, alcohol, coffee, pizza, pasta, bread etc has a massively acidic effect on the body. Such an acidic lifestyle puts incredible stress and strain on the body as it has to constantly fire-fight to keep this pH level of 7.365.

This not only takes up a MASSIVE amount of our energy (remember how you feel after Christmas dinner or a huge takeaway meal?) but it also uses up the alkaline minerals (buffers) in our body including calcium, potassium, magnesium and sodium. This in turn leads to so many health issues it is unreal.

These acid-forming foods and drinks also lead to the creation of yeasts, bacteria and mold in our blood. In addition, the acids that are created and consumed in our

modern lifestyle also ferment the blood and create harmful by-products, toxins and alcohols, which then further destroy our internal environment.

With more acid, more toxins are created, the pH is lowered, the bacteria and yeast grows, becomes mold, and a vicious cycle begins.

And what's more – these harmful bacteria, yeast and mold actually feed off the nutrients you consume! But that is not all! The waste products they leave behind also act as their food, meaning that rapid multiplication takes place!

So when we consume sugar it sends our body into turmoil. Consuming sugar is like throwing petrol onto a fire. It rapidly fuels this cycle, compounding the problem and placing an insane amount of stress on the body.

I've written about this before and a number of questions and concerns often arise, but the question that comes up most frequently is this:

**But sugar from fruit is different isn't it? Fructose is ok, right?**

Nope. Sugar is sugar is sugar. It doesn't matter where it comes from, it still wreaks havoc with the acid/alkaline balance of the body.

Whether it is from fructose, sucrose, an apple, honey or a piece of chocolate cake, the sugar still has the same devastating effect.

**How quickly or slowly the body metabolises different sugars may have an effect on your energy levels (in terms of how quickly the peaks and troughs will follow one another) but makes no difference to the fact that the sugar ferments and fuels these harmful microforms in exactly the same way.**

So please see fruit as something you have as a daily (or less) treat, a healthier-than-most snack rather than a staple you would have all day long.

### **And regarding fruit JUICE...**

Just don't juice fruit. Even a little bit.

First and foremost, it is DEFINITELY not a good idea to include lots of fruits in your juice (such as when people make a 'green' drink that has 1/2 a pineapple, 2 bananas, and apple and one stick of kale - nice try).

This amount of concentrated fructose is very damaging to your health, spikes your insulin levels, stresses the pancreas, induces inflammation and an overstimulated inflammatory response...this then leads to weight gain, digestive issues and more inflammation...need I go on?

## **QUESTION 3: Why are the lists of alkaline/acid foods different?**

I know it is quite confusing to see such differences in the charts. This amount of conflicting information is the main reason I set up [energiseforlife.com](http://energiseforlife.com) and I believe our chart (based on the research of the Alkaline Diet pioneer, Robert Young) is the most accurate.

The second problem is when you consume fructose without fibre, the brain does not register that calories have been consumed and you will still remain hungry.

So, no fruit juice!

### **Is any fruit OK?**

Yes! There are a handful of low-sugar fruits that are great for you!

Tomato, avocado, lemon, lime and grapefruit are all alkalisating and full of goodness.

So stick to the following rules:

- 1) fruit should be eaten in moderation (1 piece per day)
- 2) it should be in-season
- 3) it should not be juiced
- 4) lemons, limes, avocado, tomato are alkaline-forming and can be eaten as much as you like
- 5) aim for lower sugar fruits such as berries and melons
- 6) avoid high sugar fruits such as pineapple and banana
- 7) never have dried fruits, they are concentrated sugar hits!

The reason that other charts show such disparity is because they base their classifications on the readings for the Potential Renal Acid Load research (PRAL). This is not an accurate source for this purpose. The reason for this is, to test for PRAL they basically burn the food at an extreme temperature and then take a read of the 'ash' that is left behind and what its pH is.

While this does give a read of its alkalinity from the mineral content of the food, this is only half the picture. By burning it at such a high temperature they also burn away all of the most acid-causing content of the food, namely sugar. That is why on some charts high sugar fruits are listed as alkaline. Bananas for instance are high in the alkaline mineral potassium, BUT they are also 25% sugar which makes them extremely acidifying when we consume them.

Dr Young has also tested the blood (through live blood analysis) of over 40,000 people and has seen first hand the effect different foods have on the body. So his classification of acid/alkaline foods is really the most accurate and the most relevant to the effect foods have on our pH levels.

For more detail on this, see page x.

## QUESTION 4: How Long Will it Take to Get Alkaline

This is a question I am asked more than most, as you can imagine. And the answer is, it depends.

As frustrating as that is to read, it really does come down to a million, personal variables. Not only is every body different, but everyone's diet prior to going alkaline would be different too. Plus, is the goal to get a pH reading at a certain level or is it the way you feel and look?

It's great to strive to get that pH reading of 7.365 on a daily basis, but much more important than this is how you feel, the energy you have and the confidence you feel about your body and your health.

To that end, simply getting going, feeling improvements and getting noticeable benefits is the first milestone to reach - and that can happen within 24-48 hours.

If you've been living a pretty acidic diet, with little or no hydration then by simply getting hydrated, having a green juice and adding in healthy fats - you will see and feel a huge impact within a day or two.

For a lot of people, just getting properly hydrated has a big impact within a day.

It all depends on your goals, your background and your own body's response - but you will see measurable results within a week, at worst

## QUESTION 5: Which supplements do you recommend?

This really is down to your own personal nutritional requirement, and I would always recommend speaking to a qualified nutritionist making any big dietary or lifestyle

changes - but in my personal opinion and from the feedback from my customers I recommend the following supplements as a solid cornerstone to any nutritional regime:

## 1. Green Drink:

Highly alkalising, highly nutrient dense and unbelievably good for you, green drinks are a must have for me. I can almost guarantee that if you start having four green drinks per day then you will almost instantly start seeing the benefits. A rich source of chlorophyll, vitamins, minerals, antioxidants and other nutrients – the greens infuse your body with highly alkaline ingredient to cleanse, neutralise acids and give your body a huge energy boost.

## 2. Healthy Fats:

For optimal health, energy and wellness I strongly urge you to give some focus to the omega 3 and coconut oil that you consume.

**Omega 3:** The important omega 3's are ALA, EPA and DHA. The human body cannot make omega 3 on its own so it is essential that we supplement our diets. Omega 3 is also the fat that we are most deficient in. Experts suggest that we need between 20-40ml of omega 3 per day to function optimally. To get this through diet alone is difficult, even if we eat oily fish and nuts every single day. Go for a mix of sources including flax, fish and krill and look to get plenty in your diet as well as through the supplement.

**Coconut Oil:** MCT are hard to come by, and almost all other oils we consume are long chain. We specify coconut oil because it is almost always organic, is incredibly resistant to heat, light and air (unlike all other oils) so it can be cooked with and still healthy, and it tastes great!

It's no coincidence that the rise in brain and cognitive conditions, heart and cardiovascular conditions, cancers and other degenerative, chronic conditions have risen in line with our obsession with cutting ALL fat out of our diets (the low-fat/no-fat food industry is worth \$billions). Especially when you consider that 90% of the foods that are advertised as 'low fat' are incredibly high in sugar. Just check out the back of the packet of any 'low fat' yoghurt. You'll be stunned.

Aim to get healthy fats into your supplement regime as soon as possible. You don't have to spend the earth.

## 3. Alkaline Minerals / Salts:

Alkaline minerals are simply essential to maintaining proper health, having abundant energy and creating the balance in your body that you need to thrive.

The most alkaline minerals: potassium, magnesium, sodium and calcium are quite easy to find in any multi mineral, but I do recommend a particular supplement called pHour Salts from pH Miracle.

It is a blend of those four alkaline minerals in the bicarbonate form, which makes them incredibly bioavailable to the body and form a powerful way to buffer dietary acids (i.e. the ones you consume).

If you can't get pHour Salts, look for a good range multi mineral that is preferably split into two capsules per serve so you can take one in the A.M. and one in the P.M.

## 4. Antioxidants

I strongly recommend adding a good antioxidant supplement to your daily regime. I don't want you to get too bogged down with resveratrol vs pine bark vs green tea extract and so on, just aim to get a good, solid, supplement that contains a nice range of ingredients.

Oxidation kills cells, causes free radical formation, suppresses the immune system, causes inflammation and ages your body from the inside out.

It's important that alongside giving your body the alkaline nourishment it needs to repair and thrive, you also give it the support of antioxidants to fight this oxidation.

**If you supplement with these four nutrients, maintain a good balance of alkaline to acid-forming foods, stay hydrated and stay as free from stress as possible, you're going to see BIG results!**

## QUESTION 6: Where do I get protein from?

That is a very, very valid question – but I think it is in the wrong context...but I'll get onto that. The first question you need to ask yourself is 'How Much Protein Do I Need?'. Difficult question. Dr Young states that the average person needs no more than 20g per day, but this obviously changes if you work out or lead a very active life. I personally aim for around 50g, but certainly nowhere near the heights of some trainers who propose you should have at least 1-2g's per kg of body weight.

I suggest you find your own level that you are happy with, within this range (of 20-100g) and then consider where you will get your protein from. When most people ask this about the alkaline diet it is more out of fear that they are not going to get enough – but the more pertinent question is – what is your source of protein i.e. make sure it is a good source!

On an alkaline diet, without any further supplementation I consume at least 30g of protein a day, which is more than enough for the body to function, grow and develop. This level often tops 60g with the introduction of tofu, soy milk etc.

I also supplement with an organic sprouted brown rice protein at the moment because I'm hitting the gym pretty hard, but this isn't essential.

Food Sources of Protein on the Alkaline Diet – but to answer your original question, when you're living alkaline you get more than enough protein from:

- tofu & soy (if you're not opposed to these)
  - nuts
  - nut milks
  - seeds
  - pulses
  - green leafy vegetables
- These provide plenty.

In fact, in my Alkaline Diet Recipe Book Volume 2 (available at <http://www.alkalinedietmadeeasy.com>) I give a sample menu to show this exact point, you'd get 228% of your protein RDI (138g):

Breakfast: Energizing Muesli Mix  
 Snack: Energise Green Smoothie  
 Lunch: Summer Mexican Salad  
 Snack: Handful Almonds  
 Dinner: Lentil Ratatouille

There is no worry about protein on the alkaline diet.

## QUESTION 7: Will I lose weight (OR can I gain weight?)

The body is alkaline by design and one of the most common symptoms of being over-acid is weight gain.

When you're over acid your body both hang onto fat to protect your major organs, and is also unable to process the excess fat from the acids you consume. When you start to alkalise you quickly shred through this fat. Bulges and cellulite disappear pretty darn quick.

There is some complex science behind this, but if you consider that on a daily basis you are going to be consuming loads of fresh, raw salads, vegetables, nuts, seeds, healthy fats etc. and be totally hydrated, while at the same time consuming zero sugar, trans-fats, chocolate,

crisps, sweets, alcohol etc. it is pretty clear to see that you're not going to have to worry about weight for too much longer.

### **The same goes for being under-weight.**

Being under-weight is an acid problem too.

Your clogged, over acidic digestive system is preventing your body from being able to absorb the nutrients you do consume, and so you're left skinny and weak. Once you start to alkalise you will find yourself filling out in all the right places and gaining muscle mass.

Brilliant.

## QUESTION 8: How do I test my pH – why are my readings erratic?

Testing your pH is a great way of tracking your progress. But it has to be done right.

Here is how:

It is good practice to either test 1 hour before or 2 hours after eating.

