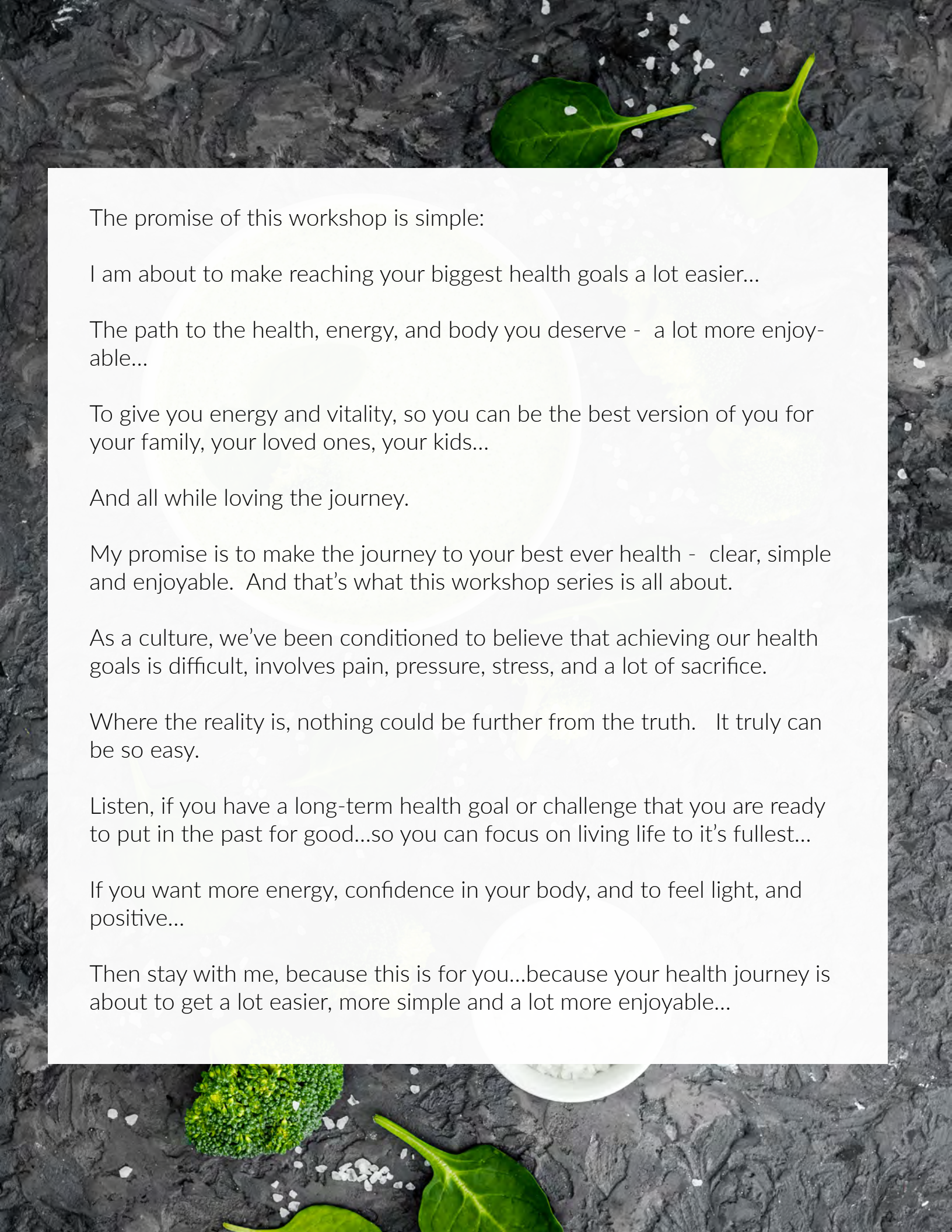


Effortlessly Alkaline Lesson Three Transcript

Getting Started, Removing the Stress,
Making it Easy & Removing Overwhelm



Effortlessly Alkaline
WORKSHOP



The promise of this workshop is simple:

I am about to make reaching your biggest health goals a lot easier...

