



The Acid/Alkaline Food Chart

Ross Bridgeford



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The Definitive Acid / Alkaline Food Chart

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THE ULTIMATE ALKALINE DIET STARTER GUIDE

...and your food charts!

What You'll Discover in This Guide:

- ✓ How to Easily Get Started on the Alkaline Diet - With No Overwhelm, Confusion or Hard Work
- ✓ What the most alkaline & acid foods are
- ✓ How to know if a food is alkaline & why the food charts are so different (and which to trust)
- ✓ The easiest way to get started on the alkaline diet
- ✓ The 4 simple changes to focus on to remove the overwhelm, get results & build momentum
- ✓ The core alkaline diet supplements to save you money
- ✓ The biggest myths about the alkaline diet
- ✓ The most delicious, easy-to-make, alkaline recipes to get started today!

welcome to my world! here's to a wonderful, energized, vital life ahead



I'm so thrilled you've downloaded my Acid/Alkaline Food Charts and started on this journey with me.

I'm full of gratitude that you have chosen to invest your time into me and this guide. Time is precious, and I don't take that lightly. I am incredibly passionate about teaching this and I want to help you in every way I can. I know that it can change your health and life forever, and I want to thank you for putting your faith in me as your teacher.

Together we're going to get you some incredible results.

So as we go into this guide, there are five things that are absolutely essential for you to know...

1

there is nothing for sale in this guide - this is just a gift from me to you – I want you to relax and learn and get some amazing results for your body...asap!

2

everything you're going to learn from me is about making it easy, enjoyable, fun and delicious

3

I'm not into 'no-pain-no-gain', hard slog, restricting, depriving and feeling like you're 'on a diet' for the rest of your life

4

amazing results can be so effortless and I'll show you how - starting today with this guide

5

I want you to fall back in love with your body, feel connected to it and on the same team – all we need to do is give your body the tools and it will sing for you

[Note: you might be getting the drift, but **this is more than just a food chart**]

In this guide you will of course get your full Acid/Alkaline Food Charts – there are over 400 foods listed and categorised in that, and you'll get a printable 1-page chart too – BUT...

You'll also, in the next few pages, get my guide to understanding the alkaline diet (lifestyle) the way I teach it, the research-based, science-based FACTS about the alkaline diet and the first steps to getting you started on your journey.

I have absolute certainty that when you apply the alkaline approach it works – abundantly and quickly – and I am also absolutely certain I can get results for you.

I've worked with tens of thousands of people over the last 15 years and right now, the members of my hands-on alkaline coaching group **The Alkaline Base Camp** are thriving and loving living alkaline.

I have the proof and the certainty I will make it work for you and change your health forever.

So as you go through this guide, and study your food charts, remember – this path has been walked by thousands upon thousands before you – with all different challenges, goals, life situations and backgrounds – and it always gets results.

You're in the right place, and I can't wait to be your coach and take you to the next level too. Whether that's as a subscriber to my

newsletter or as a client on one of my programs or indeed my Alkaline Base Camp group – I know we're about to have an amazing journey together.

Let's do this – here's to certainty, and the energy, body, confidence and health YOU deserve!

ROSS



Juanita Butler

Juanita started on the alkaline path with me after receiving a lupus diagnosis. She was in constant pain, every day & requiring daily steroids to help control it. She had gained weight, became fatigued and struggled with inflammation.

By following the simple steps of my alkaline lifestyle she is now pain free and thriving. The inflammation has gone too and she's lost 20lbs.

Alkaline Base Camp Member #241

WHO IS ROSS?

and why should you listen to me?

Hey, my name is Ross Bridgeford and I am so glad we've found each other. I am absolutely certain that the information, guidance and tools I'm going to share with you in this guide and over the next few weeks has the power to change your life.

I am certain because I have coached tens of thousands of people over the past fifteen years to their biggest health goals – a level of health and energy that is simply wonderful – and I know how to make it happen.

I am the author of the bestselling book *The Alkaline Reset Cleanse*, the creator of the world's biggest alkaline diet coaching program, *The Alkaline Base Camp* and the *Alkaline Reset Cleanse Coaching Program*.

I have been featured in *What the Doctors Won't Tell You*, *Women's World* and *First for Women*, the *Hay House World Summit & more* and I have been teaching, coaching and researching since 2004 to make the alkaline lifestyle as simple, yet powerful as possible.

I know how to make it happen in a way



that is fun, easy, effortless, achievable and sustainable. I'm not interested in getting results for you for just a few days or a few weeks – I want to give you the practical, doable skills and tools to make this an effortless lifestyle.

Being healthy and energised is how we are meant to live and feel. It's not supposed to be a battle or hard work, or like you have to be on a 'diet' for the rest of your life. Yuk. That's not what I am about and I am definitely not interested in confining you to a life of 'dieting'.

My approach is rooted in the science of the alkaline balance in your body, the balance your body needs. And there is extensive science, research and studies that validate this - but the real world application of this is that I am guiding and coaching you to simply give your body the tools it needs to thrive.

I believe your body is amazing – you are amazing – and your job is to simply give your body what it needs so that it can repair, rebuild, nourish and thrive.

Your body knows what to do – it just needs our helping hand to give it what it needs to be amazing.

My approach to coaching you to your best ever health can be defined by three core pillars:

1 when you nourish your body with the right tools (nutrients), it thrives

2 everything your body needs is found in nature, we don't need 'magic bullets', pills, potions or a \$500-a-month supplement bill - real, whole, nourishing foods will get you there

3 the journey to your best ever health should be effortless, enjoyable and delicious

As we get to know each other, I hope you discover that I am a man of my word – I am going to make this easy, delicious and effortless for you!



WHAT IS THE ALKALINE LIFESTYLE? *and why 'go alkaline'?*

Over the next few days and weeks I'm going to be giving you the EXACT STEPS to get started and most importantly to make it easy and build momentum. You'll get the training you need to get consistent, build some simple, new healthy habits and you will rapidly get results.

But first things first – you need to know exactly WHAT the alkaline diet is, how it works and WHY it works!

I am guessing you're here because you want a higher level of health, you want more and you are looking for a roadmap, a plan, a strategy that's going to help you to get there. And I have committed my life to helping as many people as possible achieve that, folks just like you – and my goal is to make it as achievable as I possibly can for you.

Now, I don't know you personally (yet), but if you're anything like me, when it comes to your health:

- You're sick and tired of conflicting information
- Fed up with everything seeming so complex
- You don't have hours and hours to spend crafting in the kitchen
- You don't want to keep having to wonder 'what's for dinner'
- And not prepared to give up everything and be 'perfect' or 'on a diet' for the rest of your life

'm here to tell you know that isn't how it needs to be! I've spent the last (almost) fifteen years teaching tens of thousands of people how to get to their dream health and energy AND find it easy and fun, AND not have to give up everything, AND still have treats, nights out, blow outs and have an enjoyable social life...

All while rapidly reaching their health goals, skyrocketing their energy and getting an incredible level of mental clarity and vitality.

My Alkaline Diet Plan: How It Is Going to Happen for You!

If you answered a resounding YES to being sick of 'conflicting information' then I am sure you've probably already read a few guides to the alkaline diet that seem to be discussing completely different topics.

It's frustrating, because following the alkaline protocol is the fastest and most powerful way to completely reset your health – but it is without question the most misunderstood. And as with anything, when it's misunderstood it will likely lead to poor results and frustration. Let's put an end to that.

Because when I explain it properly to people, not only is there a great big 'a-ha' but the results almost always start to flow right away.

The alkaline diet is based on scientific data and research (I only

EVER suggest things to you that have already been rigorously studied and proven), AND it's super intuitive and common sense. I love it.

So let's get into it and cover the basics of what the alkaline diet actually is!

What *IS* the Alkaline Diet?

The alkaline diet is an approach to health that focuses the majority of your foods and drinks on those that will have an alkaline-forming effect on your body, supporting the body to maintain its delicate pH balance, while limiting those that will have an acid-forming effect on the body (note the word “forming”, this is important and we'll get onto why in a minute).

The ‘alkaline diet’ is as simple as that – eat mostly alkaline-forming foods, don’t eat too many acid-forming foods.

Don’t get bogged down in the detail right now – that’s all you need to know and that’s why my food chart is so important – so you can start adding in more alkaline and reducing your acidic.

Importantly - don't strive too much for perfection, go easy on yourself, and take it one step, and one day at a time - it's actually less of a diet and more of a lifestyle, the **Alkaline Lifestyle** if you will.

Focus your diet on eating lots of alkaline-forming foods: leafy greens, fresh foods, veggies, salads, healthy oils, nuts, seeds and proper hydration, while limiting acid-forming foods such as processed foods, junk foods, sugar, gluten-containing grains, excessive dairy & meat, alcohol, fast-food and so on.

It is as simple as this, and this is why, once you've learned the acid and alkaline foods, I'll focus on teaching you HOW to do it!





Ali Sharifi

I started on the alkaline journey with you because of a brain tumor diagnosis. Since then the tumor has disappeared and I have lost around 50lbs (23kg) and my cholesterol and triglycerides are all at healthy levels.

Your coaching has brought me more energy without the need for coffee, I feel better than ever.

Thank you. You may very well have saved my life.

Alkaline Base Camp Member #94



WHAT DOES THE ALKALINE LIFESTYLE WORK SO WELL?

and why 'go alkaline'?

It's important for you to know WHY we're focusing on alkaline. So to keep this simple and not too science-y (references are all at the back of this guide if you want to explore the science too) – we need to eat more alkaline-forming foods than acid-forming foods (and drinks) because:

The body HAS to maintain the pH of the blood and other extracellular fluids at a slightly alkaline pH of 7.365 – when this pH deviates, it causes incredible stress within the body and the damage is far-reaching and long-term.

Nobody disagrees with this and it is an accepted truth in the scientific community. There are literally hundreds, if not thousands, of studies out there that prove this (again, references at the back of this guide).

So your body HAS to and WILL maintain this pH at 7.365 at all costs. Your body will literally do whatever it takes to maintain this balance. If your blood drops below this level of 7.365 your kidneys shut down and you die, pretty quickly. It's that critical, and your body will always keep your pH there – at 7.365.

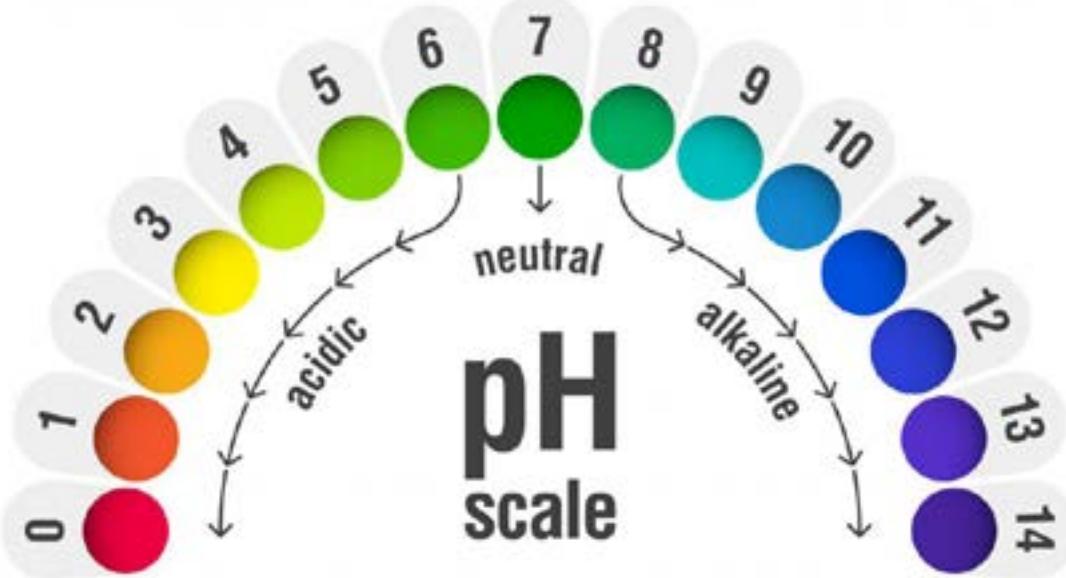
I hear you say: “Hmmm. Interesting. If your body will maintain this pH for you, then why should you worry about eating alkaline? I mean, if your body stays in pH balance no matter what you eat then why worry about it?”