If testing your saliva, it is a good idea to try to fill your mouth with saliva and then swallow. This helps remove any acidic bacteria that might be lurking. Do not try to wash your mouth out with anything else as this will simply record the alkalinity of the water/liquid you have just used.

For testing urine, let some urine flow before testing as this will give more of an average reading. It is also a good idea to test 2-3 times in a day in order to get an average, as first thing in the morning the body has retained fluids over a long period of time and it will engage in different processes to remove acid wastes from the body throughout the day (depending on activity and diet).

### Why the Differences and Fluctuations?

The reason that there is such a difference between your urine and saliva readings is that a) your mouth is more likely to contain acidic bacteria throughout the day (if you brush your teeth it will show a very high alkaline reading due to the toothpaste so there is not much of a way around this) and b) because your urine is more of a reflection of the processes the body is undertaking to remove acid from the body.

Both of these are therefore subject to fluctuations. I would recommend taking the average of several readings to gain a bigger picture of your progress rather than concentrating on each reading in isolation.

A reading of anywhere between 6.75-7.0+ is excellent for saliva as the saliva tends to be slightly more acidic. For the urine, a slightly higher pH level of 7.5 upwards is great, but remember that due to the kidneys processing of toxins throughout the day, the urine can give a more erratic reading.

To put all of this into perspective, someone who eats a typical Western diet would be more likely to have a saliva pH average of about 5.5-6.0. This may not seem too much lower, however it is important to remember that the pH scale is logarithmic – meaning each step is ten times the previous i.e. 4.5 is 10 times more acidic than 5.5 which is 100 times more acidic than 6.5 and so on.

### Remember:

Testing the pH of your saliva or urine is only going to give you a general trend. Unfortunately, there is no way of determining the EXACT pH of the blood without undergoing a live blood analysis. However, they can give a good indication – so test, test, test and take the average and then follow this trend over time noticing the difference any changes in your diet can make.

## QUESTION 9: Can I become too alkaline?

Basically, yes, you can become over-alkaline, of course. This is very, very difficult to achieve! Your body is constantly creating acids in its daily workings, which is why we need to focus on eating 80/20 alkaline foods to help to neutralise these acids. We obviously make things worse by eating and drinking acidic forming substances too.

But if we did manage to eat SO alkaline that your cells and body fluids went above 7.365 then your body would simply buffer this to regulate you back down to the correct pH.

The effect on your body would be similar to that if you were too acid. And given that 99% of us are too acid 99% of the time (yet we are still walking and functioning as humans!) then I don't think it would have too much of an effect on us. You'd probably feel pretty similar to how you do right now.

Plus it would be pretty short lived as, like I mentioned, the body does create acids all of the time, so you'd soon be neutralised!

## QUESTION 10: Can I Still Eat Meat & Be Alkaline?

This is a very important question for some, and the good news is that no you don't have to give up meat completely if you want to be alkaline.

This is where the alkaline diet and paleo diet meet!

In fact, the alkaline diet and paleo are practically identical except for the inclusion of lots of meat on the paleo approach.

(I actually jokingly refer to the Paleo Diet as Alkaline + A Little Meat)

So if you want to be both alkaline AND paleo, just follow this simple rule for your meat consumption:

Make meat the side show instead of the star of the show. Rather than quantity, go for quality. Spend the same amount of money on your serve of meat but buy the highest quality you can. The portion will be smaller, but more enjoyable for you and more nutrient-rich (higher quality).

Eat meat sparingly, maybe cut down to 2-3 times per week, and go for quality over quantity.

Remember, my approach to the alkaline diet is all about making it easy, enjoyable and stress free. It is about making it something you can do with your eyes closed, on auto-pilot if you will.

And if the thought of giving up any particular thing is scary for you - don't give it up! Start slow, keep it in there as a treat and just slowly transition away from it, a bit more each week, until you feel it's totally in your 'treat' bucket, and under control.

— **Don't try to be perfect from day one!**

# Alkaline Diet Scientific Research & Literature



# Alkaline Diet Scientific Proof

As I've already discussed, the alkaline diet is an approach to health that simply makes sense.

It's just make sense to give your body the tools it needs to thrive, and these are all alkaline. The things that rob the body of health are all acidic.

It's all about eating natural, whole, unrefined foods.

BUT, in case you DO need some of the scientific proof, here is just a selection of the studies I have published on my site, from top-ranked medical and scientific journals around the world:

## Alkalinity Reduces Arthritis Pain Open Nutrition Journal, 2008

Alkaline foods and supplementation of alkaline minerals can help with improved function and decreased pain in arthritis sufferers

**Article Title:** Alkaline Mineral Supplementation Decreases Pain in Rheumatoid Arthritis Patients: A Pilot Study

**Article Published:** The Open Nutrition Journal, 2008, 2, 100-105

**Authors:** Regina Maria Cseuz, Istvan Barna, Tamas Bender and Jürgen Vormann

### Takeaway Quote:

“The aim of this study was to investigate the efficacy of an alkaline mineral supplement as a means of suppressing disease activity in rheumatoid arthritis (RA) patients...”

This study suggests that an alkaline supplement may improve function and pain in rheumatoid arthritis and may represent an easy and safe addition to the usual treatment of RA patients.”

## Alkaline Diet Supports Kidney Health

### Current Opinion in Nephrology & Hypertension, 2013

Chronic acidosis is common among those with kidney disease and studies show that alkaline supplementation and diet can slow the progression of the disease.

**Article Title:** Does correction of metabolic acidosis slow chronic kidney disease progression?

**Article Published:** Current Opinion in Nephrology & Hypertension: March 2013 – Volume 22 – Issue 2 – p 193–197

**Authors:** Goraya, N; Wesson, D.

“Recent studies support that dietary acid reduction with oral sodium based alkali or base-inducing food types add kidney protection to that provided by current kidney-protective interventions.

Recent studies suggest that metabolic acidosis mediates nephropathy progression, and its treatment with the comparatively inexpensive and well tolerated intervention of dietary acid reduction holds promise to be an additional kidney-protective strategy in CKD management.

## Alkaline Diet Reduces Chronic Acidosis

**Clinical Journal of the American Society of Nephrology, 2012**

Acidosis is Prevalent in those with kidney problems, and an alkaline diet can help improve this by reducing the acidosis.

**Article Title:** Dietary Acid Load and Metabolic Acidosis in Renal Transplant Recipients

**Article Published:** Clinical Journal of the American Society of Nephrology November 07, 2012 vol. 7 no. 11 1811-1818

**Authors:** Else van den Berg

### Takeaway Quote:

“Acidosis is prevalent among renal transplant recipients (RTRs) and adversely affects cardiometabolic processes. In addition to conventional factors contributing to acidosis, diet might influence acid-base homeostasis in RTRs. Higher intake of fruits and vegetables and lower animal protein intake is associated with less acidosis in RTRs (renal transplant recipients).

## An Acidic Diet Leads to Increased Risk of Obesity, Cardiovascular Disease, Diabetes, Hypertension and Chronic Kidney Failure:

**Clinical Nutrition Journal, 2011**

Modern diet is devoid of alkalinity and the compounding effect of chronic acidosis leads to a host of problems in the body

**Article Title:** Diet-induced metabolic acidosis

**Article Published:** Clinical Nutrition, Volume 30, Issue 4, August 2011, Pages 416–421

**Authors:** María M. Adeva, Gema Souto

### Takeaway Quote:

“The modern Western-type diet is deficient in fruits and vegetables and contains excessive animal products, generating the accumulation of non-metabolizable anions and a lifespan state of overlooked meta-

# Alkaline Diet Can Prevent and Stop Progression of Type 2 Diabetes:

## Metabolic Syndrome & Related Disorders Journal, 2010

An adoption of the “HFV” diet that replicates the alkaline diet (lots of vegetables, fresh foods and no red meat, processed foods, sugar etc) has been proven to slow and turn around type-2 diabetes.

**Article Title:** Prevention of Type 2 Diabetes by Dietary Patterns: A Systematic Review of Prospective Studies and Meta-Analysis

**Article Published:** Metabolic Syndrome and Related Disorders. December 2010, 8(6): 471-476. doi:10.1089/met.2010.0009

**Authors:** Katherine Esposito, Christina-Maria Kastorini, Demosthenes B. Panagiotakos, and Dario Giugliano.

### Takeaway Quote:

“Dietary patterns characterized by high consumption of fruit and vegetables, whole grains, fish, and poultry, and by decreased consumption of red meat, processed foods, sugar-sweetened beverages, and starchy foods may retard the progression of type 2 diabetes.

Healthy diets can help people to live more years without type 2 diabetes.”

# Low Alkaline, High Acidic Diet Leads to High Risk of Obesity and Type 2 Diabetes

## Medical Hypotheses Journal, 2005

High acidic, low alkaline diet leads to cortisol production, known to dramatically increase the risk of obesity and type 2 diabetes.

**Article Title:** Acid–base balance may influence risk for insulin resistance syndrome by modulating cortisol output

**Article Published:** Medical Hypotheses Volume 64, Issue 2, 2005, Pages 380–384

**Authors:** Mark F. McCarty

“Recent evidence suggests that the moderate metabolic acidosis associated with a protein-rich diet low in organic potassium salts – can likewise evoke a modest increase in cortisol production.

Since cortisol promotes development of visceral obesity, and has a direct negative impact on insulin function throughout the body, it may have the potential to increase risk for insulin resistance syndrome and type 2 diabetes. This report correlates high potassium consumption, or a high intake of fruits and vegetables, with reduced risk for diabetes and coronary disease.”

## Alkaline Diet Helps with Kidney Issues:

### Seminars in Dialysis Journal, 2000

An acidic diet can be a contributor to renal (kidney) problems, and dietetic intervention with alkaline foods and substances can be advantageous.

**Article Title:** ACID-BASE IN RENAL FAILURE: Influence of Diet on Acid-Base Balance

**Article Published:** Seminars in Dialysis Volume 13, Issue 4, pages 221–226, July–August 2000

**Authors:** Thomas Remer

“It is well established that diet and certain food components have a clear impact on acid-base balance. Because urine pH is a relevant risk factor in most types of urinary stone disease, a dietetic manipulation of renal hydrogen ion excretion would be advantageous for a number of individuals at risk. Also patients with poorly functioning kidneys – in whom metabolic acidosis is a common manifestation of an impaired renal capacity to excrete the daily acid produced – could benefit from specific dietetic means that reduce daily acid load.”

## Alkaline Water Reduces Acid Reflux

### Annals of Otolaryngology, Rhinology & Laryngology, 2012

Alkaline Water helps to relieve and remove acid reflux and provides good acid-buffering capacity.

**Article Title:** Potential Benefits of pH 8.8 Alkaline Drinking Water as an Adjunct in the Treatment of Reflux Disease

**Article Published:** Ann Otol Rhinol Laryngol. 2012 Jul;121(7):431-4.

**Authors:** Jamie A. Koufman, MD; Nikki Johnston, PhD

“In addition, human pepsin remains stable at pH 7.4 and may be reactivated by hydrogen ions from any source. Thus, most tap and bottled waters (typically pH 6.7 to 7.4) would not be expected to affect pepsin stability.

The purposes of these in vitro studies were to investigate whether artesian well water containing natural bicarbonate (pH 8.8) might irreversibly denature (inactivate) human pepsin, and to establish its potential acid-buffering capacity.

The pH 8.8 alkaline water irreversibly inactivated human pepsin (in vitro), and its hydrochloric acid-buffering capacity far exceeded that of the conventional-pH waters. Unlike conventional drinking water, pH 8.8 alkaline water instantly denatures pepsin, rendering it permanently inactive. In addition, it has good acid-buffering capacity. Thus, the consumption of alkaline water may have therapeutic benefits for patients with reflux disease.