The path to the health, energy, and body you deserve - a lot more enjoyable...

To give you energy and vitality, so you can be the best version of you for your family, your loved ones, your kids...

And all while loving the journey.

My promise is to make the journey to your best ever health - clear, simple and enjoyable. And that's what this workshop series is all about.

As a culture, we've been conditioned to believe that achieving our health goals is difficult, involves pain, pressure, stress, and a lot of sacrifice.

Where the reality is, nothing could be further from the truth. It truly can be so easy.

Listen, if you have a long-term health goal or challenge that you are ready to put in the past for good...so you can focus on living life to it's fullest...

If you want more energy, confidence in your body, and to feel light, and positive...

Then stay with me, because this is for you...because your health journey is about to get a lot easier, more simple and a lot more enjoyable...

Abundant health should be effortless. The journey should be enjoyable. Life is meant to be lived the old way of trying to be healthy and dieting. It's so fraught with stress and pain and sacrifice, but it doesn't have to be this way. There is a new way, a way that is light and fun and reconnect to with your body and connects you again with nature.

And this lessons that I will show you the entire roadmap let's do this because your abundant health is just around the corner and you're going to love how easy it can be. Hi, my name is Ross Bridgford founder of the Alkaline Base Camp, and for the last 15 years or so I've been helping people achieve their biggest health goals to find it easy and effortless and love the journey.

And it's so great to have you join me in the third lesson in my Effortlessly Alkaline Worksho, because in this lesson, I'm going to share the entire plan with you. My Effortlessly Alkaline Blueprint. This is the entire blueprint for success with your health, your energy, and living the alkaline lifestyle and finding it so easy and stress free and enjoyable. If you've ever been confused about how all of the pieces of living alkaline fits together,

or more importantly, if you're wondering what actually goes into creating a huge success with the alkaline diet, this video is for you, and maybe you're just starting out and you're feeling a bit overwhelmed with all the conflicts and information out there, not really knowing what to do and what to eat, what sort of void, or maybe you've tried to go for your health goals before,

and you've got stuck and frustrated with the pain and the cravings and the feelings of missing out. So in this video, I'm going to show you how people like you and me, people that know that health is the most important thing that want that incredible feeling of energy and vitality can get to our biggest health goals while we loving the incredible journey. It should be Now backing video one,

we talks about how you can't rely on willpower. When you're trying to make health changes, it's a completely flawed approach and how instead you need to set yourself up for success by picking those 20% of actions that are going to give you 80% of the result, and then how you can turn those actions into those automatic effortless daily habits. And then in video two,

we covered the first steps forward with my four core actions. Those are, that's what I'm saying. Cause then of actions. And we apply it to my simple ABC habit framework to each of them to make it so easy to fit into your lifestyle. This is proven to

be the best place to start. So if you haven't watched those videos yet, go back and watch them.

Now there's links right below this video and then come back and watch this one because today I'm going to build on what we've already discussed by giving you that complete blueprint to living out and loving it. By the end of this video, you're going to have so clarity. You're going to see how everything fits together. And because time is such a challenge for you.

And I, I'm also going to share some of my biggest time-saving tips from my alkaline base camp coaching members. Once you've used these, you will never stress again about having enough time to fit everything into your healthy lifestyle ever again. We've got a lot to cover today, so make sure you've got your pen and paper ready and you've downloaded the workbook and the blueprint so that you can take notes and follow along.

Because anytime you're trying to get healthy, get alkaline, or follow any new health plan. It can be hard because in the beginning, everything's new things like what foods to focus on, which ones to avoid, which ones are acid, which ones are alkaline. We want to do first, where should you focus your energy? First? What parts should you prioritize?

And what can you pass to later? This is why the effortlessly alkaline blueprint is going to save you a ton of time. This is the exact blueprint you need to make the alkaline diet fit in with your lifestyle to make it easy and fun. You know, rather than trying to crowbar your lifestyle and change everything in your life to make it fit with a diet plan.