I hear you. Totally get it. This is an intuitive, natural question – so let me explain. When we eat, drink and live in a way that pushes that pH down, your body will regulate the pH back to 7.365 – and your body will do whatever it takes to do so.

But this comes at a cost.

When your body has to work to bring your pH back up from acidic to alkaline it causes incredible stress in the body.

Recent research has shown (and this is just scratching the surface) that when we go into what the scientific community



calls 'diet-induced acidosis' we dramatically increase our risk of:

- Cancer
- Type 2 diabetes and insulin resistance
- Adrenal fatigue
- Kidney disease
- Liver disease
- Rheumatoid arthritis
- Thyroid disorders
- Osteoporosis
- Weight gain
- Muscle loss
- Heart disease and other CVD
- Reflux & GERD
- And so much more ...

Again, your body will sacrifice your long-term health to keep you alive in the short term – it will do things to maintain this pH balance even if, long-term they will slowly damage your body.

And here's where the problem of an acidic diet comes in (or the benefits of an alkaline diet) – your body having to correct this pH and neutralise the acidity is hugely stressful.

It puts your body into a state of emergency. But the body will always choose to do whatever it takes to keep your pH from falling too far, no matter what the long-term damage of this will be.

The damage caused by being chronically in this state of emergency (i.e. by constantly eating and drinking acid-forming foods and drinks), forcing your body to raise your pH back up from acidic to mildly alkaline, is huge, far reaching and touches practically every organ, gland, and cell in your body – from your brain to your bones, and from your lymph to your lungs – they are all at risk of damage when we are in a chronically acidic state.

The medical research community refer to this as 'diet-induced acidosis' or 'diet net acid load', where we eat a diet that is loaded towards acid-forming rather than alkaline-forming foods.

And here is the CORE TRUTH OF THE ALKALINE DIET:
The goal of the alkaline diet is NOT to make your body 'more alkaline'.

The goal of the alkaline diet is to give your body all of the tools it needs to it can effortlessly MAINTAIN your pH at 7.365.

Read that again – it's essential you fully understand this – the alkaline diet isn't aiming to make your body 'more alkaline', we are just aiming to eat more of the foods and drinks that enable

the body to stress-free, effortlessly maintain this critical pH balance – and LESS of the foods that are acid-forming and that cause it stress.

The Alkaline Diet Myth?

As you do more research and reading, I am certain you'll come across those who say that the alkaline diet is a 'myth' or 'pointless', but the reason why they are saying this is based on the actual truth of:

You can't change your pH!

100% true.

If we were saying this then I'd understand those criticisms, the people out there (usually doctors with zero nutritional training)



who say 'the alkaline diet is not valid because you can't change your pH' – and again, this is absolutely correct.

The goal is not to change our pH – it's to give the body the tools it needs so it can maintain its pH balance effortlessly.

Because, again when we give the body the right tools, it thrives.

When you explain to these critics that we're not actually trying to change our pH, we're just supporting our body to do so, they usually go quiet.

They also go quiet when you explain that 'going alkaline' means eating tons of fresh, healthy foods and eliminating junk foods.

How can you argue with that?

If you simply focus 70-80% of your diet on these alkaline-forming foods and minimise the consumption of the acid-forming foods your body will effortlessly be able to maintain its pH.

It will be able to remove and prevent inflammation, will maintain its delicate gut bacteria balance, will have well balanced hormones and an efficient endocrine system, your liver and kidneys will be rejuvenated with such little toxins to filter and you, will be energized, healthy & thriving.

WHY ARE THE FOOD CHARTS SO DIFFERENT?

what makes a food alkaline?

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! 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.

The last thing you need is confusion and overwhelm right now, so even so, going into this section I want you to remember:

You don't have to be perfect...

You don't have to stress or have any anxiety about eating a food that one chart says 'alkaline' and the other says 'acidic'. You can use these charts to find your own path, and I will let you know the big things to look out for in the next couple of pages.

The differences in the food charts are largely down to the method that the food is determined to be alkaline or acid.

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.

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.

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.

THE MAIN LOOKOUTS

Fructose: acid forming. Some fruit is obviously beneficial, but fruit, due to the fructose is acid-forming. More on this shortly, but don't juice fruit or eat more than 2-3 serves a day.

Natural Sugar: due to the fructose, sweeteners like honey, agave, maple syrup, coconut syrup etc are highly acid forming (honey can have some uses though - discussed shortly)

Mushrooms: we're trying to avoid fungus in our system.

Spirulina & Chlorella: similarly, we're trying to avoid algae!

These often show up as 'alkaline' on PRAL-based charts, but should be consumed in absolute moderation or not at all.

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

Method Two: The Effect of the Food on the Body

Using PRAL charts to classify foods is very quick and easy, because the research (burning) has already been done, published and is available online. So anyone can knock up a chart, and you're done.

But, the reality is that we need to know what the effect is that the food has on the body and this comes down to a combination of factors:

- [+] The nutrient content of the food - primarily the mineral, vitamin, antioxidant content (micro) rather than fat, protein, carbohydrate (macro) vs. the toxin content of the food (sugar, gluten, preservatives etc.) This assessment covers 90% foods.
- [+] The effect on stage I of digestion - what levels of hydrochloric acid vs sodium bicarbonate are triggered in the stomach to digest the food. This covers the handful of anomalies such as lemons (acid in nature, alkaline-forming in the body).

What Makes a Food Acid or Alkaline?

There are a few simple rules that will guide you when you don't have the charts in this book handy. When you're at the grocery store, restaurant, cafe etc. just keep these simple rules in mind.

This also helps you to decode the differences in the food charts you will have undoubtedly seen too!

MAKES A FOOD ALKALINE:

if a food is: fresh, unprocessed, as close to it's natural state as possible, a vegetable (esp. green veggies), contains lots of healthy fats, vitamins and minerals (esp. high alkaline minerals like potassium, magnesium, calcium), antioxidant rich, anti-inflammatory...it is very likely to be alkaline-forming

MAKES A FOOD ACID:

if a food is: processed, contains sugar (including fructose), animal-based, packaged, contains yeast, gluten, processed fats, dairy, alcohol, caffeine...it is very likely to be acid-forming

The Rules are Quite Simple

It comes down to eating mostly those foods you KNOW, intuitively are good for you - and avoiding those you know deep down are not so good - as much as possible.

Remember, you are not trying to be perfect - so either having a treat from time to time, or including some 'borderline' ingredients in your meals is ABSOLUTELY FINE TOO!



The Questions to Ask:

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

Is it Fresh: fresh foods are always more alkaline forming.

What is the Mineral Content: alkaline foods are alkaline predominantly (almost entirely) because they contain a lot of alkaline minerals.

Is It Low in Sugar: sugar is sugar and all sugar, no matter whether it's glucose, fructose, dextrose etc.

Is it a Vegetable: almost all vegetables are mildly-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 (very alkaline) forming, are antioxidant-rich and anti-inflammatory.

If a food has two or three of these boxes ticked, it's probably acid-forming:

Does it Contain Sugar: sugar is the biggest contributor to whether a food is acidic or alkaline. Avoid sugar as much as possible!

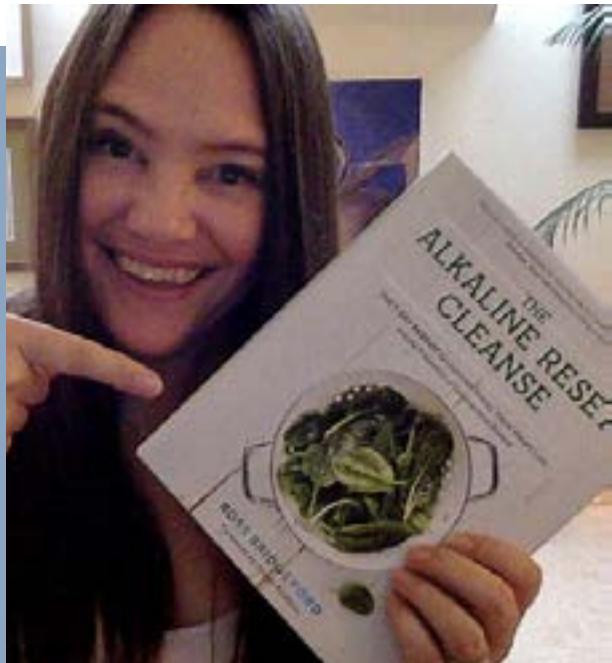
Does it Contain Yeast: similar to sugar, yeast is next on the 'avoid' list – yeast-based foods are always acidic.

Is it Fermented: fermentation makes foods acidic. And yes this does include apple-cider vinegar.

Does it Contain Dairy: dairy is next on the list! Avoid – acidic and mucous forming.

Is it Refined: the more 'prepared' and processed a food is, the more likely it is to be acid forming.

Does it Contain Gluten: gluten is one of the most inflammatory, acidifying substances known to man. Avoid gluten-containing foods as much as possible.



Samantha Smallwood

"I am SHOCKED...and in a GOOD WAY! After just two weeks of following Ross' Anti-Inflammation Plan in the ABC the arthritic pain in my right foot, and the inflammation and pain in my left knee are GONE GONE GONE!"

Blown away and grateful for Ross!"

Alkaline Base Camp Member #442

WOW!

Your One-Page, Printable, At-A-Glance Alkaline Food Chart is On the Next Page!

Download and print this, stick it to your fridge, print another copy and put it in your work bag! Your 400+ food rankings are in a few pages, but this handy one-pager is invaluable, so don't skip past it!

Have You Got Questions for Ross?

Join 10,000 other alkaline living, healthy, wonderful people in my FREE Facebook community: Living Alkaline with Ross! I am in there daily to help get you to your biggest health goals.

[CLICK HERE TO JOIN NOW](#)





The At-A-Glance Acid/Alkaline Food List

EAT MORE

EAT LESS

Highly Alkaline

- Arugula (Rocket)
- Avocado
- Basil
- Beet Greens
- Bell Pepper
- Beetroot
- Broccoli
- Brussels Sprouts
- Cabbage (all) Celery
- Chard
- Cilantro (Coriander)
- Cucumber
- Endive
- Ginger
- Garlic
- Kale
- Lettuce
- Parsley
- Spinach
- Sprouts
- Turmeric
- Sea Vegetables
- Tomato
- Watercress

Moderately Alkaline

- Artichokes
- Asparagus
- Chilli
- Chives
- Courgette/Zucchini
- Fennel
- Grapefruit
- Green Beans
- Leeks
- Lemon
- Lime
- Mint
- Okra
- Peas
- Pumpkin
- Radish
- Sage
- Spices
- Wild Caught Oily Fish
- Oats
- Amaranth
- Coconut Oil
- Flax Oil
- Chia
- Quinoa

Mildly Alkaline

- Onions
- Potato Sweet
- Potato
- Squash
- Avocado Oil
- Olive Oil
- Butter Beans
- Buckwheat
- Lentils
- Haricot Beans
- Dried Herbs & Spices
- Soybeans
- GF Pasta
- Brown Rice
- Plant-Based Protein Powders
- Apple Cider Vinegar
- Kombucha
- Miso
- Tempeh
- Kimchi
- Stevia
- Rice Malt Syrup
- Freshwater Wild Fish
- Rice & Soy Milk
- Pecan Nuts
- Hazel Nuts