## Alkaline Diet Helps with Gout/Hyperuricemia

### Nutrition Journal, 2012

An alkaline diet leads to a higher alkaline urine, providing an effective treatment of Hyperuricemia / Gout – alkalinising helps remove uric acid from the body.

**Article Title:** Effect of urine pH changed by dietary intervention on uric acid clearance mechanism of pH-dependent excretion of urinary uric acid

**Article Published:** Nutrition Journal 2012, 11:39

**Authors:** Aya Kanbara, Yoshisuke Miura, Hideyuki Hyogo, Kazuaki Chayama and Issei Seyama

“Within the framework of the Japanese government’s health promotion program, we made recipes which consisted of protein-rich and less vegetable-fruit food materials for H<sup>+</sup> load (acidic diet) and others composed of less protein and more vegetable-fruit rich food materials (alkaline diet).

Among the five factors which are associated with calculating clearances for both uric acid and creatinine, we identified a conspicuous difference between acidic and alkaline diets in the uric acid concentration in serum as well as in urine; uric acid in the serum was higher in the acidic group than in the alkaline group, while uric acid in the urine in the acidic group was lower than that in the alkaline group. These changes of uric acid in acidic urine and in serum were reflected in the reduction of its clearance.

From these observations, it is considered that uric acid may be reabsorbed more actively in acidic urine than in alkaline urine.

**We conclude that alkalization of urine by eating nutritionally well-designed alkaline prone food is effective for removing uric acid from the body.”**

## Alkaline Foods Support Bone Health

### European Journal of Nutrition, 2001

A diet rich in alkaline forming foods supports bone health and has been proven by numerous human studies.

**Article Title:** The Acid-Base Hypothesis: Diet and Bone in the Framingham Osteoporosis Study

**Article Published:** European Journal of Nutrition October 2001, Volume 40, Issue 5, pp 231-237

**Authors:** Tucker KL, Hannan M, Douglas P

“There continues to be considerable debate about the role of acid vs. basic components of the diet on the long-term status of bone mineral density. The theory that an acidic environment leads to progressive bone loss has long been proposed, and has been supported by numerous short-term human studies. We examined the effect of components in the diet thought to have basic (alkaline) effects and acid effects on bone mineral density...(and) these results support the role of base-forming foods and nutrients in bone health.”

# Alkaline Foods, Minerals Effect Our Acid/Alkaline Balance

**Nutrition Journal, 2009**

Proof that consuming alkaline minerals DOES have an effect on acid-base chemistry – the alkaline diet DOES have an impact on our health!

**Article Title:** Effect of a supplement rich in alkaline minerals on acid-base balance in humans

**Article Published:** Nutrition Journal 2009, 8:23

**Authors:** Daniel König, Klaus Muser, Hans-Hermann Dickhuth, Aloys Berg and Peter Deibert

“Western diets are considered acidogenic due to the high dietary acid load and a low intake of base-forming dietary minerals such as potassium, magnesium or calcium. In the present study we investigated the effect of a multimineral supplement (MMS) rich in alkaline minerals on acute and chronic regulation of acid-base balance with the pH of blood, urine and saliva as potential surrogate markers. Our results suggest that the ingestion of a multimineral supplement is associated with both a significant increase in blood and urinary pH.”

## Alkaline Diet Reduces Pain

**Journal of Trace Elements in Medicine & Biology, 2001**

An acidic diet can increase the likelihood and intensity of pain, but a more alkaline diet can reduce this pain, specifically chronic back pain in this case.

**Article Title:** Supplementation with alkaline minerals reduces symptoms in patients with chronic low back pain

**Article Published:** Volume 15, Issues 2–3, 2001, Pages 179–183

**Authors:** Jürgen Vormann, Michael Worlitschek, Thomas Goedecke, Burton Silver

“It was tested whether a supplementation with alkaline minerals would influence symptoms in patients with low back pain symptoms. In 76 out of 82 patients a reduction in ARS (Arhus low back pain rating scale) was achieved by the supplementation. Total blood buffering capacity was significantly increased ... and also blood pH rose ... The results show that a disturbed acid-base balance may contribute to the symptoms of low back pain. The simple and safe addition of an alkaline multimineral prepartate was able to reduce the pain symptoms in these patients with chronic low back pain.

## Proof: The Alkaline Diet Works!

British Journal of Nutrition, 2010

An overly-acidic diet (dietary-induced acidosis) is real, has a devastating effect and should be corrected with diet (alkaline).

**Article Title:** [Diet-induced acidosis: is it real and clinically relevant?](#)

**Article Published:** British Journal of Nutrition. 2010 Apr;103(8):1185-94

**Authors:** Pizzorno, Frassetta and Katzinger.

“The available research makes a compelling case that diet-induced acidosis, is a real phenomenon, and has a significant, clinical, long-term pathophysiological effect that should be recognised and potentially counterbalanced by dietary means.”

## Alkaline Minerals Increase Acid Buffering Capacity & Can Improve Sports Performance

International Journal of Sports Medicine, 2008

Consuming Alkaline Minerals (Sodium Bicarbonate) Increases the Buffering Capacity of the Body & Provides Sports Performance Enhancement.

**Article Title:** [Sodium bicarbonate improves swimming performance.](#)

**Article Published:** Int Journal Sports Medicine. 2008 Jun;29(6):519-23. Epub 2007 Nov 14.

**Authors:** Lindh AM, Peyrebrune MC, Ingham SA, Bailey DM, Folland JP.

“Sodium bicarbonate ingestion has been shown to improve performance in single-bout, high intensity events, probably due to an increase in buffering capacity, but its influence on single-bout swimming performance has not been investigated. The effects of sodium bicarbonate supplementation on 200 m freestyle swimming performance were investigated in elite male competitors...It was concluded that SB supplementation can improve 200 m freestyle performance time in elite male competitors, most likely by increasing buffering capacity.”

**This is just a handful of the research that exists out there.**

**It is available in abundance, and all proving that the alkaline diet is REAL, it WORKS and it's PROVEN to be beneficial to human health!**

# The Definitive Acid/Alkaline Food Charts



## This is the definitive list of alkaline foods

In this section we get to the core of it all: the foods that are alkaline and the foods that are acid. In the first section I explain in more detail why alkaline food charts are often different and conflicting, and who you should trust (and why).

Then you'll find my printable, stick-on-your-fridge-able 'At a Glance' alkaline food chart. This is a great quick reference chart.

Then on the pages that follow you will see the complete breakdown of practically every common food ranked from very alkaline - thru neutral - thru to very acidic.

This is your ultimate alkaline diet companion.

If there are any foods I've missed, feel free to let me or the team know!

## Is it alkaline? Who do you trust?

When you're first starting the alkaline diet, one of the most frustrating things is seeing such inconsistencies between the food charts that are out there on the internet. I want to clear this up for you, once and for all, right now!

### Method One: PRAL

The Potential Renal Acid Load (PRAL) method is very accurate for many uses, but not the alkaline diet. This is the method used by 90% of alkaline food charts out there, but it is sadly misleading and can lead to errors being made by beginners (see my Biggest Alkaline Diet Mistakes post here).

The PRAL method measures the alkalinity or acidity of a food by burning it down to an ash residue and then measuring the pH of that ash.

This is all well and good....BUT....the burning burns away two of the biggest determinants of whether a food is alkaline-forming or acid-forming: yeast and (most importantly) sugar.

### Method Two: The Effect on the Body

Principally, this approach (which my alkaline food chart is based on) comes from the founding work of the major researcher of the alkaline diet Robert Young. He has amassed a list of foods as acid-forming or alkaline-forming based upon the results

In general there are two methodologies out there for determining the alkalinity or acidity of a foods and this is what the alkaline food charts (like mine here) are based upon.

There is one KEY difference between these methods and to me it determines whether it is correct or not, and also explains the inconsistencies between lists.

Ahh – did you see the distinction there?

The KEY here is not whether a food is acid or alkaline. The key is **whether the food is acid-forming or alkaline-forming to the body once consumed.**

Understanding this key distinction will unlock everything I am about to teach you.

It also explains why lots of charts show fruit as alkaline forming (the PRAL method burns off all the sugar, the principle reason why fruit is acid forming) and other inconsistencies.

from his blood work (and samples of over 40,000 live blood analysis tests).

This approach is then supplemented by common sense and the rules I'm about to teach you.

## Is it Alkaline? The Easy Foolproof Test!

How would you love to be able to tell if a food is acid or alkaline forming just by looking at it.

In the supermarket, grocery store, restaurants or when you're digging around in the fridge or pantry...

—-> **In this short, but exciting guide I am going to show you how you can accurately decide if a food is alkaline-forming or acid-forming, with a quick test and a few simple questions.**

### How To Instantly Tell if a Food is Acid or Alkaline:

This is really simple, but darn effective.

There are two types of foods, broadly speaking:

1. Fresh
2. Packaged

So you need to use your common sense and all the clues you have at your disposal to apply this test. But it's easier than it sounds.

### Factors that Contribute To a Food Being Alkaline:

**If a food has two or three of these boxes ticked, it's probably alkaline:**

- **Is it Fresh:** fresh foods are always more alkaline forming – they have all nutrients still in tact and have not been made acidic through processing. This is especially true of foods containing oils, which become toxic with exposure to heat, light and air.
- **What is the Mineral Content:** alkaline foods are alkaline predominantly (almost entirely) because they contain a lot of alkaline minerals. The most alkaline minerals to look out for are calcium, magnesium, potassium, sodium bicarbonate, manganese, iron.
- **Is It Low in Sugar:** sugar is sugar and all sugar, no matter whether it's glucose, fructose, dextrose etc. is highly acid-forming to the body. Fruits contain high levels of fructose and so are acid forming and should be eaten in moderation.
- **Is it a Vegetable:** almost all vegetables are mildy-to-very alkaline forming.
- **Does it Have a High Water Content:** high water content foods are generally more alkaline forming.
- **Is it Green:** Green foods contain chlorophyll which is very alkaline forming.

## Factors That Make a Food Acidic

**And if a food has ANY of these boxes ticked, it's most likely acidic:**

- **Does it Contain Sugar:** sugar is the biggest contributor to whether a food is acidic or alkaline. Avoid sugar as much as possible!
- **Does it Contain Yeast:** similar to sugar, yeast is next on the 'avoid' list – yeast based foods are always acidic.
- **Is it Fermented:** fermentation makes foods acidic. End of. Miso, tempeh, apple cider vinegar, kombucha etc. are all acid forming
- **Does it Contain Dairy:** dairy is next on the list! Avoid – acidic and mucous forming.
- **Is it Refined:** the more 'prepared' and 'refined' a food is, the more likely it is to be acid forming. Aim for fresh wherever possible.
- **Does it Contain Gluten:** gluten is one of the most inflammatory, acidifying substances known to man. Avoid gluten-containing foods as much as possible.

## What This Means: Alkaline & Acid Made Easy

With this methodology, you should now be able to self-select whenever you're on the go without your copy of my alkaline food chart handy, at a restaurant, eating out with friends and so on!

This should make your life a lot easier!