We do it the other way around. So go ahead and click the button to download your own copy of the effortlessly alkaline blueprint below. So you can have this as your resource, but ever to refer back to whenever you need to, whenever you get stuck. So with all that said, I do need to warn you before we get rolling. Once you see the blueprint,

you're going to be tempted to just dive in and start jumping around and reading it right away. It does give you the complete overview, but I want to make things easy for you by covering the 20% that we've talked about earlier. So although the blueprint is going to give you the high level view of everything, please stay with me and

follow along because I'm going to walk through the 20% for each part of the blueprint.

That's going to get you 80% of the results. All right, let's get into it today. Now staying with stage one, baby steps and no stress. Okay? So this is the effortlessly help-line blueprint. And this is really the kind of the basic foundation that the framework of what sits behind that success path inside the Alkaline Base Camp, the success path is the journey from a to B,

from wherever you are now on our journey to getting you to where you want to be. And this is kind of a higher level at the 80 20. These are the steps that kind of sit behind that. So, so what would be really good as we get started is that you print out this effortlessly, our climb blueprint, and start making notes,

thinking about the things that you were going to start with, the things that you are going to do first and how this is going to fit into a lifestyle, not just in stage one, but in stages two and three and four, as we go through, start to think, what are the little bits and pieces that you've already got in your life that are going to work with this?

And what notes, what, what study do you need to do to be able to fill in the gaps? Because this is effectively your journey from wherever you are now to living alkaline and thriving. Now, as I mentioned again, we can't go into absolute depth on every single point of the blueprint. We're just going to cover the 20%. That's going to get you 80% of the way there today,

but just start to think through how is this going to fit into your life and what can you do now and what you need to research and do in the near future to get moving and get started. This is yours for life. You've always got this to come back to whenever you need to. It's such a wonderful resource. It maps out the entire alkaline diet.

So let's get into stage one. Now just jumping into stage one. This is where you are. Now. This is starting out when you're first getting started, all restarted, as I know is the case for a lot of people. And really this is all about the philosophy, removing the overwhelm, removing any stress or any anxiety about getting started, removing all of that and getting you started on the right foot.

So just jumping into some of that philosophy to begin with in stage one, you only want to be focused on adding the good stuff in, forget, cutting anything out, remove that need for willpower and make sure that you master each new thing. You do each

new action before you add anything else. So you do it one step at a time. Of course,

we've covered this in lesson one, the 2080 approach, those 20% of actions and habits that are going to get you the 80% of your desired result. And in stage one, this is hydration from the four core actions. So applying the ABC habit framework to each of those actions, one at a time, and again, master each new thing before you add anything else,

this is so important in stage one. Another thing that's really important in stage one is getting clear on your big, why going through a goal setting process now in the Alkaline Base Camp, all of my new members go through our ABC goal-setting workshop. It's a very, very powerful 20 minute or so workshop that just gets to the core of why you're doing it,

setting your goals. It just improves motivation considerably. So this part is huge and this isn't just why you're doing it for yourself. That is important. And you do cover that, but it's also an extra step, which is why you're doing it for others reasons outside of yourself. It could be for your kids. It could be for your partner, your family,

your friends, to bring something more to the world, to have a bigger picture and a bigger mission, you know, to, to be able to stay fit environment strong. So you can play with your grandkids and your great grandkids, these sorts of reasons why provide such an extra layer of motivation in stage one. We also cover supplements as well, just in two ways.

Really it's really important. Firstly is to cover your baseline. These are the supplements that I recommend everyone has as their baseline, but also to make sure that your supplement plan is affordable. Supplements should be there to supplement, not replace. So as we move into stage two, this is all about building momentum, creating habits, making it happen, making it stick.

So it's about using the ABC habit framework to start building on each of those four core actions and turning these really important steps into effortless habits. Now in stage one, we focused only on adding the good in, in stage two is where we're going to start to reduce and cut down and remove some of the most acidic foods. And the best one to start with is sugar.