Neutral/Mildly Acidic

- Black Beans
- Chickpeas/Garbanzos
- Kidney Beans & Other Beans
- Low Sugar Fruits:
- Cantaloupe
- Nectarine
- Plum
- Cherry
- Watermelon
- Strawberry
- Blueberry
- Dried Herbs & Spices
- GF Pasta
- Brown Rice
- Plant-Based Protein Powders
- Apple Cider Vinegar
- Kombucha
- Miso
- Tempeh
- Kimchi
- Stevia
- Rice Malt Syrup
- Freshwater Wild Fish
- Rice & Soy Milk
- Pecan Nuts
- Hazel Nuts

Moderately Acidic

- Fruit Juice
- High Sugar Fruits:
- Apple
- Apricot
- Banana
- Grapes
- Mango
- Orange
- Pineapple
- Peach
- Papaya
- Ocean Fish
- Beef
- Chicken
- Farmed Fish
- Pork
- Shelffish
- Cheese, Eggs, Dairy
- Artificial Sweeteners
- Agave Syrup
- Honey
- Date Syrup
- Maple Syrup
- Coconut Syrup
- Mushroom
- Peanut

CAN BE INCLUDED IN YOUR 20% ACID

Acid & Alkaline Food Chart

Beverages	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Apple Cider Vinegar					✓	
Apple Juice						✓
Almond Milk		✓				
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	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Tea (Black)					✓	
Tea (Green)				✓		
Tea (General Herbal)			✓			
Tomato Juice (homemade)		✓				
Vegetable Juice (homemade)	✓					
Water (Most Bottled)					✓	
Water (Ionized)	✓					
Water (Tap Unfiltered)				✓		
Kombucha				✓		
Kefir				✓		
Ale						✓
Beer						✓
Malt Liquor						✓
Scotch						✓
Vodka						✓
Wine (Red)					✓	
Wine (White)						✓
Spirits (Most)						✓

Acid & Alkaline Food Chart

Grains & Cereals	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Barley (Whole)						✓
Barley Flour						✓
Bran (Cereal)						✓
Bran (Oats)				✓		
Brown Rice				✓		
Buckwheat			✓			
Chia		✓		✓		
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	Alkalising 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	Alkalising 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	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Artichokes		✓				
Asparagus		✓				
Barley Grass	✓					
Beans (Black / Kidney)			✓			
Beans (Lima)			✓			
Beans (Mungi)			✓			
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	✓					
Chives		✓				
Collard Greens	✓					
Corn (Fresh)				✓		

Acid & Alkaline Food Chart

Vegetables	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Cucumber	✓					
Chilli (raw, fresh)		✓				
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	✓					
Radish		✓				
Salad Greens	✓					
Soybeans			✓			
Spinach	✓					
Spring Onion		✓				
Squash (Winter)			✓			
Sprouts	✓					
Sweet Potato			✓			
Tomato	✓					
Pumpkin		✓				
Watercress	✓					
Wheatgrass	✓					
Yams			✓			
Zucchini		✓				

Acid & Alkaline Food Chart

Herbs & Spices	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Basil	✓					
Bay Leaf			✓			
Cinnamon		✓				
Coriander (Cilantro)	✓					
Dill		✓				
Ginger	✓					
Mint		✓				
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	Alkalising 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				✓		
Maca			✓			
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

Meat & Meat Products	Alkalising 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	Alkalising 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 & Kimchi				✓		
Soy Sauce					✓	
Spaghetti						✓
Sweet Pickles					✓	
Tacos						✓
Tomato Paste (Natural)		✓				
Tomato Sauce					✓	
Tortilla (Fried)						✓

Acid & Alkaline Food Chart

Baked Products and Cakes	Alkalising 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						✓
Pumpernickel					✓	
Rye Bread (Whole)						✓
Sprouted Breads		✓				
Tortillas						✓
White Bread						✓
Whole Wheat Bread						✓

Acid & Alkaline Food Chart

Dairy & Cheese	Alkalising 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				✓		

Putting it All Together & Getting Started:



Living Alkaline the way I teach is NOT about being perfect...

This is so essential for you to remember as you go forward and get started.

You've looked at the charts now, and if you're just starting out, and like most people I work with in my Alkaline Base Camp - you're probably thinking "what am I going to eat"?

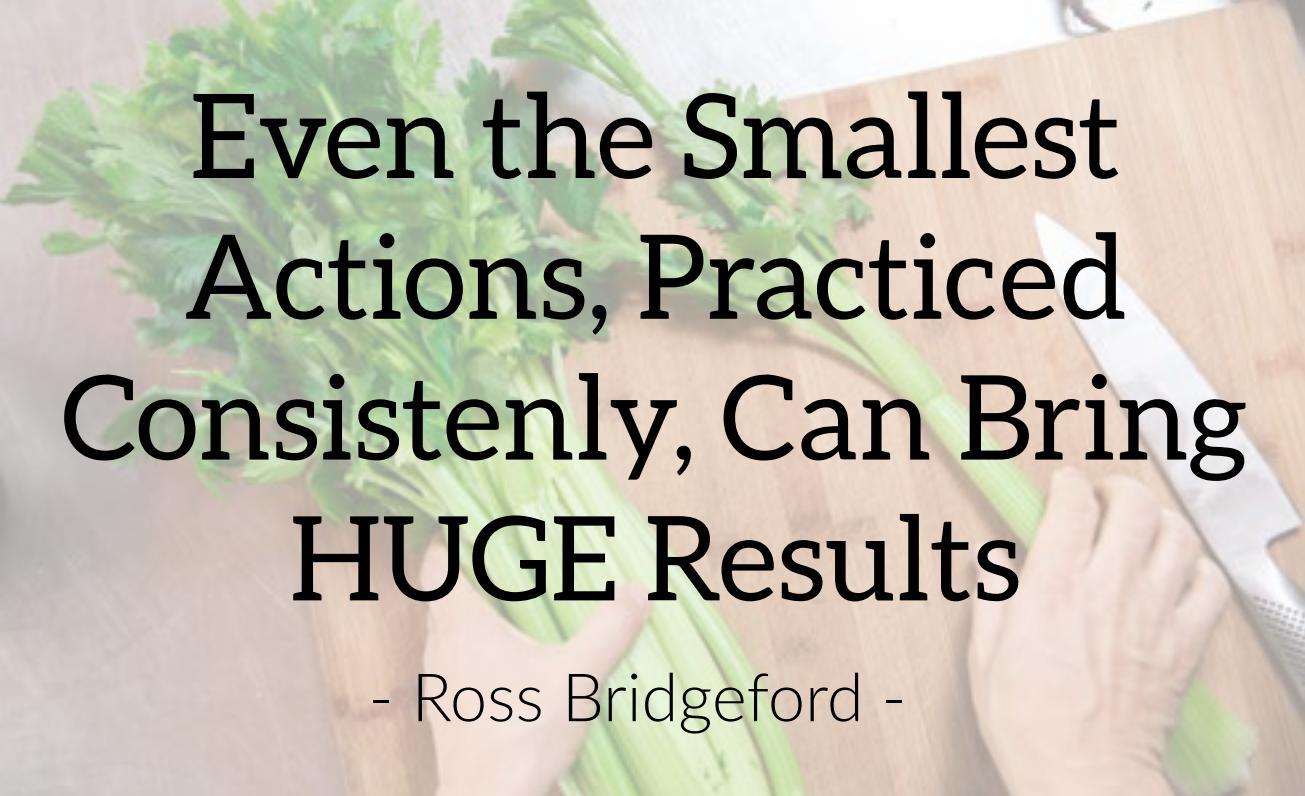
There are a couple of important things to bear in mind here:

1) there are *thousands* of beautiful, nourishing, delicious meals you can make from the alkaline foods in these charts.

Combining the leafy greens with the root vegetables, beans and pulses, quinoa, rice, low sugar fruits, coconut, coconut creams and nut milks - and so on... you can create 'regular' meals that the whole family will love so easily (the twelve recipes at the back of this guide will show you some perfect ways to get started)...and;

2) you can still include acid-forming foods in moderation (yep, including meat), and you don't have to be perfect all of the time! There is still room for treats, cheat meals, date nights and dinners out with friends and family.

It's also important to remember (esp. if you're prone to feeling overwhelmed, or if confusion often stops you in your tracks)....



Even the Smallest Actions, Practiced Consistently, Can Bring **HUGE** Results

- Ross Bridgeford -

The quality of your health (and, therefore, life) is defined by the small number of actions you take on a daily basis, day in, day out. Whether they are good, positive healthy actions OR if they are unhealthy habits - they will have a huge bearing on your experience.

In other words, you can get massive results by just starting small but being consistent.

So to get you started and putting this into action, I am going to give you the few, simple steps I start all of my Alkaline Base Camp coaching clients on when - so you can get a taste of how easy I make it for you to get results.

But First...

Before we get into those steps, I wanted to answer some of the most burning questions that came up in my Facebook community when I said I was going to rebuild this guide from the ground up!

The community is 10,000-strong, so there were a TON of suggestions, but I saw a handful of strong themes coming through and I want to answer those now.

(If you want to join the Facebook community, it's totally free - [click here](#) to join. It's private (as in nothing you post will be seen by friends and family) and I hang out there every day supporting and helping my community.

So these big questions were:

- 1) where do I get protein on an alkaline diet?
- 2) which fruits are OK, and what's up with fruit?
- 3) which natural sweeteners & syrups are OK?
- 4) can I still eat meat on the alkaline diet? (usually asking for a partner/husband/wife!)

So let's dig into these questions!

WILL I GET ENOUGH PROTEIN ON THE ALKALINE LIFESTYLE?

and what are the best sources?

I hear this question quite a lot. And my first response is, YES, let's get that out of the way - you will get plenty enough. But then my question back to you is "*how much do you think you need?*"

Unless you are training for an event, resistance training, HIIT, functional training etc i.e specifically looking to build muscle, quickly, you do not need to be consuming a ton of protein.

If you are training - then there is a huge variance out there as to how much is optimal (and the question of quality over quantity, the role of BCAAs etc) - but 1g per goal kg is usually about the level.

If you are **not** training - then how much do you believe you need? Most people just have this ambiguous belief that you need 'lots' and that if you don't eat meat then you're not getting 'enough'.

It's a question vegans are asked constantly 'but where do you get your protein'...and the answer is usually 'but why do you

eat so much protein'? Nobody asks this question about other macros like fat, carbs etc. Poor vegans. Anyway, the question is important to many - so let's address it.

From my experience and research, if you're not on a resistance/weights program, most males thrive on between 40g-70g protein per day (some days less, some days more), and females on 30g-60g.

This is not hard to hit, and not a huge amount, and it probably comes as a surprise to most people how easy it is on a predominantly plant-based diet.

(and remember, you can still have some meat and be alkaline, more on this in a moment).

There is so much protein in alkaline-forming foods such as oats, chia, quinoa, leafy greens, lentils, chickpeas, beans, tofu and so on.

In fact, in a typical day of eating my recipes (such as those at the back of this guide), you would be consuming:

Breakfast: Alkaline Oats

Snack: Energy-Doubling Smoothie

Lunch: Quinoa Summer Salad

Snack: Ross' Bliss Balls

Dinner: Alkaline Thai Green Curry

This menu for the day contains approx 85g protein. And you could definitely add some grass-fed, organic beef to the salad or organic chicken to the curry if you're keen to still eat meat.

And you can add a scoop of plant-based protein powder to the smoothie too if you like - and just two of these three suggestions would take the protein for the day well over 120g.

You could add more beans/legumes/pulses to the salad too, and add chia seeds to the oats. If you need more protein, it's very easy to get it in with very little creativity needed.

In summary, the best sources of protein on the alkaline lifestyle include:

Oats

Chia

Quinoa

Buckwheat

Pulses (lentils, garbanzo, kidney beans etc)

Leafy Greens

Tofu/Tempeh/Edamame

Hempseed

Sprouted Breads

Wild Rice

Nut Butters (almond esp., avoid peanut)

Plant-Based Protein Powders...let's get into that a little now...

OK, so if you're looking for a protein supplement, I really recommend you stay away from whey. Whey is concentrated dairy and is highly-acidic.

Back in the day when I first started out (2003-4) it was impossible to get a decent plant-based protein powder. A whole scoop would be about 6g protein. You may as well just eat some greens.