# The At-A-Glance Acid/Alkaline Food List

EAT MORE

EAT LESS

CAN BE INCLUDED IN YOUR 20% ACID

## Highly Alkaline

pH 9.5 alkaline water  
Himalayan salt  
Grasses  
Beet Greens  
Watercress  
Cucumber  
Kale  
Kelp  
Spinach  
Parsley  
Broccoli  
Sprouts  
(soy, alfalfa etc)  
Sea Vegetables  
(Kelp, Seaweed)  
Green drinks  
All Sprouted Beans  
/ Sprouts

## Moderately Alkaline

Avocado  
Beetroot  
Basil  
Capsicum/Pepper  
Cabbage  
Celery  
Chives  
Collard/Spring Greens  
Coriander  
Endive  
Garlic  
Ginger  
Green Beans  
Lettuce  
Mustard Greens  
Okra  
Onion  
Radish  
Red Onion  
Rocket/Arugula  
Tomato  
Endive  
Chicory  
Snowpeas  
Lemon  
Lime  
Butter Beans  
Soy Beans  
White Haricot Beans  
Chia/Salba  
Quinoa

## Mildly Alkaline

Artichokes  
Asparagus  
Brussels Sprouts  
Cauliflower  
Carrot  
Courgette/Zucchini  
Leeks  
New Baby Potatoes  
Peas  
Pumpkin  
Swede  
Squash (Butternut, Summer etc)  
Watercress  
Fennel  
Grapefruit  
Coconut (fresh, milk, water, cream, yoghurt)  
Pomegranate  
Rhubarb  
Buckwheat  
Lentils  
Tofu  
Goat & Almond Milk  
Herbs & Spices  
(Thyme, Mint, etc.)  
Avocado Oil  
Olive Oil  
Coconut Oil  
Flax Oil/ Udo's Oil

## Neutral/ Mildly Acidic

Black Beans  
Chickpeas/Garbanzos  
Kidney Beans & Other Beans  
Seitan  
Potatoes  
Cantaloupe  
Nectarine  
Plum  
Sweet Cherry  
Watermelon  
Oats/Oatmeal  
Soybeans  
Buckwheat Pasta  
Brown Rice  
Rice/Soy/Hemp Protein  
Freshwater Wild Fish  
Rice & Soy Milk  
Brazil Nuts  
Pecan Nuts  
Hazel Nuts  
Sunflower Oil  
Grapeseed Oil

## Moderately Acidic

Fresh, Natural Juice  
Apple  
Apricot  
Banana  
Blackberry  
Blueberry  
Cranberry  
Grapes  
Guava  
Mango  
Mangosteen  
Peach  
Papaya  
Strawberry  
Goat's Cheese  
Vegan Cheese  
Grains inc: (use very sparingly) --  
Rye Bread  
Millet  
Wheat  
Wholemeal Bread  
Wholemeal Pasta  
Ocean Fish

## Highly Acidic

Alcohol  
Coffee & Black Tea  
Fruit Juice (Sweetened)  
Cocoa  
Honey  
Jam  
Jelly  
Mustard  
Miso  
Tempeh  
Rice Syrup  
Soy Sauce  
Vinegar  
Yeast  
Other Condiments  
Dried Fruit  
Beef  
Chicken  
Eggs  
Farmed Fish  
Pork  
Shellfish  
Cheese  
Dairy  
Artificial Sweeteners  
Syrup  
Mushroom

# Acid & Alkaline Food Chart

Beverages (Non-Alcoholic)	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Apple Cider Vinegar				✓		
Apple Juice						✓
Berry Juice Blend						✓
Carrot Juice (Fresh)			✓			
Chamomile Tea			✓			
Coffee (Decaf)						✓
Coffee (Espresso)					✓	
Cola						✓
Ginger Tea			✓			
Ginseng Tea			✓			
Goat's Milk				✓		
Grape Juice					✓	
Grapefruit Juice			✓			
Lemon Juice			✓			
Milk Shake						✓
Orange Juice					✓	
Pear Juice					✓	
Pineapple Juice						✓
Rice Milk (Unsweetened)				✓		
Root Beer						✓
Soft Drinks (Carbonated)						✓
Soy Milk (Unsweetened)				✓		

# Acid & Alkaline Food Chart

Beverages (Non-Alcoholic)	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Tea (Black)					✓	
Tea (Green)				✓		
Tea (Herbal)			✓			
Tomato Juice (homemade)			✓			
Vegetable Juice	✓					
Water (Most Bottled)					✓	
Water (Ionized)	✓					
Water (Tap)					✓	
Ale (Dark)						✓
Ale (Pale)						✓
Beer (Dark)						✓
Beer (Pale)						✓
Malt Liquor						✓
Scotch						✓
Vodka						✓
Wine (Red)					✓	
Wine (White)						✓
Spirits (Most)						✓

# Acid & Alkaline Food Chart

Grains & Cereals	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Barley (Whole)					✓	
Barley Flour					✓	
Bran (Cereal)					✓	
Bran (Oats)				✓		
Brown Rice			✓			
Buckwheat Flour			✓			
Buckwheat Whole			✓			
Corn (Processed)					✓	
Hemp Seed Flour			✓			
Malt						✓
Millet					✓	
Oat Bran				✓		
Oat Flour				✓		
Whole Oats			✓			
Quinoa		✓				
Rice (Brown)			✓			
Rice (White)				✓		
Rice Flour				✓		
Rye					✓	
Soy Flour				✓		
Wheat Flour (White)						✓
Wheat Flour (Whole)						✓

# Acid & Alkaline Food Chart

Nuts & Seeds	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Almonds		✓				
Amaranth Seeds			✓			
Cardamom Seeds		✓				
Cashews			✓			
Celery Seeds			✓			
Chestnuts			✓			
Coriander Seeds			✓			
Cumin Seeds		✓				
Dill Seeds			✓			
Fennel Seeds		✓				
Flaxseed		✓				
Hazelnuts				✓		
Macadamia Nuts			✓			
Peanuts						✓
Pecans				✓		
Pine Nuts			✓			
Pistachio Nuts				✓		
Pumpkin Seeds		✓				
Quinoa Seeds			✓			
Sesame Seeds			✓			
Soy Nut				✓		
Sunflower Seeds			✓			
Walnuts				✓		

# Acid & Alkaline Food Chart

Fish & Other Seafood	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Bass				✓		
Clams						✓
Crab						✓
Flounder				✓		
Herring				✓		
Lobster						✓
Mackerel				✓		
Mussels						✓
Oysters						✓
Perch					✓	
Salmon			✓			
Scallops					✓	
Shrimp						✓
Snapper				✓		
Swordfish				✓		
Tuna			✓			
Trout			✓			
Whiting				✓		

# Acid & Alkaline Food Chart

Fruits	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Apples					✓	
Apricots					✓	
Apricots (Dried)						✓
Avocado	✓					
Bananas					✓	
Berries (Black)				✓		
Berries (Blue)				✓		
Berries (Raspberry)				✓		
Cherries (Sour)				✓		
Coconuts (Fresh)		✓				
Cranberries				✓		
Cranberries (Dried)						✓
Currants						✓
Dates					✓	
Dates (Dried)						✓
Figs (Dried)						✓
Grapefruit			✓			
Grapes					✓	
Guava				✓		
Kiwi Fruit				✓		
Lemons		✓				
Limes		✓				
Mandarins					✓	
Mangos					✓	

# Acid & Alkaline Food Chart

Fruits	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Olives (Green)			✓			
Olives (Ripe)				✓		
Oranges					✓	
Papayas				✓		
Peaches					✓	
Pears					✓	
Persimmons				✓		
Pineapples						✓
Plums				✓		
Pomegranates			✓			
Prunes						✓
Raisins						✓
Raspberries				✓		
Strawberries				✓		
Tangelos				✓		
Tangerines				✓		
Tomatoes		✓				
Watermelon			✓			

# Acid & Alkaline Food Chart

Vegetables	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Artichokes		✓				
Asparagus	✓					
Barley Grass	✓					
Beans (Black / Kidney)			✓			
Beans (Lima)			✓			
Beans (Mungji)			✓			
Beans (Navy)			✓			
Beetroot		✓				
Beet Greens	✓					
Bell Pepper (Capsicum)	✓					
Broccoli	✓					
Brussels Sprouts		✓				
Burdock Root	✓					
Cabbage (Chinese)		✓				
Cabbage (Red)		✓				
Cabbage (White)		✓				
Cantaloupe				✓		
Carrots			✓			
Cauliflower		✓				
Celery	✓					
Chards (Swiss)	✓					
Chinese Cabbage	✓					
Chicory		✓				
Collard Greens	✓					
Corn (Fresh)			✓			

# Acid & Alkaline Food Chart

Vegetables	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Cucumber	✓					
Daikon Radish	✓					
Dandelion Greens	✓					
Dill Weed		✓				
Eggplant		✓				
Endive	✓					
Garlic			✓			
Ginger	✓					
Hops						✓
Jerusalem Artichokes		✓				
Kale	✓					
Kelp	✓					
Kohlrabi	✓					
Leek		✓				
Lentils			✓			
Lettuce	✓					
Leaf Lettuce	✓					
Lotus Root	✓					
Mushrooms						✓
Mustard Greens	✓					
Okra		✓				
Onions			✓			
Other Grasses	✓					
Paprika			✓			
Parsley	✓					

# Acid & Alkaline Food Chart

Vegetables	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Parsnips			✓			
Peas			✓			
Pinto Beans			✓			
Potatoes (with Skin)			✓			
Radishes			✓			
Rhubarb				✓		
Romaine Lettuce	✓					
Rutabagas		✓				
Salad Greens	✓					
Soybeans			✓			
Spinach	✓					
Spring Onion		✓				
Squash (Winter)			✓			
Sprouts	✓					
Sweet Potato			✓			
Tomato		✓				
Turnip Greens	✓					
Watercress	✓					
Wheatgrass	✓					
Yams				✓		
Zucchini		✓				

# Acid & Alkaline Food Chart

Herbs & Spices	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Basil		✓				
Bay Leaf			✓			
Cinnamon		✓				
Coriander (Arugula)	✓					
Dill		✓				
Ginger	✓					
Marjoram		✓				
Oregano		✓				
Parsley	✓					
Pepper (Black)		✓				
Pepper (Cayenne)			✓			
Tarragon		✓				
Thyme		✓				
Turmeric	✓					

# Acid & Alkaline Food Chart

Sweeteners	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Aspartame						✓
Corn Syrup						✓
Honey (Processed)						✓
Honey (Natural)					✓	
Maple Syrup						✓
Molasses						✓
Rice Syrup						✓
Saccharin					✓	
Stevia				✓		
Sugar (Brown)					✓	
Sugar (White)						✓

# Acid & Alkaline Food Chart

Various Foods	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Almond Butter		✓				
Apple Cider Vinegar				✓		
Avocado Oil			✓			
Balsamic Vinegar						✓
Bee Pollen			✓			
Butter (Regular)					✓	
Butter (Grass Fed)				✓		
Canola Oil					✓	
Chocolate (Dark >80%)				✓		
Chocolate (Milk)						✓
Cacao (Raw)			✓			
Chlorella			✓			
Coconut Oil		✓				
Flaxseed Oil		✓				
Macadamia Oil				✓		
Malt						✓
Miso					✓	
Nori Seaweed	✓					
Olive Oil			✓			
Peanut Butter						✓
Peanut Oil						✓
Salt (Table)						✓
Salt (Sea)		✓				

# Acid & Alkaline Food Chart

Various Foods	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Salt (Himalayan)		✓				
Seaweed	✓					
Sesame Oil			✓			
Soybean Oil				✓		
Spirulina		✓				
Sunflower Oil				✓		
Tahini Sauce			✓			
Tempeh (Fermented)				✓		
Tofu (Fermented)				✓		
Vegetable Oils (Most)					✓	