The most acidic substance out there, this is easier than you would think. Pareto principle applies here very, very much 80% or more of the sugar you are consuming on a daily basis is coming from 20% or less of the foods. I promise you now in the ABC, there is the deep dive quit sugar success program. It's a 14 day program that makes it so easy to get the sugar out.

You'll barely even notice you're doing it. And it will be gone in two weeks, but you can apply. Pareto's principle here, 80/20, all you need to do take a food diary for two or three days, go through each of the foods, each of the ingredients or each of the recipes over those two to three days. I promise you,

you will find that at least half the sugar you're consuming is coming from a really small number of meals. And for most people, their meals and ingredients, you don't even care that much about when you look at it so easy to swap and you will immediately get so much of the sugar out of your life in stage two is when we're starting to look at each meal time as well.

Again, one step at a time. And in the ABC, we approach each meal time, one step at a time. And we start with breakfast because if you have a standard American diet, the type of breakfast and acidic breakfast, it just makes the rest of your base so much harder. It puts your hormones into a spin that makes everything much more difficult,

but when you have a nice alkaline light, delicious, nutritious nourishing breakfast, it makes everything easier. So this is the headline for stage two. Really, we're looking to start implementing that habit framework into the four core actions we're focusing on quitting sugar, getting the sugar out and mastering breakfast. Once you feel that you've got your hydration completely sorted from stage one,

you've got your greens sorted in stage two, you've got 60, 70% of the sugar out and you've mastered breakfast. You are then ready to move on to stage three. So moving into stage three, this is where you've got a lot of the basics now covered. You're confident with the core stuff. You're confident with the basics. You're confident you're not going to slip backwards.

And this is where we start to take on some more of the advanced stuff. So now is a really good time to do my alkaline reset cleanse. This is where we're also

moving into the mealtime mastery, which is snacks. Now snacks is one that trips, a lot of people up. It's one of those times of the day where you're hungry, your blood sugars,

low cravings might kick in, and it's so easy to reach for convenience. And we know that the vast majority of convenience food is acidic. It's inflammatory. It causes oxidative stress. It's things like gluten sugar, chocolate chips. We need to get on top of snacks and it's quite easy to do in the ABC. We go quite deep on this because it is a pressure point for so many people.

But look, to try to find four to five alkaline snack recipes that you love incorporating two to three into your weekly routine. You can make these in bulk and have them available to. So when the hunger strikes, you've got a healthy alkaline option to fall back on. That's not only going to avoid acidity, but it's going to give you an energy boost and an alkaline boost as well.

This is also now being confident from stage two, where we want to remove the next most acidic food from your buyer, the gluten now just like sugar. It's a lot easier than you would think. And just a few really simple swaps can get easily. 50% of the gluten out of your life. Again in the ABC, we go deep on this of course,

and make it all step-by-step and effortless and easy in terms of the four core actions you're upping your greens each day, your upping, your hydration each day, your inter fork or action, number three, which is their essential fats and oils. And you're taking care of that one now as well, using the ABC habit framework. And now it's also a really good time to start looking at the supplement regime.

You know, there might be some specific goals or challenges that you're trying to get to the, whether that's sleep or stress or aging immunity. Now's a good time to review that. You know, you're at the end of stage three, when you've done a cleanse, you've mastered snacks and you've got the gluten out. And this is where we get into stages four and five.

So stage four is all about energized and alive. We're getting towards our biggest health goals. Our challenges are in the past, the future is bright and in stage four, this is where we're really ramping up the element of building it into a lifestyle. So we're focusing on our client dinner time. So this is a tricky one and you want to stay safe.

This one. So stage four till you've got a bit of experience on your belt because whereas, you know, breakfast and snacks, they're kind of an individual thing. They're not really, there's no social element around it. Dinner is that social meal. When in the ABC, we have got training, that's built around these tricks and hacks to make it so that you can create delicious alkaline meals that the whole family are going to enjoy.