Nowadays, you can get exceptionally clean, well produced plant-based protein powders. They are, gram-for-gram, as powerful as whey proteins - around 23g per 30g scoop and are such high quality, and bioavailable to the body.

I recommend [Sun Warrior](#), [Organifi](#) and [Alkamind](#). You can get [all of my supplement recommendations here](#) (including for green powders, turmeric and more).



Rose Tan

"I am a 55 year old pilates teacher with a strong arthritis genetics. Following Ross over the past year has reversed all joint stiffness and digestive issues, all inflammation-based issues, I'm sleeping better at last, I have more energy.

Ross' Alkaline Base Camp is worth staying devoted to - I am healthier and stronger than when I was in my 30's! "

Alkaline Base Camp Member #117

WHICH FRUITS ARE THE MOST ALKALINE?

and what's the problem with fruit?

The question of which are the alkaline fruits is such an important one to understand when you're first starting on the alkaline diet.

Not all fruits are created equal, and while there are a lot of fruits you can eat with wild abandon, it is a mistake to think that all fruits are alkaline-forming and you can easily fall into the trap of over-consuming them.

Yes, you can over-consume fruit.

As you know from earlier, high-sugar fruits fall on the acid-forming side of the charts - we went into the reason for this



earlier a little when we talked about the PRAL Index - but I'll explain more now.

These fruits, like those I mentioned, the common fruits like bananas, pears, kiwi fruit, oranges, pineapple, apple and so on taste, well, really sweet and delicious.

And they taste sweet because they have a ton of fructose in them! And fructose is a pretty damaging sugar for the body (I'll get into this more in a minute, but basically fructose is the **WORST** of the sugars).

Yes, they contain vitamins, minerals, antioxidants and so on, but when you look at the net affect these fruits have on the body, the sugar means they do more damage than good.

So Are You Telling Us to AVOID FRUIT?!

No, that's not my point. I still think fruit is a wonderful treat and you should feel free to have 1-2 pieces per day (preferably organic and in-season). My point is that these fruits shouldn't be eaten with wild abandon and seen as a 'health food' or free pass.

Plus, when it actually comes to WHY I would eat fruit, it's actually more to do with it's taste and convenience over it's nutritional profile.

Research published in 2014 out of William Paterson University compiled the list of the world's most 'powerhouse fruits and vegetables' based on the nutrient density and

bioavailability of 41 different foods.

Foods were awarded “powerhouse” status by providing, on average, 10 per cent or more of the daily recommended intake across 17 nutrients that have been proven to prevent and reverse chronic disease.

SO of all of the fruits and vegetables they published the top 41.

Of the top 41, 38 were alkaline forming foods ...and of those the TOP FIFTEEN WERE ALL LEAFY GREENS. The only fruits to appear in the top 41 were strawberries, oranges and blackberries which were at 30, 33 and 38 respectively.

So for a nutrient hit, I like to stick to my vegetables. They don't contain fructose and they DO contain a lot more nourishment.

The Problem With Fructose

Fruit, as delicious as it is, contains fructose. And fructose is be a problem.

While most types of sugar can be metabolised by practically every cell in the body, fructose can ONLY be metabolised by the liver. We were not designed to eat the vast volumes of fructose we now eat.

Regular sugars – table sugar, brown sugar, raw sugar, cane sugar – these are all 50% glucose and 50% fructose.

Don't get me wrong, the glucose is acidic, oxidising, inflammatory and bad news – but if you're moderately active, the body can use it.

Fructose cannot be used and it stresses the heck out of the liver, the pancreas and so much more.

People think of fructose as a 'natural sugar', 'fruit sugar' or 'healthy sugar' but this is just not the case. It's not only as damaging as any other sugar, but in reality – it's actually worse.

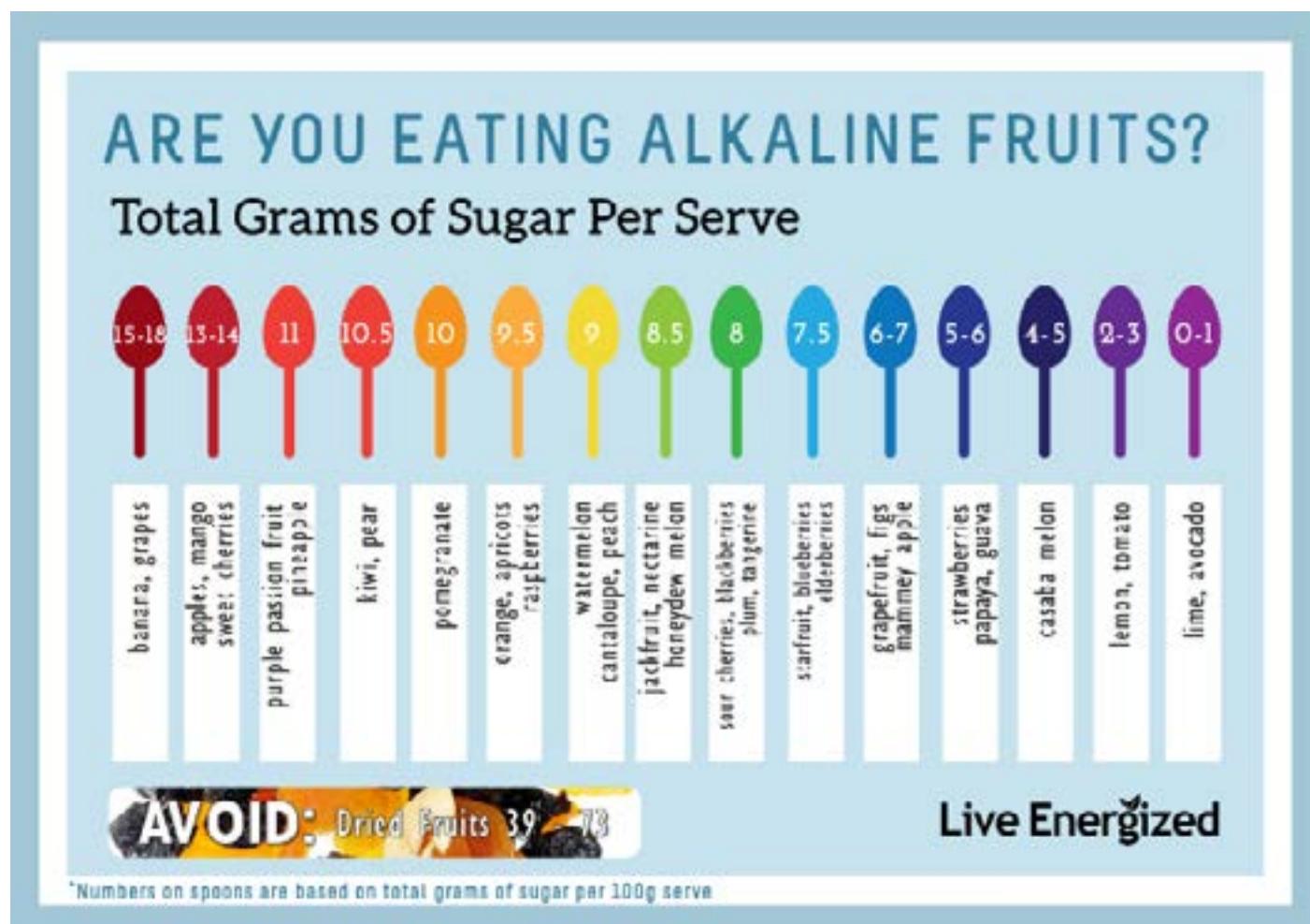
The direct effects of fructose metabolism include:

1. 100% of the fructose being stored as fat cells – leading to weight gain, fatty liver disease & insulin resistance (and thus Type 2 Diabetes)
2. Fructose being processed by the liver heavily interferes with our appetite hormones
3. When our appetite hormones are out of balance, this metabolic shift puts us into 'starvation mode' causing the body to store all food as fat
4. Fructose raises the levels of our 'hunger hormone' ghrelin and when ghrelin is elevated our brain sends the signal that we're always hungry, no matter how much we eat

In short, fructose causes inflammation, liver stress, oxidative stress, uric acid formation, it makes us gain weight, we can't stop eating it, and it makes us want to keep eating more. Not good.

And fruit contains a LOT of fructose.

Just check out this chart showing the total grams of sugar per serve:



You should definitely still eat these fruits, alkaline or not, 1-2 times a day because they're a delicious snack, way more healthy than something that contains the sugar but NOT the vitamins etc.

But it is clear to see that they are not alkaline fruits and shouldn't be classified as such.

Alkaline Fruits & Acidic Fruits

There is a key distinction here, because we're not actually talking about alkaline fruits or acidic fruits...we're talking alkaline-FORMING fruits and acid-FORMING fruits.

Remember this: It is not the pH of the food BEFORE we consume it that is the biggest influence, it is the EFFECT the food has on the pH of the body AFTER consumption.

Sounds like a minor thing, but as you're about to see, it's very important.

Alkaline Fruits List

- Lemon
- Lime
- Avocado
- Cucumber
- Tomato
- Grapefruit
- Pomegranate

That's it! And half of these you wouldn't normally consider to be a fruit anyway!

Now, I mentioned alkaline-FORMING before and this rule applies most clearly to lemons and limes. This confuses a lot of people because, as we all know, lemons and limes are acidic in nature.

However, when metabolised they have an alkaline-forming effect on the body, and so are to be classified as alkaline forming fruits.

Acidic Fruits List

Well, this is a list of basically every other fruit...

Banana

Pineapple

Melons

Grapes

Oranges, mandarins, satsumas etc

Berries: strawberries, blueberries, raspberries etc.

Pears

Passionfruit

Kiwifruit

Papaya

Paw Paw

Mango

Before you ask about any other fruit, the easy answer is – if it's not on the alkaline fruits list, it's not alkaline.

A note on fruit in juices and smoothies & dried fruit

I strongly recommend you don't juice, blend or dehydrate (dry) fruits. Eat them whole and raw.

Fructose is far less damaging when consumed with fibre, chewed and digested slowly.

When the fibre is removed (as with juices) it is even more rapidly metabolised by the liver. Same goes for dried fruits.

These give a huge hit of fructose with very little fibre and immediately stress the liver.

So there should be no fruit in juices (because the fibre is removed) and even in smoothies, because if your smoothie contained several serves of fruit and you drink the smoothie at a normal drinking pace, this would overload the liver very quickly.

Think about the time it takes to drink a drink vs to eat 2-3 pieces of fruit including chewing time...

The Best & Worst Acidic Fruits – A Rough Guide:

Really, it all comes down to the sugar content, as this pretty much overrides the nutritional content. So to keep it simple, you want to be eating less of the high-sugar fruits like pineapple, apple, oranges and bananas and instead, the alkaline forming fruits aside, sticking to the lower sugar fruits like berries and melons.

Honestly, all are fine in moderation as long as you're sticking to the rules of:

- [+] 1-2 pieces only per day
- [+] Don't juice or smoothie them
- [+] Stay away from dried fruit

Stick to those simple rules and you're all set to continue enjoying fruits each day – regardless of their pH!

I really don't want you to freak out about fruits, but at the same time I don't want you eating (and worse, juicing) a ton of fruit every day thinking that it's healthy and fine to eat in huge quantities.

The simple truth is that you CAN still eat a little fruit, but keep it within my rules and you'll be set.



Cali Marsh

“The alkaline way of living really works for me! My energy is high, my clothes are loose(!), my gut doesn’t feel bloated, my hair and nails are strong, my eyes are sparkling, my skin feels amazing. These are all the reasons why I have stayed with Ross for so long. And now my husband is on board too! I have not seen him with so much energy and positivity since we first met! He is buzzing! It’s so awesome to see him like this. We are both feeling absolutely positively amazing”

Alkaline Base Camp Member #7

WHAT ARE THE BEST NATURAL SWEETENERS

does natural mean alkaline?

The information I’m about to give you is super-important.