# Acid & Alkaline Food Chart

Drinks	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Soy Milk (unsweetened)				✓		
Almond Milk (unsweetened)			✓			
Coconut Milk (unsweetened)			✓			
Coconut Water		✓				
Filtered Water			✓			
Alkaline, Ionized Water	✓					
Cola / Soft Drinks						✓
Carbonated Drinks					✓	
Cow's Milk						✓
Goat's Milk				✓		
Black Tea (w/ Milk)					✓	
Black Tea (w/o Milk)					✓	
Insant Coffee						✓
Espresso					✓	
Espresso (w/ Milk)						✓
Tap Water					✓	
Herbal Tea			✓			
Green Tea					✓	
White Tea					✓	
Lemon Water			✓			
Lime Water			✓			
Green Juice (no fruit)	✓					
Green Smoothie (no fruit)	✓					

# Acid & Alkaline Food Chart

Drinks	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Fruit Juice (processed)						✓
Fruit Juice (fresh)					✓	
Green Juice (w/ fruit)				✓		
Green Smoothie (w/ fruit)				✓		
Beer						✓
Wine					✓	
Spirits (straight)					✓	
Spirits (w/ mixer)						✓

# Acid & Alkaline Food Chart

Meat & Meat Products	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Bacon						✓
Beef (Frankfurters)						✓
Beef (Hamburgers)						✓
Chicken Liver					✓	
Chicken Meat					✓	
Duck					✓	
Goat					✓	
Ham						✓
Lamb					✓	
Lard					✓	
Liver					✓	
Rabbit					✓	
Roast Beef					✓	
Salami						✓
Sausages (Most)						✓
Steak					✓	
Turkey					✓	
Veal						✓
Venison					✓	

# Acid & Alkaline Food Chart

Processed Foods	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Baked Beans					✓	
Beans (Canned)			✓			
Burritos (Beef)						✓
Burritos (Chicken)						✓
Chicken Nuggets						✓
Chicken Sandwich						✓
Chicken Soup						✓
Chips (Fried)						✓
Coleslaw (Homemade)				✓		
Corn Chips					✓	
Corn Syrup						✓
Corned Beef						✓
Couscous (White Flour)					✓	
Crackers (Rye)					✓	
Crackers (White Flour)						✓
Cranberry Sauce						✓
French Fries						✓
Fruit Pies						✓
Hash Browns						✓
Hot Dogs						✓
Hummus (Homemade)		✓				
Jam						✓
Ketchup						✓
Lasagna						✓
Liverwurst						✓
Macaroni						✓
Margarine						✓

# Acid & Alkaline Food Chart

Processed Foods	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Mayonnaise						✓
MSG						✓
Mustard (Prepared)				✓		
Noodles (Most)						✓
Pancakes						✓
Pastrami						✓
Pepperoni						✓
Pickle Relish						✓
Pizza (Most)						✓
Popcorn (Salted)				✓		
Pork Sausage						✓
Potato Chips (Baked)						✓
Potato Chips (Fried)						✓
Preserves (Most)						✓
Puddings						✓
Salad Dressing (Shop Bought)					✓	
Sauerkraut			✓			
Soy Sauce					✓	
Spaghetti						✓
Sweet Pickles					✓	
Tacos						✓
Tomato Paste (Natural)			✓			
Tomato Sauce					✓	
Tortilla (Fried)						✓

# Acid & Alkaline Food Chart

Baked Products and Cakes	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Apple Pie						✓
Bagels						✓
Baked Potato				✓		
Baking Soda	✓					
Biscuits (Most)						✓
Bread Sticks (White)						✓
Brownies						✓
Carrot Cake						✓
Cheese Cake						✓
Cookies						✓
Croissants						✓
Danish Pastry						✓
Donuts						✓
Ice Cream (All Flavors)						✓
Pita (White Flour)						✓
Pita (Whole Flour)					✓	
Pretzels						✓
Puff Pastry						✓
Pumpnickel					✓	
Rye Bread (Whole)					✓	
Sprouted Breads		✓				
Tortillas						✓
White Bread						✓
Whole Wheat Bread					✓	

# Acid & Alkaline Food Chart

Dairy & Cheese	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Butter (Regular)					✓	
Butter (Grass-Fed)				✓		
Camembert Cheese						✓
Cheddar Cheese						✓
Coconut Milk			✓			
Coconut Cream			✓			
Coconut Yoghurt			✓			
Cottage Cheese					✓	
Cream						✓
Cream (Sour)						✓
Cream Cheese						✓
Egg (Whole)						✓
Egg (White Only)						✓
Ghee				✓		
Gouda						✓
Hard Cheese (Most)						✓
Milk (Cow's Skim)						✓
Milk (Cow's Whole)						✓
Mozzarella						✓
Skim Milk						✓
Soft Cheese						✓
Soy Yoghurt				✓		

# the seven most alkaline foods



# Spinach



## Live Energized

ALL leafy greens should be eaten in abundance but spinach is my absolute favourite because it's easy to buy, easy to use in recipes and salads and is delicious. Baby spinach or fully grown spinach are nutritional powerhouses and are incredibly alkaline.

As with all green foods, spinach is rich in chlorophyll, a potent alkaliser and blood builder.

It is also super high in vitamin K, vitamin A, manganese, folate, magnesium, iron, vitamin c, vitamin b2, calcium, potassium, vitamin e, dietary fiber....need I go on?

I doubt there is a more all round healthy food on earth and I highly encourage you to eat spinach throughout the day, every day.

## Research on Spinach:

### Nutrients per 1 Cup

Vitamin K –	1110%	RDA
Vitamin A –	337.3%	RDA
Manganese –	84%	RDA
Folate –	65.7%	RDA
Magnesium –	38%	RDA
Iron –	35%	RDA
Vitamin C –	31%	RDA
Vitamin B2 –	27%	RDA
Calcium –	25%	RDA
Potassium –	23%	RDA
Vitamin E –	21%	RDA
Fiber –	19%	RDA

- Spinach as a powerful antioxidant: Manach C, Scalbert A, Morand C, Rémésy C, Jiménez L. Polyphenols: food sources and bioavailability. *Am J Clin Nutr.* 2004 May;79(5):727-47. 2004. PMID:15113710.
- Spinach intake and ovarian cancer reduction: Gates MA, Tworoger SS, Hecht JL, De Vivo I, Rosner B, Hankinson SE. A prospective study of dietary flavonoid intake and incidence of epithelial ovarian cancer. *Int J Cancer.* 2007 Apr 30; [Epub ahead of print] 2007. PMID:17471564.
- Spinach intake and breast cancer: M P Longnecker, P A Newcomb, R Mittendorf, E R Greenberg and W C Willett. Intake of carrots, spinach, and supplements containing vitamin A in relation to risk of breast cancer. 1997. American Association for Cancer Research.
- Spinach and reversing motor and neuronal aging: James A. Joseph<sup>1</sup>, Barbara Shukitt-Hale<sup>1</sup>, Natalia A. Denisova<sup>1</sup>, Donna Bielinski<sup>1</sup>, Antonio Martin<sup>1</sup>, John J. McEwen<sup>1</sup>, and Paula C. Bickford. Reversals of Age-Related Declines in Neuronal Signal Transduction, Cognitive, and Motor Behavioral Deficits with Blueberry, Spinach, or Strawberry Dietary Supplementation. 1999. *The Journal of Neuroscience.*

# Kale



## Nutrients per 1 Cup

Vitamin K:	1327%	RDA
Vitamin A:	354%	RDA
Vitamin C:	88.8%	RDA
Manganese:	27%	RDA
Fiber:	12%	RDA
Calcium:	11%	RDA
Magnesium:	11%	RDA
Iron:	9%	RDA
Omega 3:	7%	RDA

## Live Energized

Kale is another leafy green that is widely known for its cancer-fighting, cholesterol-lowering, antioxidant-rich, detoxifying goodness.

Less popular than spinach, but only because it has a history of being cooked poorly (like cabbage) – when done right it is absolutely delicious (see recipes below, you'll thank me).

If you eat kale 2-3 times per week you'll know it. Like spinach it is massively high in vitamin k, vitamin a and vitamin c and being leafy green it also has a huge chlorophyll content.

The reason it is so powerful against the cancer fight is that kale contains at least four glucosinolates. I don't want to lose you here by using words like glucosinolates – all you need to know is that as soon as you eat and digest kale, these glucosinolates are really easily converted by the body into cancer fighting compounds.

Also quite amazing for lowering cholesterol, it should be noted that steamed kale is more effective for cholesterol lowering than raw.

## Research on Kale:

- Ambrosone CB, Tang L. Cruciferous vegetable intake and cancer prevention: role of nutrigenetics. *Cancer Prev Res (Phila Pa)*. 2009 Apr;2(4):298-300. 2009.
- Angeloni C, Leoncini E, Malaguti M, et al. Modulation of phase II enzymes by sulforaphane: implications for its cardioprotective potential. *J Agric Food Chem*. 2009 Jun 24;57(12):5615-22. 2009.
- Bhattacharya A, Tang L, Li Y, et al. Inhibition of bladder cancer development by allyl isothiocyanate. *Carcinogenesis*. 2010 Feb;31(2):281-6. 2010
- Higdon JV, Delage B, Williams DE, et al. Cruciferous Vegetables and Human Cancer Risk: Epidemiologic Evidence and Mechanistic Basis. *Pharmacol Res*. 2007 March; 55(3): 224-236. 2007.
- Zhang Y. Allyl isothiocyanate as a cancer chemopreventive phytochemical. *Mol Nutr Food Res*. 2010 Jan;54(1):127-35. 2010.

# Cucumber



## Nutrients per 1 Cup

Vitamin K:	23%	RDA
Molybdenum:	8%	RDA
Vitamin C:	6%	RDA
Potassium:	5%	RDA
Manganese:	5%	RDA
Magnesium:	4%	RDA

## Live Energized

The beauty of cucumber is its water content – 95%. That is phenomenal and you won't find that anywhere else. It's the daddy of water-content. This of course makes it an incredibly hydrating food to consume, that ALSO contains superb amounts of antioxidants, including the super-important lignans. These highly beneficial polyphenols have more commonly been associated with the cruciferous vegetables, but their content in other veggies such as cucumbers is gaining more and more attention.

Cucumbers contain a right load of lariciresinol, pinoresinol, and secoisolariciresinol (don't try to pronounce), three lignans that have a huge and very strong history of research in connection with reduced risk of cardiovascular disease as well as several cancer types, including breast, uterine, ovarian, and prostate cancers.

The best thing about cucumber is that they provide the base for practically every alkaline soup, smoothie and juice – giving you a very alkaline, very nutritious base that also tastes great.

In terms of the actual nutrient RDA per serve, cucumbers contain fair amounts of vitamins K and C, and slightly less of vitamin A and the B vitamins. Cucumbers also contain the following alkaline minerals: calcium, iron, phosphorus, potassium, magnesium, selenium, copper, manganese, iron and zinc.

## Research on Cucumber:

- Kumar D, Kumar S, Singh J, et al. Free Radical Scavenging and Analgesic Activities of Cucumis sativus L. Fruit Extract. *J Young Pharm.* 2010 Oct;2(4):365-8. 2010.
- Milder IEJ, Arts ICW, van de Putte B et al. Lignan contents of Dutch plant foods: a database including lariciresinol, pinoresinol, secoisolariciresinol and matairesinol. *Br J Nutr* 2005, 93:393-402. 2005.
- Rios JL, Recio MC, Escandell JM, et al. Inhibition of transcription factors by plant-derived compounds and their implications in inflammation and cancer. *Curr Pharm Des.* 2009;15(11):1212-37. Review. 2009.
- Tang J, Meng X, Liu H et al. Antimicrobial activity of sphingolipids isolated from the stems of cucumber (*Cucumis sativus* L.). *Molecules.* 2010 Dec 15;15(12):9288-97. 2010.