So again, what I want you to do is try four to five delicious alkaline dinners that you can pick three to four from that you're going to incorporate into your life. Again, we're not going for perfection. This doesn't have to be every day, but if you can have three to four per week, yeah, absolutely smashing it. Now in stage four,

we're also looking at eating out and traveling again, we're making this an alkaline lifestyle, not a diet. So we want to be looking to master the concepts around eating out our client. You know, whether that's lunches during the work week, whether it's eating out on the go, when you go into activities at the weekend or it's travel when you're on holiday or you're traveling for work,

there's lots that you can do to make sure that you can stay our client while you're in these, out of the home occasions in stage four. This is where we're really also ramping up, saving you time. So things like bulk preparing recipes. Now that you've got stages one, two, and three mastered, you can start looking at things like this.

They're going to save you so much time again, building this into a lifestyle. That's going to make it so much enjoyable and so much more effortless and easy and fun and joyous instead of it feeling like a diet. And as we move into stage five, this is the stage that we call the alkaline rockstar. This is where your ultimate health goals on autopilot,

and they're getting bigger and brighter all the time. This is where you have now reached mastery of those four core actions. The most tricky mealtime as being mastered as well in stage five, which is lunchtime. Again, this is including both at home and on the go lunches during the workweek or when you're away from home on the weekends. And again, you're looking at four to five outline lunches to try to add three to four into your week and building it from that.

There are tons and tons in the outline based camp that you can bulk make to take with you all week during the week to save you even more time now, in terms of building that social life balance. This is where we have so much fun in the ABC. So

the steps that you're going to take to, to be able to take this stage are to host a fully outlined dinner party,

to have mastered all of your outline meals and snacks on the go out of the home to have stayed fully alkaline on a short trip or vacation, and sort of had a cheat day or a cheat meal or a date night and not fallen off track. Afterwards, you go out completely, enjoy yourself, know and feel confident that the next day you're going to crack back on with living our client.

This is also a great time to revisit your goals. Now you've moved past all of your health challenges, and you're now in a place of setting goals that are all positive. They're not related to overcoming a challenge. They're all positively intense set towards raising your energy, raising your vitality, increasing your sports performance, all these types of wonderful things. Once you've ticked these box,

you have completed stage five and you are an alkaline rockstar. So throughout the ABC and throw out your effortless outline journey, you're going to see that I'm always looking to save you time and effort. This is one of the best things about being an Alkaline Base Camp member in the outcome based company. ABC, I am obsessed with saving you time. I make everything as done for you as possible on practically,

just stopping short of driving to your and shopping in the vegetables and juicing it for you, myself. The meal plans, you get the shopping lists that are all itemized for you. The research, the recipes, it's pretty amazing how much time it saves to my members. And then in our amazing ABC community, we're constantly sharing all the time. More time-saving tips,

more ways to create little hacks and workarounds. The community is such a fantastic resource. It's honestly so brilliant to have so many like-minded friends supporting you in there. So real quick, I'm going to highlight some of my favorite community posts in the last little while. These are the ABC time saving hacks, and they go perfectly with the steps we've talked about in,

and as you can see from these posts in the community, there are some great suggestions here. So Palm is suggesting, you know, getting the kids involved. That's a great time-saving technique. Getting the kids to peel and chop and blend and juice Kelly touching on here, always making double of each recipe, having enough for two days, using the pulp from juicies as soup bases and preparing snacks,

Palmy again, bulk and batching and freezing stuff. Marion whizzing up fresh tumeric and ginger with a little water and freezing in an ice tray. Simone making enough of the ginger refresher tea to last five days in a big jug. It does just sit in the fridge and it keeps for ages. There are themes here. So let's just quickly jump into a few of these now.

So these are the six or seven big ones that I really want you to think about and look at how you can incorporate into your life. Now pick one or two and start using them over the next couple of days and see how much of a difference it makes your life. This first one is so important having a fresh green juice or green smoothie, as we touched on in lesson two is one of the biggest game changing,

simple things that you can do each day. If you can make a habit of having a fresh juice or a smoothie every day will change your life by five serves of green vegetables before you've even left the house. Absolutely amazing. Now the biggest problem most people have with this is time. So if you make two serves, you've already got the ingredients out.