It gives us a guide as to how we can judge and decide on which sugars/sweeteners to include and is the top level rule of sugar and our health.

So here goes:

Fructose is the very worst sugar you can consume.

There, I said it.

When we talk about quitting sugar, we're 90% talking about quitting fructose. This doesn't mean fresh fruit (which I expand on below) – I'm talking about sugars, syrups, sweeteners and foods that are loaded with fructose.

Why?

Because like I mentioned when we were talking about fruit a few pages ago - while most types of sugar can be metabolised by practically every cell in the body, but when we consume fructose ONLY the liver can metabolise this sugar.

And this causes huge levels of stress, inflammation, acidity (particularly uric acid), fat cell creation and more.

Remember: ALL SUGAR IS STILL SUGAR

It's been a recent trend to call things (especially raw desserts) 'sugar free', but they are still made with dates, maple syrup, honey, agave syrup and so on.

THIS IS STILL SUGAR!

Honey is still primarily (75%) made up of fructose and glucose – the same as table sugar. In fact the coffee shop I am typing this from has desserts it claims are 'sugar free' – and when I

asked what makes them sweet they said maple syrup! This is still sugar!

So this is a preface to the guide below. These are all still sugars – none of them are ‘good for you’. Some are much better than others and some, despite being labelled as a health product are down-right evil.

So proceed with caution, use sparingly and stick with the handful of those that are better than the others.

The Sweeteners I Recommend:

These sugars/sweeteners are recommended because they are fructose-free and as unprocessed as possible. They are not alkaline and they are not perfect, they are just better than the rest.

Remember, the big message here is that sugar is sugar is sugar, and ‘natural’ sugars like honey, maple syrup, agave syrup etc. are not acceptable just because they are natural. They are still highly acid-forming.

Recommendation #1: Rice Malt Syrup/Brown Rice Syrup

Of the syrups, Rice Malt Syrup is perhaps the easiest and most enjoyable to use. Its texture, colour and flavour is most similar to other syrups like coconut, maple and so on – but it is 100% fructose free.

It's made from fermented cooked rice and is a blend of the complex carbohydrates, maltose and glucose.

STILL don't go into this thinking you can now use stevia or rice malt syrup without limit and as often as you like – they will still have acidic, inflammatory effects on the body once consumed – BUT – they are great in moderation to help ease yourself away from refined sugars.

Use it the same as you'd use honey or maple syrup. It's probably the healthiest to use in baking from a fructose percentage (being zero), but it is not as sweet as regular sugar or other syrups. Dates may be a better choice in baking.

Recommendation #2: Stevia

Stevia is a plant-based sweetener. It's completely fructose-free and 300 times sweeter than sugar.

It's great in recipes where you want to add a little sweetness, but avoid using it in large quantities as it can have a bitter aftertaste.

This is probably my pick of the sugar alternatives.

Stevia is so sweet you only need a tiny amount, and as with some of the other sweeteners, promising research is coming to light.

With stevia, there is a lot of chatter in the scientific community about it having strong anti-biotic potential.

In fact, one pre-clinical trial has found it effective at treating Lyme Disease which is very eye opening indeed.

This is my 2nd top pick along with Rice Malt Syrup (Brown Rice Syrup)

It has a mild initial taste, so be careful not to overuse.

It is a powder, so used differently to rice malt syrup - and so you'd use it less in baking and more as a general sweetener, in hot drinks etc.



Bella Giardina

"I've been with Ross about five weeks and am grateful beyond belief! The results are already incredible and I'm excited to take it to the next level: I can finally sleep well, my energy is back, I do not crave sugar OR coffee, my stomach is no longer painful or bloated, I can focus longer, no headaches, my hormones have regulated...and so much more.

I am so passionate about this! I have finally found a lifestyle that I can stick with for the long term!"

Alkaline Base Camp Member #742

CAN I STILL EAT MEAT ON AN ALKALINE DIET?

what are the rules?

This is one of the most common concerns for people when they're first starting out on the alkaline diet.

Or it's a concern for people who are worried their partner/husband/wife won't do it with them if they have to give up meat!

And the answer, for me, is simple: YES...YES YOU CAN!

It's Supposed to Be Easy...

Most people think getting to the health of their dreams is hard. And this is because of the way most 'holier-than-thou' health gurus make it hard.

I don't know why.

The bottom line is, I believe that getting to optimal health, abundant energy and the body of your dreams is a lot easier than you've probably been led to believe.

My approach has always been to make it easy and achievable. To focus on the fundamentals and allow some room to

manoeuvre.

Because let's face it – if you feel bad about your diet, you won't stick to it. And you won't enjoy it.

And life is supposed to be about enjoyment, fun, being at peace and at one with your body. Not fighting it, fighting cravings, feeling restricted and feeling deprived.

So with that being said...

My Simple Rules Around Animal Protein

This is how I coach everyone I work with in my Alkaline Base Camp coaching program and the simple approach is this:

You can still eat meat. BUT the ONLY RULE is to make that meat the highest quality, and most ethical purchase you can. Keep the same budget, don't spend a penny more, but make it the very, very best quality you can find. Think organic, pasture raised, grass fed, free range, hormone free and so on.

If you follow this rule, your budget stays the same, but your quality of meat increases, the nutrient content of the meat (being higher quality) increases, the volume goes down and presumably the taste goes up (I have been vegetarian/vegan since I was 14 so it's hard to know!).

And importantly, the ethical treatment of the animal goes up as much as possible!



How to Get Started: The Four Steps to Fast Results

The CORE of the Alkaline Diet: The Most Important First Steps to Get You Started & Thriving

It would be very easy to either get bogged down in too much detail right now, or indeed too little. I could go into all of the intricacies of every food you should and shouldn't eat, their nutrient profile, what all of those nutrients do, the mechanics of how it all affects the body and so on...

Or I could just say: eat good stuff, don't eat bad stuff.

Truthfully, both of those approaches could have their time and place, but today I want to give you your actionable first steps.

These are the easy, but powerful things you can start to do right away that will have the most impact. They will start to support your body in maintaining that delicate pH and therefore you will be giving your body everything it needs to thrive.

Now, some are very intuitive, but even if you feel "I already know that", unless you're doing it right now you don't know it well enough. So put those thoughts aside and stick with me.

If you put these simple things into practice for just a few days, you'll start to see and feel a massive difference.

Alkaline Diet Habit #1: Greens Everywhere

The simple fact is this: very, very few people get anywhere near enough serves of fresh vegetables each day – let alone GREEN vegetables!

Think back now over the past 2-3 days, how many serves of greens did you get?

For most people it's 1-2 per day, if they were lucky.

But I can tell you now, in my decade-and-a-half experience – getting your green food content up to 5-7 serves per day will make a massive, immediate, long-lasting difference to your life.

When people do this, it's like flipping an 'ON' switch in their brain and body. It works like crazy and it works for everyone. This is a core part of my alkaline lifestyle.

Regardless of your goal – weight loss, digestion, hormone balancing, inflammation, bone health...- your body will benefit hugely from getting this influx of greens every day.

In the much-celebrated 'Powerhouse Fruits & Vegetables' study from 2014 (full research study referenced at the end of the guide), the researchers identified the top 41 foods on Earth based on their micronutrient content (vitamins, minerals, antioxidants etc) and ranked from 1-41.

The top fifteen are ALL leafy green vegetables. This tells you something.

Item	Nutrient Density Score
Watercress	100.00
Chinese cabbage	91.99
Chard	89.27
Beet green	87.08
Spinach	86.43
Chicory	73.36
Leaf lettuce	70.73
Parsley	65.59
Romaine lettuce	63.48
Collard green	62.49
Turnip green	62.12
Mustard green	61.39
Endive	60.44
Chive	54.80
Kale	49.07
Dandelion green	46.34
Red pepper	41.26
Arugula	37.65
Broccoli	34.89
Pumpkin	33.82
Brussels sprout	32.23
Scallion	27.35
Kohlrabi	25.92
Cauliflower	25.13
Cabbage	24.51
Carrot	22.60
Tomato	20.37
Lemon	18.72
Iceberg lettuce	18.28
Strawberry	17.59
Radish	16.91
Winter squash (all varieties)	13.89
Orange	12.91
Lime	12.23
Grapefruit (pink and red)	11.64
Rutabaga	11.58
Turnip	11.43
Blackberry	11.39
Leek	10.69
Sweet potato	10.51
Grapefruit (white)	10.47

If you can start adding more serves of greens each day, you will see a big difference in your energy, mental clarity, health challenges will disappear...and of course, you'll be giving your body an abundance of those tools it needs to thrive and effortlessly balance your pH.

In terms of high-pH foods, greens top the charts.

There are heaps of tips and tricks, strategies and solutions to help you get more greens in each day, and this is something we cover relentlessly in my Alkaline Base Camp coaching group – but for the sake of simplicity and preventing overwhelm, I'm going to cover two of the most powerful ones here in this plan:

Get More Greens Tip #1: Side Salad with Every Meal

This is SO simple, just how I like it. All you need to do is serve a very simple side salad with every lunch and dinner you eat, and if you're eating out, order one. No excuses, this is too easy not to do.

Now, we're not talking one of those side salads you get at a Wetherspoons (non-UK folks, picture a wizened leaf of iceberg lettuce and an almost transparently thin slice of tomato) – it's a bit more than that...

But also, we're not talking an elaborate quinoa, pomegranate and goats-cheese salad with tamari-toasted almonds and a cilantro dip. Not that complex.

All we're talking about here is grabbing a couple of handfuls of green leaves from the fridge and dressing with some olive oil and lemon juice. That's it. Handful-handful-drizzle-done.

Doing JUST THIS adds 3-4 serves of leafy greens to your day. Just this.

Can you see what I am talking about here when I say I make it as easy as possible?

Get More Greens Tip #2: Sneaking In the Spinach

Spinach is magic. It disappears! When you cook it, it literally disappears into your meal. It goes from a massive serve to about the size of a penny coin. Amazing.

And it barely alters the flavour or taste profile either.

So every time you are cooking, you should be thinking, can I wilt some spinach into this – either into the meal or as a side. Wilted spinach with a little butter, or coconut oil, salt and pepper is a delicious little side, all-gone-in-one-mouthful – but it's an extra serve of greens nonetheless.

Every time you cook a:

Soup
Curry
Pasta
Sauce
Dip
Stew
Casserole
Dressing

...always be thinking – 'could I throw a serve of spinach in here'?

By just adding in those few extra serves of greens each day you will notice a massive change in your body, energy and health from doing *just this*.



Linda Quinton

"You have been a godsend! Thank you thank you thank you! I lost weight immediately, it just fell away immediately from my tummy and even my face. Clothes don't fit any more which feels great!"

You have given me so many exciting ideas on what to do with food and I feel so relieved now, I feel like I can do this long-term.

I needed this and am so glad you've created it.

Alkaline Base Camp Member #362

Alkaline Diet Habit #3: Daily Vegetable Juices & Smoothies

Yep, this is obviously a really amazing way to get a LOT of extra greens in every day...plus a heap of other high pH foods into your daily diet.

It goes without saying, this is a non-negotiable for me. I will NOT do a lot of other things on a daily basis, but I won't skip this. I won't. I won't. I won't!

A daily juice or smoothie is a must and allows you to easily, rapidly get 5-7 serves of vegetables (mostly greens), all alkaline, all antioxidant rich, all anti-inflammatory – all awesome – every day.

Having a daily green juice or smoothie will change your life. I promise you this. For the 10-15 minute commitment, you will get a huge uplift in your quality of life.

There are a few ground rules:

[+] No fruit! This is a shock for many folks, but the fructose delivered direct to your liver in one quick big hit (and with juices it has the fibre removed too – even worse) is incredibly acid-forming and stressful to the body. Get the fruit out of your juice and smoothies – and see our earlier section on sugar if you need more info).