# Broccoli



## Nutrients per 1 Cup

Vitamin C:	135%	RDA
Vitamin K:	115%	RDA
Folate:	16%	RDA
Vitamin A:	14%	RDA
Manganese:	10%	RDA
Dietary Fiber:	10%	RDA
Potassium:	8%	RDA
Vitamin B6:	8%	RDA
Vitamin B2:	7%	RDA

## Live Energized

Broccoli is just a must. If you are serious about living with health, energy and vitality you simply have to eat broccoli, if not on a daily basis, then at least 4 times per week.

Broccoli has been proven over and over and over again to be incredibly powerful in inhibiting cancers, supporting the digestive system, the cardiovascular system, the detoxification processes in the body and also supporting the skin, metabolism, immune system, being an anti-inflammatory and providing ample antioxidants.

Sound good?

Eaten steamed or raw its a hugely alkaline, hugely nutritious food. Please, please, please eat lots and lots of it. Put it in salads, juices, smoothies, soups... steam it with other veggies – you can even roast it if you're having sunday lunch.

Don't let a meal go past without thinking to yourself "how could I get some broccoli in here?"

## Research on Broccoli:

- Broccoli and Cancer Prevention: John W. Finley, Clement Ip, Donald J. Lisk, Cindy D. Davis, Korry J. Hintze, and Phil D. Whanger. Cancer-Protective Properties of High-Selenium Broccoli. Cancer-Protective Properties of High-Selenium Broccoli. 2001. American Chemical Society
- Broccoli and Cardiovascular Disease: Lingyun Wu, M. Hossein Noyan Ashraf, Marina Facci, Rui Wang, Phyllis G. Paterson, Alison Ferrie, and Bernhard H. J. Juurlink. 2004. Dietary approach to attenuate oxidative stress, hypertension, and inflammation in the cardiovascular system. The Proceedings of the National Academy of Sciences
- Broccoli and Cancer Prevention: Ambrosone CB, Tang L. Cruciferous vegetable intake and cancer prevention: role of nutrigenetics. Cancer Prev Res (Phila Pa). 2009 Apr;2(4):298-300. 2009.
- Broccoli and Cancer Prevention: Clarke JD, Dashwood RH, Ho E. Multi-targeted prevention of cancer by sulforaphane. Cancer Lett. 2008 Oct
- Chemo-protection and Broccoli: Konsue N, Ioannides C. Modulation of carcinogen-metabolising cytochromes P450 in human liver by the chemo-preventive phytochemical phenethyl isothiocyanate, a constituent of cruciferous vegetables. Toxicology. 2010 Feb 9;268(3):184-90. 2010.

# Avocado



## Nutrients per 1 Cup

Dietary Fiber:	40%	RDA
Vitamin K:	38%	RDA
Folate:	30%	RDA
Vitamin C:	24%	RDA
Vitamin B5:	20%	RDA
Potassium:	20%	RDA
Vitamin B6:	19%	RDA

## Live Energized

I eat a LOT of avocado. Not a salad, smoothie or soup goes by without me adding at least 1/2 an avocado per person. I probably eat at least five-seven per week, myself.

Now, I know a lot of people give avocado a bad rep because it is a high-fat food (85% of it's calories come from fats) – but this is totally insane. These are good fats that will not make you gain weight. If anything, due to the high content of oleic acid (making it an omega 9 fat and very similar to olive oil), it can lower total cholesterol level and raise levels of high-density lipoproteins (HDLs) while lowering low-density lipoproteins (LDLs), also known as the “bad” cholesterol. Oleic acid also slows the development of heart disease, and promotes the production of antioxidants.

These beneficial omega oils also help speed the metabolism, actually leading to weight loss rather than gain.

So now we're over the fat issue, avocado also contains a wide range of other nutrients that have serious anti-inflammatory, heart health, cardiovascular health, anti-cancer, and blood sugar benefits.

Containing key antioxidants such as alpha-carotene, beta-carotene, lutein, selenium and more – it is a powerful, alkaline, nutrient-dense superfood.

## Research on Avocado:

- Avocado & Adult Health: Fulgoni V, Dreher M, Davenport A. Avocado consumption associated with better nutrient intake and better health indices in U.S. adults (19+ years): NHANES 2001-2006. Abstract #8514. Experimental Biology, Anaheim, CA. April 28, 2010. 2010.
- Avocado & Cancer: Ding H, Han C, Guo D et al. Selective induction of apoptosis of human oral cancer cell lines by avocado extracts via a ROS-mediated mechanism. *Nutr Cancer*. 2009;61(3):348-56. 2009.
- Avocado & Cancer: Ding H, Chin YW, Kinghorn AD et al. Chemopreventive characteristics of avocado fruit. *Semin Cancer Biol*. 2007 May 17; [Epub ahead of print] 2007. 2007.
- Avocado & Inflammation: Rosenblat G, Meretski S, Segal J et al. Polyhydroxylated fatty alcohols derived from avocado suppress inflammatory response and provide non-sunscreen protection against UV-induced damage in skin cells. *Arch Dermatol Res*. 2010 Oct 27. [Epub ahead of print]. 2010.

# Celery



## Nutrients per 1 Cup

Vitamin K:	37%	RDA
Folate:	9%	RDA
Vitamin A:	9%	RDA
Potassium:	8%	RDA
Molybdenum:	7%	RDA
Dietary Fiber:	6%	RDA
Vitamin C:	5%	RDA

## Live Energized

Celery, like cucumber is a favourite because it's alkaline AND really high water content, so is used very frequently as a base in juices and soups (not so much smoothies as you have to juice it first...and then you have double the washing up).

One of celery's big benefits is it's vitamin C level, which has the well known benefits – but two of it's lesser known nutrients are phthalides which have been shown to lower cholesterol and coumarins which have been shown to inhibit several cancers.

The beauty of vitamin C rich foods are that they help with the most common and most challenging health concerns – they support the immune system, inflammation (so helps with arthritis, osteoporosis, asthma etc), and vitamin C also helps significantly with cardiovascular health.

If you are on a weight loss journey, you'll also be happy to hear that this alkaline staple contains plenty of potassium and sodium and so is a diuretic – meaning it helps rid the body of excess fluids.

## Research on Celery:

- Celery and Hypertension: Kurl S, Tuomainen TP, Laukkanen JA et al. Plasma vitamin C modifies the association between hypertension and risk of stroke. *Stroke* 2002 Jun;33(6):1568-73 2002.
- Celery & Cholesterol: Tsi D, Tan BK. The mechanism underlying the hypocholesterolaemic activity of aqueous celery extract, its butanol and aqueous fractions in genetically hypercholesterolaemic RICO rats. *Life Sci* 2000 Jan 14;66(8):755-67 2000.

# Capsicum/Bell Pepper/ Pepper



## Nutrients per 1 Cup

Vitamin C:	195.8%	RDA
Vitamin A:	58%	RDA
Vitamin B6:	14%	RDA
Folate:	11%	RDA
Dietary Fiber:	7%	RDA
Vitamin E:	7%	RDA
Molybdenum:	6%	RDA

## Live Energized

The antioxidant superpower, bell pepper is one of my all-time-favorites because it is sweet, crunchy and refreshingly delicious. You can use it in almost any meal raw, grilled, fried, roasted and it is always a winner.

Here are just SOME of the antioxidants bell pepper contains:

- Flavonoids– luteolin– quercetin– hesperidin
- Carotenoids– alpha-carotene– beta-carotene– cryptoxanthin– lutein– zeaxanthin
- Hydroxycinnamic Acids– ferulic acid– cinnamic acid

Of these, the carotenoids are the most interesting. Impressively beneficial to our health carotenoids are highly researched and get a lot of attention in the health field...and bell peppers contain over 30 different members of the carotenoid nutrient family. The only other food that is close to this is tomato... and all other foods are also-rans.

Bell peppers have shown up in research relating to decreasing the risk of cardiovascular disease, type II diabetes, macular degeneration, cancer, inflammation and more.

Alongside these lesser known or more complex-named antioxidants, bell pepper is one of, if not the best food source of the more common antioxidants: vitamin C, vitamin A and vitamin E.

In fact, bell peppers contain twice as much vitamin C as oranges.

## Research on Bell Pepper:

- Pepper and Dementia: Devore EE, Grodstein F, van Rooij FJA et al. Dietary antioxidants and long-term risk of dementia. Arch Neurol. 2010 July; 67(7): 819-825. 2010.
- Peppers and Antioxidants: O'Sullivan L, Jiwan MA, Daly T, O'Brien NM et al. Bioaccessibility, uptake, and transport of carotenoids from peppers (Capsicum spp.) using the coupled in vitro digestion and human intestinal Caco-2 cell model. J Agric Food Chem. 2010 May 12;58(9):5374-9. 2010.
- Pepper and Cancer: Ambrosini GL, de Klerk NH, Fritschi L et al. Fruit, vegetable, vitamin A intakes, and prostate cancer risk. Prostate Cancer Prostatic Dis. 2008;11(1):61-6. 2008.

A bunch of fresh carrots with vibrant orange roots and bright green, feathery tops. The carrots are tied together at the stems with a piece of natural twine. They are arranged on a rustic, weathered wooden surface with visible grain and knots. The lighting is soft, highlighting the texture of the carrots and the wood.

twelve  
starter  
alkaline  
recipes

# BREAKFASTS

Live Energized



# Energy-Doubling Breakfast Smoothie



## Ingredients

- 1/2 a ripe avocado
- 2 handfuls of spinach
- 1 handful of kale
- 1/2 cucumber
- 200ml almond milk
- 3 tbsp coconut oil
- 50g soaked almonds
- 25g soaked cashews
- 1 tbsp sunflower seeds
- 1 tbsp chia seeds

Live Energized

Preparation Time: **xx minutes**

Serves: **4**

## Instructions

1. If you are reading this a few hours (at least) before you're going to make this energy-booster, start by soaking your almonds and cashews for at least an hour or so, preferably overnight. If you want to make it now, try to soak them for at least 20 minutes!
2. Start the blending with the avocado, liquids and cucumber
3. Next add the oil and the leaves
4. Finally add the soaked nuts, the seeds and blend at a high speed until smooth

# Chai-Infused Quinoa Porridge



## Ingredients

- 1 cup of dry quinoa (pref organic)
  - 2 cups of water (pref alkaline)
  - 1 stick of cinnamon (or 1/2 teaspoon)
  - 1 1/2 teaspoons ground ginger or 1 inch piece of fresh root ginger finely grated
  - 1/2 teaspoon ground nutmeg (pref fresh grated)
  - 1/2 cup of coconut cream or milk (depending on how creamy you want it)
  - 1/2 lemon skin grated (or lime)
  - 1 vanilla bean pod or vanilla essence
- Sprinkle (half a handful) of assorted nuts and seeds to your liking

Optional: coconut yoghurt

Optional: cloves, ground

Optional: 1 grated apple (if transitioning)

## Live Energized

Preparation Time: **15 minutes**

Serves: **2**

## Instructions

First prepare the quinoa to the packet instructions OR follow the excellent advice on cooking light fluffy quinoa here at [TheKitchn](#)

Once the quinoa is cooked and drained, add it back to the saucepan and stir in the chai spices (cinnamon, ginger, nutmeg and cloves if you've done them in a pestle and mortar) and add the coconut cream or milk and throw in the scraped out vanilla pod (or add the drop or two of vanilla essence).