You've chopped everything up. You've juiced it. You've got to clean the juicer anyway, make twice as much as you need or three times as much as you need airtight container into the fridge, it will keep for two to three days this way, you don't have to make a juice tomorrow. You don't have to make a smoothie tomorrow. It's half your time needed.

Tip. Number two is free using bulk making smoothies, soups sauces. These all freeze, obviously, really, really well. Again, you're already preparing it. You're already cooking it. It takes no extra time to do freeze them. Bulk, make them, get them stored away. You don't. A lot of people fall into the trap of going,

oh right? This Sunday, I'm going to bulk make two months worth of soups. And it's going to take me all afternoon, but it will be really worth it. And then Sunday comes around and you just want to chill out. You want to hang out with your family. You don't get round to it. Don't have that much pressure. And the stress on this.

Just each time you make a soup. Each time you make a pasta sauce, make double freeze. Half of it, brilliant bolt making salad dressings. Now this one isn't about the salad dressing so much. It's not like in the last one where you're both making the soup and you go, wow, I've got service sleep. This is about it, making it so easy to

pull together a rapid high alkaline delicious meal because the dressings are what make all the difference playing greens.

But with a delicious dressing, makes all the difference. Number four, this one was touched upon by Maryanne a moment ago in the comments, grating or juicing tumeric and ginger, and freezing it into ice cube trays. We want to get that tumeric and ginger everyday. So next time you make a juice before you start putting your greens and your cucumber and your salary through put through a whole load of tumeric and ginger take the juice that comes from that,

freeze it in ice cube trays. And then it is there. If you ever want to just drop it into a herbal tea or a soup or a smoothie or any recipe you have got basically fresh potent tumeric and ginger, ready to go. Number five overnight breakfast that morning rush is one time. It's a real pressure point where so many people trip up,

especially when they're first starting out. You will find some recipes in the workbook for a couple of overnight brickies. And what we're talking about here are things like chia pots, overnight soaked oats, Bircher muesli is these types of things. You can make three or four days in advance of these breakfasts, which means in the morning, you can literally grab them and take them on the,

go with you and eat them. When you get to work or wherever you're going, or you just grab them and eat them. You've got them. They're ready to go. Saves you so much time in the mornings. Number six, this is a great one. This is pre prepping your greens. So when you get back from the grocery store, getting your greens prepared,

ready to use in bulk batch, ready to rumble. So just washing them, trimming them, chopping them. However you need to to get two or three big tubs of greens in your fridge, just line the tub with a kitchen, paper towel, get the greens in there, seal it up, and they'll keep much longer as well like that than they would in the little plastic bags that you get them in.

The supermarket do this. It just means that every time you go to cook every time you need a quick salad, bang, bang, you just grab them. They're ready to go. Pre-washed pre-prepared stalks removed treatment, ready to go. And finally have an armory of rapid recipes. This is something we focus on greatly in the Alkaline Base Camp, speedy recipes,

recipes that will serve a family, a whole dinner, and you can make them in five to 10 minutes. And you're done again, a couple in your workbook to get you started, but please, please, please consciously get an armory of these in your recipe. We talk about your recipe repertoire all the time and the ABC. It's those go to hopefully those on all more recipes that at the drop of a hat,

you know how to make that quick, that easy, the whole family loves them. You've generally got the ingredients in your pantry, in your fridge at any given moment, and you can go saves you so much. Time saves you so much energy, and it also stops you from falling off track. So you were saying, when you apply just a couple of these to your routine,

you will find you're going to save precious time. You're going to save money and you're going to make it easy for yourself. You're going to be doing some of the set-up ahead of time. It's going to be batched. So when it comes to doing the thing, you've already done half of it. And honestly, it's way more likely you're going to stick to your plan.