[+] Green heavy: go green as much as possible – spinach, kale, lettuce, watercress, chard – and so on, and DEFINITELY when you can, add a scoop of green powder too (my top pick is [Alkamind or Organifi Green Juice](#)) for a boost

[+] Feel Free to Water Down a Little: when you're first getting started, if the flavour is a bit intense for you

[+] Flavour with Stuff: in my [Green Juice Guide](#) here I give you a heap of suggestions to make your green drink taste delicious, check that out.

Alkaline Green Juice Ingredient Examples:

A typical alkaline green juice will contain lots of super high pH foods like:

Cucumber

Celery

Spinach

Kale

Lettuce

Watercress

Carrots

Beets

Ginger

Turmeric

(not all of those, but a combination of 4 or more of them)

Alkaline Smoothie Ingredient Examples:

And a typical alkaline green smoothie would contain some other, additional, equally alkaline foods like: (the above, plus)

Avocado

Coconut oil

Almonds

Coconut / Almond milk

Cacao

Maca

Chia seeds

Oats

Plant-based protein (I love Organifi Complete Protein or Alkamind Daily Protein in my smoothies.)

I promise you – if you can get a green juice or green smoothie into your daily life – your life will change forever.

Alkaline Diet Habit #3: Hydration

So simple. So simple in fact it often gets ignored or forgotten. Yet proper hydration is one of the cheapest, easiest ways to shift your alkalinity, and amplify your health and energy.

In my alkaline diet plan I insist you take hydration seriously.

There are various calculators based on body size, type, temperature of where you live, physical exertion and all sorts of other variables, but it works out that most people should be drinking between 3-4.5 litres (100-150 fl oz) of filtered water per day.

There are tons of different methods of making your water 'more alkaline' but I don't want to get bogged down in that today, and I'll send you a follow up guide all about this soon – today I just want to make sure you're covered on the 'how to get enough' part of the plan.

Aside from thinking: "Hydration, yeah I know, of course"...and then doing nothing about it, there are two principle reasons people don't/ can't drink enough water.

- 1) REMEMBERING to drink enough**
- 2) PHYSICALLY BEING ABLE to drink enough!**

Let's address both of those...

HYDRATION CHALLENGE 1: REMEMBERING to drink enough

This is probably the biggest of the challenges when it comes to hydration – and I have been through this too! You get to the end of the day and think “NOT AGAIN...I forgot to drink any water!”...

At this stage trying to down four litres before bed is not smart. You can try, but it won’t work out too well for you, or your bed mate!

If this happens to you – just have a big glass of water and put in to place a couple of the reminders and tips I’ll give you below.

HYDRATION CHALLENGE 2: The BLOAT & The TOILET FREQUENCY!

The second concern is physically feeling able to drink that much without needing to go to the toilet every two minutes and feeling as bloated as a whale!

My advice here is to just take it slowly and build up...

Don’t try to go from zero to four litres (a gallon) in 24 hours. Set yourself the target of 1.5 litres (50 fl oz) for the rest of this week...then 2 litres next week, 3 litres the next...

The more you build up, the more your body will get used to it.

The more you get used to it, the more your body will be able to USE the water you consume. It won't just wash straight through into your bladder.

An analogy I like to use is to imagine your body like a dried up sponge. When you first start drinking water it's like running a dried up sponge under a faucet.

The water just runs straight over it and down the sink. But little by little, the more you run the water over the sponge the more it begins to absorb...and after no time at all the sponge is now able to hold an incredible amount of water to do it's job.

Your body is just like this.

The more hydrated you get the more your body will be able to hold comfortably. You won't feel bloated at all. And the more hydrated you get the LESS frequently you'll need to go to the toilet.

Everything will get easier the more you do it, so just ease in, take it a day at a time.

If you mess up one day, don't worry about it! Just have a glass of water then and there and get back on with your plan the next day!

Tips for Remembering to Drink Enough / Making Hydration Delicious & Easy

Step One: Carry a Big Bottle

This is the best tip – because it makes sure you always have your water on you to sip. I personally like to have a big 1 litre bottle at all times and when I do this I always drink my 4.2 litres! Really simple, but SO effective.

How many times are you sat at your desk, thirsty as anything, thinking – when I finish this task I'll go get a water...and then 2 hours later you're still sat there thirsty?

Step Two: Set a Reminder

This isn't something you will have to do forever, but I recommend you set an hour reminder on your phone or watch to beep and remind you to have a big gulp or a glass of water every hour. It is amazing how often you suddenly realise it is lunchtime and you've not really had anything to drink!

Step Three: Substitute

For every other drink you go to have, be it a tea, coffee or juice – substitute in water. You will be surprised at a) how good it makes you feel and b) how much of a pat on the back you can give yourself afterwards. This simple tip can lead to some really good, positive reinforcement that yes, you can say no and it

makes you even more healthy!

Step Four: Always Have Water At Your Desk

Building on Step One – simply having a bottle at your desk at all times means that when you do remember you can tuck straight into it, rather than thinking “oh yes, water, now let me just finish this email first”.

Step Five: The Power of Tea!

Herbal teas are alkaline! Mostly. You only really have to avoid green and white tea and the rest are caffeine free and alkaline. I find this is a great way to beat the boredom of plain water and it gives me at least a litre of hydration per day. My favourites are peppermint, Rooibos, caffeine-free chai, ginger and orange. Delicious hot or cold!

Step Six: Flavour!

Water is water and it's pretty dull. That's ok. Try to see hydration as a source of health and energy rather than a source of flavour. However, remember – you can add lemon, mint, lime, grapefruit...all manner of fresh stuff added in to make water more enjoyable. I'm personally loving lime and mint at the moment.

Step Seven: Know your Outcome and Plan your Route to Success

Set goals. Write them down. Track your progress. Read your

goals aloud day and night.

Being hydrated is THE most important part of any health goal and will get you a long way towards where you want to be, whether that is weight loss, weight gain, muscle growth, more energy, better digestion, better skin...



Alkaline Diet Habit #4: Fats & Oils

You have to get comfortable with fats and oils on my alkaline diet plan – they are simply essential to your health & energy.

When you start consuming healthy fats, the body not only loves you for the many beneficial effects the fats bring (increased metabolism, support for the liver and kidneys, brain health, skin health, digestive health and so on) but the body is also able to directly use this for energy production.

Fats supply twice the caloric energy as carbohydrates and are converted to energy by being split into fatty acids and glycerol. Glycerol is then converted to either glucose or glycogen. The body is easily able to do this while also utilising the fat for a plethora of other important roles.

The addition of healthy fats into the diet therefore provide an abundance of energy in two ways:

- 1) by being an easily accessed and readily available source of energy (converted to glucose or glycogen)
- 2) by healing and nourishing the important organs and glands responsible for energy production (or those functions and areas of the body who cause fatigue when not nourished properly such as the adrenals, thyroid, kidneys, liver and many areas of the brain which are all reliant on dietary sources of fat).

Which Fats & How Much?

You should be looking to consume, every day, somewhere in the region of:

Omega 3: 2-3 tablespoons (from flax, green leafy vegetables, oily fish and so on)

Saturated Fats: 0.5-1 tablespoons (primarily from coconut oil)

For other oils (omega 6, 9, polyunsaturated etc) there no set rule, just get a variety of foods including avocado, olive oil, nuts, seeds, leafy green vegetables and so on.

These all contain a combination of omega 3, 6, 9, saturated and other fats to varying degrees.

Again, Fat Will NOT Make You Fat

I could go into a whole essay on just that statement, but please do be confident in the knowledge that this is true. To learn a whole lot more on this topic check out my guide here “The REAL Fat Loss Equation”

It's SUGAR not FAT that makes you fat.

How to Get Enough Fats

Getting enough of the healthy fats is relatively easy but it does take a little conscious action to begin with.

My recommendation for coconut oil, to get those critical saturated fats, is to:

[+] COOK with coconut oil: coconut oil is practically the only oil that does not become toxic when heated, meaning you can cook with it AND it stays healthy!

[+] Add it to smoothies – just blend in your daily requirement when you're making a smoothie (or soup for that matter).

[+] Simply Supplement – simply take a tablespoon of coconut oil like you would any other oil supplement – it tastes great!

My recommendation to get enough omega 3 is to start with a supplement as your baseline.

It can be trickier, which is why I always recommend taking a supplement alongside your dietary intake. You can use a combination of fish oils, krill oils, flax and so on.

Whichever you choose, you really do need to make sure it's a high quality product.

There is nothing worse than cheap oils – they are not only completely ineffective, but can also be counter-productive if they have oxidised.

And oxidised oils are toxic. They literally undo your hard work!

Aside from using a supplement, look to include lots of:

- [+] Leafy green foods
- [+] Nuts, especially almonds
- [+] Seeds
- [+] If you're not vegan/vego, you can include good quality oily fish too

Upping your oil intake will make a huge difference. I highly, highly recommend this.



Loes Van Enoo

“I just to share this with you. In September last year my LDL (bad cholesterol) was rocket high.

It was measured twice within a month, both very high. The PD wanted me on medication immediately, which I declined. Been eating alkaline with you since.

Did a blood test last week and was able to reduce my LDL by 50%!!!!

Even the PD asked my what I had done. IT WORKS !!! Thanks a million ROSS!”

This Is the Alkaline Diet Made Easy

This is the way I teach, and I hope you've loved this introduction to my **Alkaline Lifestyle**. By just focusing on these four core actions (5-7 serves of greens every day, daily juice or smoothie, hydration & healthy fats) you will get huge results.

Of course, this isn't everything you will ever need to do - but these four things are, in my 15-years of experience that are both the easiest and most effective things to start with.

They are the things that will get you the most impact for the amount of effort needed (I'm a big believer in my 20/80 principle - more on that another day).

If you can get consistency with any of these, ideally all of them, but even just starting with one or two of them, you will start to see results very quickly.

And when you start with the core, simple things - those things that will get results without you having to give everything up and try to be perfect - doesn't it seem achievable, much less daunting, and doesn't it feel like something you can do?

Doesn't it make it feel exciting and get you motivated to get started?

Next up: 11 Simple Steps to Balance Your Most Important Hormones!

Eleven Simple Steps to Balance Your Most Important Hormones (The Alkaline Way!)

If you're eating a Standard Western Diet you are at high risk of having hormonal imbalance...

It is affecting almost every one of us in one way or another...

Do You Ever Experience Any of These Common Symptoms?

- Weight gain (and can't lose weight no matter what)
- Fatigue
- Inability to get up in the morning
- Depression
- Insomnia
- Low libido
- Infertility
- Allergies
- Muscle weakness
- Inflammation
- Aches and pains
- Cravings for carbs, sweets & salty foods
- Feelings of overwhelm...

ALL of the above can be the direct result of hormonal imbalance, but they go undiagnosed...or worse, misdiagnosed.

Do You Have Undiagnosed Hormonal Imbalance?

The simple fact is it's complex to find out for sure if someone has hormonal imbalance...

But if you're experiencing any of the above then your hormones could be the deciding factor.

Ask yourself:

- Do you have trouble dragging yourself out of bed in the morning?
- Do you experience insatiable sugar cravings an hour after lunch?
- Do you have debilitating PMS every month?
- Do you suffer from broken sleep patterns and are unable to get back to sleep?
- Do you get stressed out and anxious about work or money even when things are going well?
- Do you have difficulty coping with even easy tasks?
- Do you feel bloating no matter what you eat?
- Do you have dull skin, eyes or hair?
- Or do you have belly fat that just won't go away?

The list goes on and on...and an over-acidic, inflammatory, standard Western diet and lifestyle is a fast track to hormonal disruption and imbalance.

And even if you are unsure if you have hormonal imbalance I **STRONGLY** recommend following the steps in this guide for 14 days every year...

What Are Hormones...and what are the Most Important Hormones?

Hormones, such as estrogen, cortisol, and insulin, are chemical messengers that influence so many roles in your health, traveling through your bloodstream and throughout your entire body.

Just a handful of hormones regulate your body shape, your metabolism, your appetite, and your cravings.

They control your stress level, when you feel awake and tired, how hungry you feel before, during and after eating, your muscle growth, your reproductive capacity and so much more.