You can pick either the milk or cream depending on how creamy and thick you want it.

When it's ready, grate in the apple if you're using it – right at the end.

Warm through and then serve in a big bowl. To serve, add the lemon rind grated onto the top and sprinkle with extra ground cinnamon. Finally throw on the seeds and nuts (I recommend sesame seeds with this especially).

As an indulgent extra, you can also serve with a dollop of coconut yoghurt, which is alkaline and JUST DELICIOUS!

Eat while it's hot!

# Baked Bean Salsa Brekkie



## Ingredients

- 1 can of haricot beans (pref. organic)
- 4 spring onions
- 6 cherry tomatoes
- 1 handful of basil
- 2 handfuls of spinach
- 2 cloves of garlic
- 1 avocado
- ½ lemon
- Olive oil
- Himalayan salt & black pepper

## Live Energized

Preparation Time: **15 mins**

Serves: **2**

## Instructions

Roughly chop the spring onions, halve the cherry tomatoes, and finely chop the garlic. Now, in a reasonably sized frying pan, bring a little water to the boil (maybe 50ml or less) and 'steam fry' the garlic for one minute. Now throw in the cherry tomatoes, haricot beans and spring onions until everything softens.

Next add the basil and spinach until it is wilted and season with Himalayan salt and black pepper.

While this is cooking prepare a side salad and halve the avocado and voila.

Serve the bean salsa mix with salad and the halved avocado, with lemon and olive oil drizzled all over.



LUNCH!

Live Energized

# Kale Slaw & Creamy Dressing



## Ingredients

- 1 bunch Tuscan, Cavalo Nero or Curly kale, thick stems removed and leaves thinly sliced
- 4 cups shredded red cabbage (about 1 small head), quartered and cored)
- 1 small red onion, thinly sliced
- 1 large red bell pepper (capsicum), cored, seeded and thinly sliced
- 1/3 cup sunflower seeds
- 1/2 bunch of coriander, roughly chopped
- 1/4 cup sesame seeds
- 1 inch piece of root ginger, sliced thinly

## Live Energized

Preparation Time: **15 minutes**

Serves: **2**

### For the dressing:

- 1 cup of raw cashews, soaked overnight
- 1 cup of vegetable stock
- 1 clove of garlic

- 1 Start by shredding the kale and red cabbage and place this into a large salad bowl
- 2 Next add the thinly sliced onion, bell pepper, coriander, seeds and the ginger
- 3 Toss these ingredients
- 4 Next, make the cashew dressing by blending these ingredients together on high until smooth. You can either add the stock warm to make a warm dressing, or allow it to cool first. Note: if you have a powerful blender you will not need to soak the cashews overnight.
- 5 Add more stock or more cashews to get your desired consistency.
- 6 Stir the dressing through the slaw and serve!

# Anti-Inflammatory Soup



## Ingredients

- 200g Pumpkin, roughly chopped
- 4 Carrots, roughly chopped
- 1 Sweet Red Potato, roughly chopped
- 4 Tomatoes, roughly chopped
- 3 Cloves Garlic
- 1tsp Mustard Seeds
- 1 Red Onion
- 300ml Vegetable Stock
- 200ml Coconut Cream
- 1 Handful of Fresh Coriander (Cilantro), roughly chopped
- 1 Inch Fresh Turmeric Root
- 1 Inch Fresh Ginger Root
- 1/2 Red Pepper (Capsicum/Bell Pepper)
- 1 Cup of Lentils
- Coconut Oil

## Live Energized

Preparation Time: **xx minutes**

Serves: **4**

## Instructions

1. Start by chopping the red onion, garlic, ginger (peeled) and turmeric (peeled) roughly.
2. Gently heat a little coconut oil in a pan and very gently get the onion started, and once it's cooking a little, add the turmeric, ginger, mustard seeds and garlic – being careful not to burn the garlic.
3. Now add the root veggies (carrot, pumpkin, sweet potato), the red pepper and the tomatoes and stir it all around to coat the veggies in the oil and flavours (you should be able to smell that delicious turmeric now)
4. Add the stock and then add the lentils. If you're using dried lentils, you will need to add an extra 50ml of stock to allow for an additional 10 mins cooking time, but if you're using tinned lentils (please buy organic), add them now and move onto the next step.
5. Turn the heat down to simmer and let all of the veggies soften and the lentils cook.
6. Once everything has softened, add the coconut cream and chopped cilantro (coriander) and then transfer to a blender and blend until smooth
7. This will stay nice and warm for about an hour in the blender jug, but if you want, you can return to the pan to keep warm
8. To make the optional topping (which I've found really nice and a delicious extra texture to the soup), simply roughly smash up the cashews on a chopping board under a knife, and cook with the pumpkin seeds in a little coconut oil with the minced garlic until it's warmed through and a little browned.
9. Serve the soup in bowls with a sprig of cilantro, a drizzle of coconut cream and the cashew topping (with optional chilli) and LOVE it

# Cool Summer Salad



## Ingredients

- A little box/punnet of cherry tomatoes (or about 15)
- 1 serve as per your pack instructions of quinoa (about 1/2 a cup dry I estimate)
- 1 carrot
- 1 avocado
- 1 beetroot
- A handful of baby peas
- A handful of basil
- A good pinch of sage leaves
- A pinch of healthy salt (Celtic, Himalayan etc)
- A pinch of black pepper
- A dressing of olive oil with lemon juice – mix to suit your taste

## Live Energized

Preparation Time: **xx minutes**

Serves: **2**

## Instructions

Firstly, get the quinoa cooked and out of the way. The rough guide is to mix one part quinoa to five parts water, so do this (unless you pack says otherwise), bring to a boil and then simmer super-gently until the water has absorbed.

Next, you have two options with the beetroot and carrot. If you have a Spiral Slicer use this to make carrot and beetroot spirals, but if not then you will want to grate them with a standard cheese grater into a bowl. Once grated, press with some kitchen roll/towel to get rid of some of the excess moisture.

While you're spiralsing or grating have the baby peas steaming gently for a few minutes to cook through and then put aside.

Slice or dice your avocado as you like and then mix all of this into a large bowl with the herbs (which you can roughly chop or rip) and set it all aside while you sort out yer' tomatoes!

Now, you're going to be grilling the tomatoes (surprise!) so chop them in half and drizzle with olive oil and place under the grill for about 5 minutes until they start to just blacken and are warmed.

With the tomatoes done you can mix it all up into a big bowl and dress with the olive oil and lemon juice.

There you have it – colorful, nutrition-ful and flavourful!

Optional extra: you can add some fresh chilli, thinly sliced to spice it up if you want! I do!

# DINNERS



# Raw Pad Thai



## Ingredients

- 3 medium courgettes (zucchini)
- 3 large carrots
- 2 spring onions, chopped (also known as green onions, scallions)
- 1 cup shredded red cabbage
- ½ packet of beansprouts
- 1 cup cauliflower florets
- 1 bunch of fresh coriander/cilantro, chopped roughly

## Sauce

- ¼ cup tahini
- ¼ cup almond butter
- ¼ cup tamari
- 1 tsp coconut sugar
- 2 tbsp lime or lemon juice
- 1 clove garlic, minced
- 1 inch of ginger root, grated

## Live Energized

Preparation Time: **15 minutes**

Serves: **2**

## Instructions

- 1 First, prepare the carrot and courgette 'noodles' by using either a spiralizer or mandolin. If you don't have either of these, use a vegetable peeler to make slices of the zucchini and carrot and then use a sharp knife to slice these into very thin strips.
- 2 Put these into a large bowl with the spring onions, shredded cabbage, beansprouts (thoroughly washed), cauliflower and coriander.
- 3 Now prepare the sauce by blending the tahini, almond butter, tamari, coconut sugar, lime/lemon juice, garlic and grated ginger. Add a little water if needed – this is a very thick sauce.
- 4 Finally, mix the sauce into the bowl and get everything evenly coated.
- 5 Serve with a sprig of coriander and an extra little squeeze of lemon or lime!

# Alkaline Thai Green Curry



## Ingredients

- 2 spring onions
- Broccoli
- 1/4 cauliflower
- 1 carrot sliced
- 125ml coconut milk
- Handful of coriander
- Large finger of ginger
- 1 stick of lemongrass
- 1-2 chillies
- 2 limes
- Asian greens (bok choy etc)
- 1 teaspoon of green curry paste
- Cubes of firm tofu (optional)
- Soba noodles or brown rice.

## Live Energized

Preparation Time: **40 minutes**

Serves: **2**

## Instructions

- 1** Juice the lime, slice and bash the lemongrass, slice the ginger and roughly chop the coriander. Mix together and allow to infuse.
- 2** Next thinly slice the spring onion and carrot, cut the broccoli and cauliflower and steam fry along with the Asian greens and tofu if desired.
- 3** Once steamed (five mins) add the infused chilli, lime and lemongrass, coconut milk and paste.
- 4** Gently simmer for five minutes and serve either alone or with soba noodles or brown rice.
- 5** Optional: grate the lime before juicing and use as a garnish when serving.

# Tuscan Bean Soup



## Ingredients

- 2 Tbs (30mL) olive oil
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 4 cloves garlic, chopped
- 3 cups (680g) chopped tomatoes
- 6 cups (900g) tinned cannellini beans
- 5 cups (1.25L) water
- 1/2 tsp (3g) Himalayan Salt
- Freshly ground pepper, to taste
- 1 cup (75g) spelt pasta shells, or other small pasta shape
- 1/4 cup (9g) fresh basil leaves, coarsely chopped

Live Energized

Preparation Time: **35 minutes**

Serves: **6**

## Instructions

Firstly, you need to steam fry the onions, celery, and garlic until tender. Do this in a few spoons of water in a large pan. Once it is all nice and tender you can add the chopped tomatoes (juice n' all) and warm this over a medium to low heat, breaking up the tomatoes so that it is all chunked down in nice small chunks. Cook this all together for about fifteen to twenty minutes.

Now you can add the lovely creamy-textured cannellini beans, the water, salt, pepper and cook over a medium-low heat for another twenty minutes. Once the beans are soft you're good. Now you can add the spelt pasta and cook for another ten minutes until it is al dente.

Once the soup has cooled a little bit, stir in the olive oil and add the basil leaves.

A close-up photograph of several round, textured rice balls (onigiri) made with white rice. The rice balls are piled together, with one in the foreground being the most prominent. The background is softly blurred, showing more rice balls. A purple rectangular box is overlaid on the upper right portion of the image, containing the word "SNACKS" in white, uppercase, sans-serif font.

# SNACKS

# Crispy Cauliflower 'Buffalo Wings'

Live Energized

Preparation Time: **45 minutes**

Serves: **4**

## Instructions

Firstly, get the oven heated to 230 degrees (450f).

Now in a bowl, mix together the flour, water, garlic powder and salt and whisk this until it is like a smooth batter.

Toss through the cauliflower and then bake for around 15-20 minutes, giving a shuffle around half way through.

If you're making your own barbeque sauce as per the ingredients above, this is what you'll do while the cauliflower is cooking:

Warm the coconut oil in a pan over low heat and then add the onion, garlic, coriander, cumin, allspice and cayenne.

Cook these together for about four to five minutes and then add the lemon juice.

After another minute or so add the tomato sauce, mustard and Worcestershire sauce and 250ml of water.