And now that you have the blueprint, isn't it easier seeing how everything just fits together. One step in front of the other, and more importantly, doesn't it feel good when you know what you should focus on right now when you know what you're working on now and you know what the next step is? Doesn't that feel great? Doesn't it feel reliant,

do see how this clarity is going to help you to get our client by making it a lifestyle, not a diet. And it's going to help you to fly towards your biggest health goals, easier and faster. And now that I've got those wheels turning, I want to hear from you now, I know we've covered a lot and you've picked up a lot of ideas from this video,

and now it's the time to get started. So please let me know in the comments what your very first steps will be. And if you found this video helpful, I know others will too. So give someone else a hand by sharing this video on Facebook, on Twitter, or even just sending a link to this page, to one of your friends on email.

Now in the next video, I'm going to show you how to implement what you've learned today and in this whole workshop, easier and faster. So if you've been feeling stuck, if you've been struggling with a big health challenge for years, if you're sick and tired of feeling sick and tired, this will lay out the exact plan. So you can rapidly get out of pain past that challenge and into that place of health and energy

and vitality quickly and enjoyably.

And if you've already been making headway and you want to take your energy and your vitality to a whole new level and build on what you've already created by following those specific steps designed to get you past, what's holding you back and get you on track to reach your goals. You're going to love that video. And speaking of all of this, we've been hearing from a number of people who have had questions about joining me in the Alkaline Base Camp.

And I would love to see you in there. So in the next video, we'll talk a little bit more about that program and how you can join the way it works is that once or twice a year, I open up a few spaces in the program. So the general public, but it's on a very limited basis. And it's limited because I work really closely with my members.

I know how many people I can really dedicate myself to fully at any given time. So we keep the numbers pretty low. And now this is the first time I've actually opened it up in a while. So registration, it's only going to be open for a few days and then it will close again. So I can create that space for the new members and deliver the training to them and really get to know them and work with them.

So if you're interested in moving forward and you want to know how you want to see that next video, cause I will lay it all out for you, but for now, I just want to leave you with this just by taking part in this workshop, you're already so much closer to knowing how to reach the health and the energy and the body of your wildest dreams.

Think back to video one just a few days ago, where you learn all about the concepts of 28, your habits and how I taught you the pillars and the steps of my ABC habit framework. This training alone has shown you how to make the most powerful actions automatic every day. And it's amazing how simple it can be once you've got the steps. And then you made big strides in video two,

where you saw how to apply that habit framework to the four core actions, the most powerful place to start. And that's huge. And knowing that this will continue to pay off from now all the way into the future. And today you got the complete blueprint so that you concern that our client diet and those first few steps into an alkaline lifestyle that works with you in your life,

easy, delicious, fun. Isn't it easier when you know, every step along the way and to

make it even better, we saved you a ton of time to, to create space for the things that really matter. And especially with all the new energy you're going to have in just a few days, you've learnt so much about how to live our client.

And in the next video, I'll share with you the next step on the journey. I'm so excited about what's in store for you in your future. And I can't wait to start working with you. So I'll see you all in the next video.

Priority Access to the Alkaline Base Camp

The Alkaline Base Camp (ABC) is currently closed to new members, and has been for over 11 months.

I will be opening a small number of spaces on the 9th December. If you want to receive advance, priority notice and get 24 hours access before everyone else, click this button:

YES Ross! I Want Priority Access to the ABC!

The Alkaline Base Camp is my monthly coaching program, where every week I deliver a new hands-on training to help you get alkaline & thriving, to make it happen, and make it stick.

It includes monthly new, exclusive recipes, video masterclasses, live trainings, Q&A coaching calls with me, and deep-dive trainings on the most important things: Anti-Inflammation, Quit Sugar, Digestive Healing, Hormone Reset, Effortless Weight Loss & more.

And loads of access to me, as your coach and our fun, LIKE-MINDED vibrant community.

It's everything you need, in manageable, bite-sized chunks, to live alkaline.