Your hormones are regulated by the endocrine system, a collection of glands that produce hormones that regulate metabolism, growth and development, tissue function, sexual function, reproduction, sleep, and mood and all of the functions above.

If your hormones become even slightly imbalanced it can cause major health issues.

11 Steps to Nourish, Protect and Reset Your Hormones:

The good news is, it can be quite simple to give your body a helping hand in looking after your endocrine system and thus your hormone production and balance.

Here are 11 steps for doing this:

1. Get an Abundance of Coconut Oil and Fat-Rich Avocado

Getting enough healthy fats is absolutely critical to our health and SO vital to our hormone regulation. If anyone out there is still fearing that fat may make them fat – stop it now!

Healthy fats, especially omega 3 and the saturated fats from coconut oil, with speed the metabolism, protect the brain and heart, regulate your blood sugar, regulate your ‘hunger hormones’ (Leptin, a hormone, made by fat cells, that decreases your appetite & ghrelin, a hormone that increases appetite) and so much more.

The Harvard School of Public Health states:

“What makes omega-3 fats special? They are an integral part of cell membranes throughout the body and affect the function of the cell receptors in these membranes. They provide the starting point for making hormones that regulate blood clotting, contraction and relaxation of artery walls, and inflammation.”

It's clear, you should be consuming plenty of these healthy fats, and an easy way is to include a heap of flax, coconut oil and avocado.

Katie at wellnessmama.com states about coconuts:

“Coconut Oil is amazing for hormone health. It provides the necessary building blocks for hormone production, can assist weight loss, reduce inflammation, and even has antimicrobial and antibacterial properties.”

I love to cook with coconut oil, add it to smoothies and soups, use it in turmeric and ginger teas (SO super anti-inflammatory) and even just by the spoonful if I don't feel I've had enough in any given day. There are hundreds of ways to get it into your diet.

Avocado is also a great food to include for hormonal balance due to its fat content.

NaturalNews.com states:

"Avocados contain certain plant sterols, such as beta-sitosterol, that possess antiestrogenic properties, meaning they can block the estrogen receptors in our cells and reduce estrogen absorption rates. Consequently, progesterone levels in women and testosterone levels in men are increased. This makes avocados an especially valuable food in today's world of widespread pollution and gender-bending chemicals, which can greatly compromise endocrine function."

And finally, getting an abundance of omega 3 from flax is incredibly easy. Drizzle it on everything, use it for salad dressings, add to soups and smoothies and however else you can think to include it!

You can't get too much flax, the body just LOVES it.

Adding healthy oils is probably the most important thing you can do to help your endocrine system and thus your hormonal balance.

2. Supplement with Vitamin D3

Bestselling author and hormone expert, Dr Sara Gottfried is BIG on getting enough D3 for hormone health.

She states:

Vitamin D deficiency can cause low estrogen in women, which means low sex drive. It also causes low testosterone in men. Testosterone and estrogen levels don't just affect sex drive; they also have huge impacts on your mood. Low testosterone can cause depression, anxiety, and irritability.

Similarly, estrogen helps boost serotonin and GABA, critical neurotransmitters, which help keep you calm and happy.

Vitamin D also has other, more direct, effects on your mood.

It activates the genes that release dopamine and serotonin. The lack of these neurotransmitters is commonly linked to depression.

It's clearly super important, but she estimates that 77% of Americans are chronically deficient in vitamin D.

Thankfully the solution is simple...supplement!

Dr G's recommendation is 1,000-5,000 IU daily.

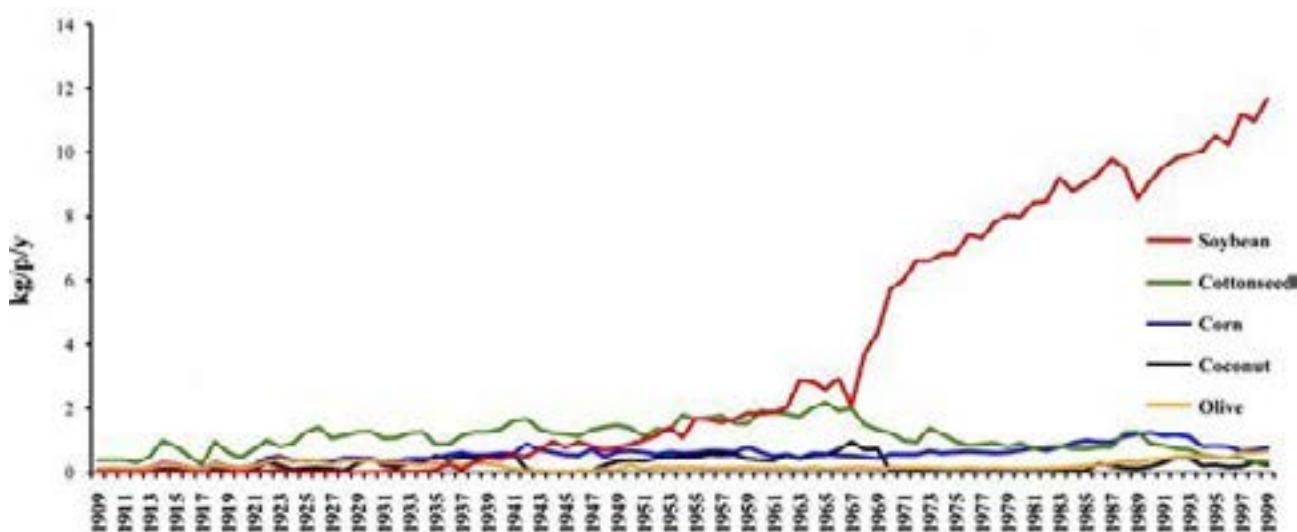
3. Balance Omega-3/6 Ratio

And further to the encouragement to consume more healthy fats – you also need to cut down on unhealthy fats – and particularly omega 6.

Our biggest source of omega 6 by far is vegetable oils. Our consumption of these since the start of the 20th century has gone through the roof. And simultaneously we're consuming nowhere near the same levels of omega3 – these have gone in the wrong direction.

According to Udo Erasmus, possibly the World's leading authority on fats & oils, our omega 3 intake is approximately only 1/6th of the amount we were eating 150 years ago.

In modern times, soybean oil, the biggest source of omega 6 in the USA, has skyrocketed:



(Note: while avocado is a source of omega 6, it also contains many hormone balancing nutrients and saturated fats which help balance hormones)

We need to balance our intake of omega 3 to omega 6 to balance our hormones.

According to Dr Chris Kresser:

"In plain english, what this means is that the more omega-3 fat you eat, the less omega-6 will be available to the tissues to produce inflammation. Omega-6 is pro-inflammatory, while omega-3 is neutral. A diet with a lot of omega-6 and not much omega-3 will increase inflammation. A diet of a lot of omega-3 and not much omega-6 will reduce inflammation."

Cut vegetable oils, cut grains, cut processed foods...and add flax, leafy greens, oily fish, chia, quinoa...and we'll see our ratios returning to normal.

4. Give Up Meat (at least for a while...)

Dr Sara, in her book The Hormone Reset Diet, also suggests giving up meat as a way to help control and balance hormones, at least temporarily.

Meat consumption raises your estrogen. Eating meat can aggravate estrogen dominance. Indeed, women with endometriosis consume more red meat, and eat less fish and vegetables. Overall, more meat consumption is associated with less fiber consumption, which raises bad estrogens and grows the wrong bacteria in your microbiome.

(And) factory-farmed meats are high in certain endocrine disruptors and persistent organic pollutants (POPs). Meat, pork, and dairy

expose you to multiple endocrine disruptors, including phthalates, HBCD, PBDEs, and Deca-BDEs. Persistent Organic Pollutants (POPs) are linked to lower adiponectin levels, diabetes, breast, and prostate cancer. Not surprisingly, POPs exposure shifts the microbiome in the wrong direction.

And according to Dr Neal Barnard at the Physicians Committee for Responsible Medicine (PCRM):

“Animal fats are apparently a bigger problem than vegetable oils. Paulo Toniolo of the New York University Center compared the diets of 250 women with breast cancer to 499 women without cancer from the same province in northwestern Italy. The two groups ate about the same amount of olive oil and carbohydrates. But what made the cancer patients different was that they had eaten more meat, cheese, butter, and milk. Women who consumed more animal products had as much as three times the cancer risk of other women”

All of the free alkaline recipes on this site are meat free, so get stuck into these OR make it super easy for yourself and grab my Alkaline Recipe System with hundreds of recipes, plus done-for-you meal plans and shopping lists.

5. Quit Sugar

Sugar is perhaps the most acidic, inflammatory, health-robbing substance we can consume, and it wreaks havoc on our hormones.

Sugar can be responsible for:

Irregular Periods: Sugar causes insulin resistance which in turn causes a common hormonal condition called polycystic ovarian syndrome or PCOS. PCOS typically presents with the symptoms of irregular periods, acne, hair loss, and hirsutism (excess facial and body hair).

Bad Skin: Sugar causes acne by stimulating a hormone called insulin-like growth factor 1 (IGF-1). To address breakouts, I ask my patients to avoid all sugary foods, especially dates and other dried fruit, which I have found to be amongst the worst foods for skin.”

Dull and Loss of Hair: “Androgenetic alopecia is a type of hair loss that occurs when hair follicles shrink because of exposure or sensitivity to androgens or male-type hormones. Quitting sugar can treat androgenetic alopecia because quitting sugar lowers both androgens and the inflammation that is the underlying cause of androgen “sensitivity”.

Sugar not only provides major highs and lows in mood and energy, it can also disrupt one of the most powerful hormones in the body: insulin. And insulin is closely connected to all of the other hormones in your body, including estrogen and testosterone.

When insulin spikes, typically after a meal high in sugar, this can lead to lower levels of an important protein known as sex hormone binding globulin (SHBG). SHBG binds excess estrogen and testosterone in the blood, but when it's low, these hormone levels increase. Insulin also increases the production of testosterone, which is then converted into even more estrogen by fat tissue in the belly.

These effects mean the ratio of estrogen to progesterone (known for keeping us calm and happy) is way too high, leading to irritability, anxiety, insomnia and more. And as women reach menopause, symptoms get more intense and can include hot flashes and night sweats as well.

And that's not all!

After consuming sugar, your immune system is depressed for a few hours, meaning you are more susceptible to catching a cold or other illness while riding that sugar wave. Refined sugar is also known for stressing your adrenal glands (which regulate cortisol, the stress hormone, and aldosterone, which controls your blood pressure) and your thyroid (which secretes hormones responsible for maintaining your metabolism, cognitive function and body temperature.)

Cortisol levels often rise when there is an increase in blood sugar levels, which means our stress levels become less manageable, and we're likely to feel exhausted, wired and anxious.

Sugar also attacks collagen, the structural protein that's responsible for elasticity and strength of skin and repairing dead skin cells. Thus, excess sugar consumption can leave us with premature wrinkles and an aging complexion.

...and so much more, due to sugar tampering with progesterone production, oestrogen excess, androgen sensitivity and more!

It's time to get the sugar out!

6. Heal Leaky Gut

This is a big one.

Leaky gut is a condition that not only affects your digestive tract, but also causes hormone issues and can more specifically target your thyroid.

When undigested food particles like gluten leak through your gut into your bloodstream, it causes disease-causing inflammation of the entire body and more specific organs like the thyroid.

Also, most people with leaky gut have a deficiency of probiotics in their guts. Probiotics actually help your body produce certain vitamins that affect hormone levels like insulin.

The top foods and supplements that support healing leaky gut include: kefir, fermented vegetables, and high-fiber foods like vegetables and sprouted seeds.

In addition, supplements like digestive enzymes and probiotics can aid in repairing your gut lining, which in turn can balance your hormones.

Some of the main things that damage your digestive health include processed foods, gluten, hydrogenated oils and emotional stress.”