Turn up the heat to a medium level and season with fresh Himalayan salt and black pepper and once it's almost boiling, reduce the heat again and simmer for 10-15 minutes.

Once it has thickened, allow it to cool a little and then blend smooth.



## Ingredients

- 1 head of cauliflower, chopped or snapped down into bite-sized pieces
- 1 cup of chickpea (garbanzo) flour
- 1 cup of water
- 1 tsp of garlic powder
- 1/2 teaspoon of Himalayan salt (finely ground)

# Coconut Energy Balls



## Ingredients

- 1/4 cup cold pressed coconut oil, room temperature
- 1/4 cup organic maple syrup
- 1/3 cup organic cacao or pure cocoa powder
- Pinch of sea salt
- 1 cup raw pecans or walnuts, soaked and dehydrated
- 2/3 cup organic shredded unsweetened coconut

Live Energized

Preparation Time: **10 minutes**

Serves: **16 balls**

## Instructions

- 1** In a bowl, mix together the coconut oil, maple syrup and cacao powder. Stir and press the oil until thoroughly blended.
- 2** Toss the remaining ingredients in and stir together.
- 3** Layout a sheet of wax paper on a plate.
- 4** Then, with your hands, form mixture into 3/4-inch round balls.
- 5** Freeze each plateful of balls for 15 minutes.
- 6** To preserve them nicely keep them refrigerated.

# Alkaline Home-Baked Pumpkin Bread

Live Energized

Preparation Time: **30 minutes**

Serves: **2**



## Instructions

- 1 First and foremost, the oven must be preheated to 200C (or gas mark 6). Once this has preheated, put the entire pumpkin onto a baking tray and bake for at least 40-50 minutes or until the pumpkin has become quite soft.
- 2 Cool the pumpkin (still on the tray) for at least half an hour.
- 3 Remove the skin from the pumpkin, cut out the stalk and remove the seeds. Mash the pumpkin well, and then stir in the remaining ingredients.
- 4 Next, put the pumpkin onto a floured surface and knead until the mixture becomes sponge-like. If it feels too sticky, add a little more water.
- 5 Shape the mixture into a circular loaf shape and place on a lightly oiled baking tray. Make a pattern in the top of the loaf such as a cross.

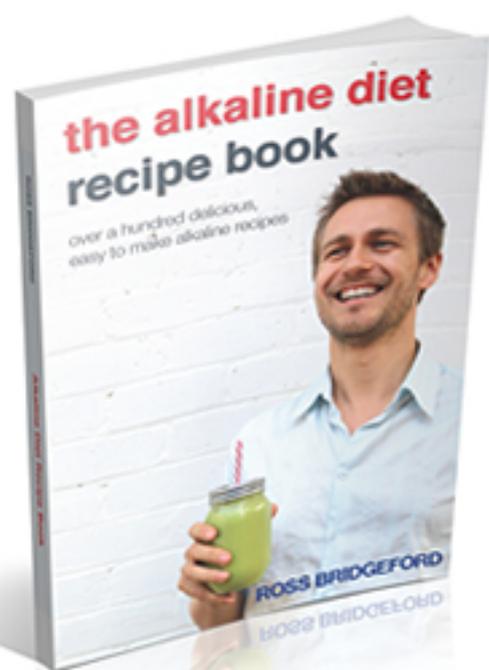
Bake for 30-40 minutes or until done (you can tell by tapping the base of the loaf - if it sounds hollow, it is ready).

## Ingredients

- 1 small pumpkin
- 300g gluten-free flour
- 2 tsp baking powder
- 1 tsp of Italian seasoning
- 2 tbsp of oil (udo's choice, hemp oil, flax oil etc)
- 50-75ml of water

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# Simple Steps to Get Started



# How to Get Alkaline As Quickly & Easily As Possible

My approach to coaching the alkaline diet is based around a five key principles:

1. Trying to be perfect from the start leads to failure in 90% of cases – go easy on yourself!
2. For the first month, focus on the 20% of actions that make 80% of the difference
3. Take it slowly, baby-steps, day-by-day and celebrate each success
4. Give yourself a cheat day, or relax every now and then – treat yourself!

5. If you have a bad day, don't give up – take time to think what happened and start again right this minute!

If you want to get alkaline, see it as a longer-term shift, rather than a quick diet fix.

If you can take it slow and start to incorporate these tips into your daily life-style, it becomes a habit and second nature, rather than feeling like work every day.

## Getting Alkaline & Energized in Five Simple Steps:

### Step One: Going Green

Going green is so important because it gets a huge amount of chlorophyll into your body.

Chlorophyll has the power to regenerate our bodies at the molecular and cellular level and is known to help cleanse the body, fight infection, help heal wounds, and promote the health of the circulatory, digestive, immune, and detoxification systems.

Chlorophyll consumption increases the number of red blood cells and

therefore, increase oxygen utilization by the body.

Chlorophyll also reduces the binding of carcinogens to DNA in the liver and other organs.

It also breaks down calcium oxalate stones for elimination, which are created by the body for the purpose of neutralizing and disposing of excess acid.

So getting a big injection of chlorophyll into your diet is hugely important to help you get alkaline!

As per point two, above in my five principles – you have to focus on the small, simple stuff that has the most impact and in my opinion, getting green foods in is the single most powerful thing you can do to dramatically change your health, energy and vitality.

You have to get greens in and while this may seem daunting – here are a few suggestions to make it a LOT easier and less intimidating:

### Have a salad with every meal:

Carry on eating what you'd normally have eaten, but just add a side salad (no unhealthy dressings though!). This TOTALLY takes the pressure off but the cumulative effect of having several salads a day will have a big impact.

### Disguise green foods:

You can shave broccoli heads with a knife over foods or into pasta sauce giving you heaps of broccoli, but you can't see, taste or smell it. OR wilt spinach down with a little butter, salt and pepper – this gives you a HUGE amount of spinach in just a couple of mouthfuls.

## Step Two: Get Oiled Up!

This is another really easy fix and is something 90% of people are not currently doing:

You HAVE to get at LEAST 2 tablespoons of Omega 3 EVERY day

Eating more oily fish is great for the health benefits this can bring, but you'd have to eat a really silly amount to get enough omega 3 – and this goes twofold for eating nuts and seeds to get enough omega 3.

Omega 3 deficiency was named in a

OR make pasta sauce by blending tomatoes with steamed pumpkin, broccoli, spinach, watercress etc. When it's all blended down it still tastes very rich and tomato-ey, but you've got a heap of green foods in there too!

### Get into Sprouts:

Sounds weird but it's SO worth it – sprouts are sprouted seeds of plants such as broccoli which, when harvested at the sprout stage, contain all (or more) of the nutritional content of the fully grown plant – this means you can easily eat one handful and get a HUGE hit of nutrients. I've blogged heaps about sprouts (and have a guide coming) so click here to read all about sprouts.

Making sure you up your green food consumption from 0-1 times per day to 3-5 times per day is easy and it will blow your mind the difference it makes. Your body will thank you, I can absolutely assure you.

Harvard Medical School research paper as being the 6th Biggest Killer in the USA – yes it's that important.

It's critical for our health, energy, metabolism, cardiovascular system, eyes, hair, skin, digestive system... everything – yet around 90% of people in the Western world are chronically deficient.

If you change nothing else but add 2 tablespoons (30ml) of omega 3 to your diet you will really see a massive difference in your body.

I really recommend a supplement to ensure you get enough and Udo's Choice is my personal favourite.

If you want to learn more about Fats & Oils I really recommend Udo's website here and also check this article I wrote on oils back in [April 2011: Why Essential Fatty Acids are So Essential which you can find on my blog.](#)

This is another 80/20 suggestion – it is SO easy to just have 30ml of omega 3 every day (even if you just buy straight flax oil and use this in salads) but it will make a HUGE difference.

Note: Omega 6 and 9 are also important but we tend to get enough of those through consumption of olive oils, vegetable oils etc - for now focus on omega 3.

## Step Three: Hydration

Most people are living their lives chronically dehydrated. Unless you are drinking at least 3 litres of clean, pure water every day, you're in that category.

It turns out that most minor ailments including fatigue, many digestive issues, reflux, candida, headaches, low immunity and frequent colds, low libido, bad skin, foggy thinking and more are all a direct symptom of chronic dehydration.

In fact, when I first start working with someone and they tell me how they only drink 2-3 glasses of water per day it makes me jump for joy.

I also strongly recommend adding at least a teaspoon of **coconut oil** to your daily diet too.

It has now become completely confirmed through research what we had been thinking in the natural health world for some time: that this saturated fat is GOOD for you, and the body needs it to thrive!

Coconut oil is the healthiest oil to cook with as it doesn't become toxic when exposed to heat, light and air like other oils - so an easy way to get your tsp per day is to just use it in cooking.

It has been proven to speed metabolism, strengthen heart health, reduce oxidation in the body, fight inflammation, encourage unwanted fat to shift, ease digestion, support the immune system and stop sugar cravings!

Not because I'm mean or weird. But because I KNOW what a huge, instant impact it is going to make for them to start properly hydrating!

They will literally get instant results - and so could you.

It is widely considered that just a 5% drop in body fluids can lead to a 25-30% loss of energy. This could be a huge problem, but it's so easy to fix!

You simply have to start drinking a minimum of 3 litres of water (100 fl oz) every day.

This may sound a lot, but really it isn't when you break it down over the course of the day.

As a rough rule I tend to drink:

- 1) 500ml of lemon water when I wake up
- 2) 500ml before I prepare lunch & dinner (linking drinking to tasks helps me remember)
- 3) a 300ml glass after I brush my teeth morning and night
- 4) 500ml glass during my morning work & 500ml during the afternoon

5) PLUS at least three cups of herbal tea during the day and evening.

This alone totals 4 litres, and it's not hard or a big deal.

And if you're worried about trips to the bathroom? I admit, the first week you'll be peeing more often than normal, but after that this goes away pretty quickly.

And you can mix it up too. Check out my [blog post on flavouring your water here](#) and on [the top herbal teas here](#).

Get the Full Definitive Guide to Alkaline Water

[CLICK HERE](#)

## Step Four: Juices & Smoothies

This is without question the fastest way to get an abundance of nutrients into your body - and it makes a huge difference.

Honestly, just starting out by committing to a daily green juice or smoothie you will REALLY feel it and you'll see the difference in the mirror.

And while most people think it's a pain to make a juice or smoothie and then clean up - it really takes less than 8-10 minutes from start to finish.

Investing that 8-10 minutes of your 1440 minutes you have each day really is worthwhile.

0.5% of your day to this, right?

The most important thing to remember here is to include very, very little or preferably no fruit in your juices and smoothies.

Stick to green foods, and as many leafy greens as possible.

For juices think cucumber, celery, spinach, kale, watercress, lettuce, carrots, tomatoes, beets and so on.

For smoothies think along those same lines, but add avocado, coconut milk, coconut water, cacao and things like chia seeds for more bulk.

# And that's all there is to it!

Remember, getting alkaline is all about feeding your body with the nourishment it needs to thrive. When you give your body this abundance of nutrients it will repay you a hundred-fold.

I hope this guide has given you the framework and simple steps so you can get started today, without feeling overwhelmed or confused.

My passion is to get people living energized and feeling alive.

And from my twelve years experience of teaching and coaching this stuff I can tell you, if you follow the steps I've outlined, stick to getting the good stuff in first (before you worry about the bad), live 80/20 and get green, hydrated, oiled and juiced - you will see a HUGE difference.

It's simple! So let's keep in touch, stay alkaline & live energized!

Ross

If you've enjoyed this guide and appreciate my work, please share this:

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