Following a lot of the steps already mentioned will go a long way to soothing inflammation and healing leaky gut so be sure to:

- 1) cut out gluten
- 2) cut out sugar
- 3) add in healthy fats, leafy greens and vitamin d!

7. Eliminate Toxic Home & Body Products

Household cleaning products, beauty products, personal products, and non-stick cookware are rife with endocrine disruptors, with up to 800-1,000 endocrine-disrupting chemicals on the market.

And just check this from the Environmental Working Group:

“The Environmental Working Group detected phthalates in nearly three-quarters of personal care products tested, noting: “Major loopholes in federal law allow the... cosmetics industry to put unlimited amounts of phthalates into many personal care products with no required testing, no required monitoring of health effects, and no required labeling.”

It’s quite frightening when you dig into the topic, but for now just try to remove chemical-based cleaning, beauty and personal products from your life.

Thankfully, it’s SO easy to find natural, chemical-free products these days.

8. High Intensity Interval Exercise (HIIT)

High Intensity Interval Training (HIIT) is exercise characterised by an alternating between high and low intensity exercise(s) or between high intensity exercise and a short period of rest.

Precision Nutrition give examples such as “a short sprint up a flight of stairs followed by a walk back down is interval training. Or a set of burpees followed by bodyweight rows.”

There are three very important hormones that HIIT helps to stabilise and regulate:

Ghrelin: often called the ‘hunger hormone’, ghrelin is the hormone responsible for long-term weight gain and short-term eating habits. When there is an imbalance of ghrelin (most often caused by insulin resistance) your body doesn’t recognise when it is full and it constantly triggers the signal to get you to eat more food, more often. HIIT has been proven to help regulate this hormone.

Leptin: often known as the ‘starvation hormone’ – leptin tells you when you are full. It signals to your brain that you have eaten enough food, and tells you to stop. When the leptin is not regulated properly you never feel full. As you can imagine, an imbalance of leptin and ghrelin would mean that you always feel hungry and never feel full. What a disastrous combination. HIIT helps to naturally rebalance this. It’s important to note that having too much or not enough leptin is not the problem, it’s the brain’s ability to recognise it that’s the problem, and HIIT has been shown to help get this under control.

Human Growth Hormone: (HGH) is more and more important the older we get. The more we age, the more our HGH levels drop off, expediting the ageing process. It’s chiefly responsible for the muscle loss and atrophy that typically occurs with ageing. When you perform HIIT it has been shown to increase the levels of HGH in the body by 771%...this is significant.

The older we get the more important it is to keep our HGH levels high.

As a simple starter, Mercola recommends:

1. Warm up for three minutes
2. Exercise as hard and fast as you can for 30 seconds. You should feel like you couldn't possibly go on another few seconds
3. Recover for 90 seconds
4. Repeat the high intensity exercise and recovery 7 more times

Just 20 minutes of exercise is all it takes, a few times a week.

9. Get More Sleep

You've got to get between 7-9 hours of sleep per night if you want to maintain optimal health.

There are a very small percentage of people who can get the same restorative effects from 4 hours of sleep, but this isn't necessarily something you can model or train your body for. It's just a genetic strength of those people.

Unless you're one of those lucky few – you have to get 7-9 hours of sleep per night.

And if you don't? You're really putting your body under unnecessary stress.

Lack of sleep and sleeping at strange times is one of the worst habits people with imbalanced hormones have.

As Dr Alan Christianson explains in his book “The Adrenal Reset Diet”, our hormones actually work on a very rigid timetable and need you to operate the way we have evolved, with the rolling cycles of the day (particularly with regards to light and temperature).

Cortisol, the stress hormone, is a great example. This hormone is regulated at midnight. Therefore, people who go to bed late never truly get a break from the sympathetic flight/fight stress response as their body doesn’t get this chance to replenish.

To maximize hormone function, get to bed by 10 p.m. Endocrinologists (hormone experts) claim that one hour of sleep between 10 p.m. and 2 a.m. is equal to two hours of sleep before or after this time.

Lack of sleep is especially tough on the adrenal glands which are responsible for cortisol, sex hormones, aldosterone and adrenaline.

According to Dr Christianson:

“Sleep deprivation takes a toll on the adrenal glands, leading to a decline in the production of DHEA. Focusing on achieving organic-induced sleep is really important.

This means getting anywhere from 6-9 hours of sleep at night. Everyone requires different amounts, but you must make sure you get sufficient hours of sleep for you.”

And it doesn’t end there! According to Vanessa Bennington of BreakingMuscle.com:

“Sleep deprivation has been shown to lower leptin (an appetite-suppressing hormone produced by fat cells, which is normally produced in abundance at night) and increase ghrelin, (a hormone released by the stomach that stimulates hunger, which is also secreted at night but normally in lesser amounts). Research subjects were found to have an increased sense of hunger and tended to reach for carbohydrate-dense, sweet, and salty foods when sleep deprived. So, let’s see – you’re glucose tolerance is impaired, you’re hungrier, and you’re reaching for all the wrong things to eat. “

10. Limit Caffeine

Caffeine stimulation is bad for our adrenals, in a different way to sleep, but in a way that is equally detrimental:

Excessive stimulation and stress cause your adrenals to release adrenaline and cortisol—two catabolic hormones, which break down your energy reserves for immediate use. Remember, your body thinks it’s in a state where it needs to fight or flee—so it needs that readily available energy.

When chronically elevated in your bloodstream, cortisol is a detrimental hormone, leading to quick glycogen (stored carbohydrates) depletion, a rise in blood sugar, and eventually weight gain (especially abdominal weight gain). And even when it’s less present (adrenal fatigue), epinephrine picks up the slack, yielding the same problems.

Adrenaline (epinephrine) has similar energy-depleting effects.

Initially, however, it gives you that feeling often described as a “natural high” or “caffeine rush,” because it temporarily increases your heart rate, breathing rate, blood pressure, and carbohydrate breakdown into blood sugar.

Having these two hormones chronically circulating in your blood is not a desirable situation, but this only occurs up until the threshold where your adrenal glands can no longer keep up. Once you reach that point, say hello to “adrenal fatigue” in which case there is less and less hormonal output and you’re unable to cope with even minor stresses on a daily basis.

While nobody is saying you can never have a coffee again, try to give up for 14 days every three months to give your adrenals a chance to reset.

11. Reduce Stress

As Robert Young (pH Miracle) has always said – stress is as damaging to the body as any food.

I truly believe this too.

Chronic stress can deplete the adrenals to such a point that it has a knock-on effect on every area of the body.

While stress is often thought of as a strictly emotional and mental problem, there is a growing amount of evidence that it has a host of physiological effects as well. One study found that a chemical released when the body is in a stressed state, Neuropeptide Y, causes fat cells to open and store fat rather than burn it.

Another study found that, especially in women, higher cortisol

(stress hormone) leads to weight gain around the waist, even in otherwise slender women.

Another study found that stress shortens telomeres in cells at a faster rate, leading to premature aging and the increased risk of diseases that accompanies it.

Stress can impact hormones and fertility as well. When cortisol is high in the body, progesterone is often low because the body uses progesterone to manufacture cortisol. This is often why stress and elevated cortisol levels correlate with trouble conceiving or maintaining a pregnancy. While natural progesterone cream can be helpful.

You've got to find ways to eliminate stress.

And not just emotional, but also the stress caused by some of the topics covered above: not enough sleep, toxic foods, toxins in the home and so on.

But controlling your stress emotions is a big one, and the single most powerful tool I know of, that gives you the most benefit quickly, is mindfulness meditation.

I highly recommend the app Headspace for this.

If you've ever had challenges 'getting into' meditation or believing you can do it – this app is fantastic. It makes it relaxed, easy, at a gentle pace and is very well structured. Please give it a go.

Bringing it All Together: The Action Plan

I challenge you for the next fourteen days to follow at least 8 of these 11 steps:

1. Include LOTS more coconut oil, flax, oily fish, nuts, seeds, chia and leafy greens for an abundance of hormone healthy fats
2. Calculate your Vitamin D requirements (1,000 IU daily per 25lbs of total body weight) and source a high quality daily supplement
3. Drop all vegetable oils (and other excessive sources of omega 6)
4. Give up meat (especially red meat) – maybe swap it for oily fish
5. Give up sugar. This includes ‘natural’ sugars such as honey and fructose from fruits – for 14 days.
6. Focus on your gut and quit gluten/grains for 14 days
7. Get 7-9 hours sleep EVERY NIGHT for 14 days
8. Undertake at least 5 high intensity interval sessions over 14 days
9. Give up coffee (and other sources of caffeine) for 14 days
10. Use only natural cleaning and personal products for 14 days
11. And use the Headspace app to practice mindfulness meditation daily for 14 days It’s just TWO WEEKS of your life and I assure you that you’ll feel sensational at the end of it.

12 Delicious Alkaline Starter Recipes

Quick & Easy Recipes to Get Alkaline, Reverse Aging and Balance Your Hormones



THE ALKALINE FAT FLUSH JUICE

SERVES: 2 | PREP TIME: 5 MINUTES | COOK TIME: NIL

INGREDIENTS

1 cucumber
Handful of parsley
Handful of cilantro (coriander)
1/4 lemon (peeled)
1.5 cm root ginger
1/2 beetroot
Optional but great: 50ml aloe vera juice
Filtered water to taste



INSTRUCTIONS

Wash and juice all of the ingredients and enjoy! If it tastes too 'vegetable-y' for you, water down more with filtered water or coconut water.

THE HUNGER HORMONE BALANCING SMOOTHIE

SERVES: 2 | PREP TIME: 5 MINUTES | COOK TIME: NIL

INGREDIENTS

350ml almond or coconut milk

150ml filtered water

Handful of almonds, soaked overnight* (or for min 2 hours)

1 Tbsp chia seeds

1/2 avocado

1 Tbsp cashew butter

1/2 tsp ground Ceylon cinnamon

1/4 tsp ground ginger

1/8 tsp ground nutmeg

1/8 tsp ground cardamom

1tbsp coconut oil

Pinch of Himalayan pink salt

Optional: 1 scoop of plant-based protein powder



INSTRUCTIONS

1. Rinse the soaked almonds and add to the blender with the nut milk and water. Blend this until smooth and then add the remaining ingredients.
2. If you're using a protein powder, I recommend plant-based, and if you're on a weight loss journey, adding the protein is a good idea!
3. Serve as is, or over ice – it's really delicious!

COCONUT CHIA CREAM POTS

SERVES: 2-4 | PREP TIME: 5 MINUTES | "COOK" TIME: 10 MINS

INGREDIENTS

1 cup of (organic) coconut milk
1/4 cup of chia seeds
1/2 date
1 cup of coconut yoghurt
1 tablespoon of flax seeds, ground, or 1
tablespoon of flax meal
1 tsp of sesame seeds
1/2 teaspoon of vanilla extract

Optional Toppings for 3 varieties:

1 handful of blueberries
1 handful of mixed nuts (almonds,
macadamia, pistachios, brazil nuts etc)
1 tsp of ground cinnamon
1 fig



INSTRUCTIONS

Firstly, sweeten the coconut milk by blending with the date. This little touch of sweetness and flavor from the date makes a huge difference!

Next combine the coconut milk in a large bowl with chia seeds, vanilla, flaxmeal (ground flax) and sesame seeds.

Put into the fridge for 10 minutes until the chia has expanded.

To serve, fill a small glass with a layer of coconut yoghurt, followed by the chia mix, then a little extra layer of coconut yoghurt & top with your choice of toppings!

FIVE-MINUTE ALKALINE DHAL

SERVES: 2-4 | PREP TIME: 2 MINUTES | COOK TIME: 3 MINS

INGREDIENTS

1 cup of (organic) coconut milk
4 cloves of garlic, minced
1-inch piece of ginger, finely chopped
1-inch piece of turmeric, finely chopped
5 spring onions/scallions, roughly chopped
1/2 head of broccoli, roughly chopped
1 x 400g tin of chickpeas, drained and rinsed
1 x 400g tin of cooked lentils, drained and rinsed
2 large handfuls of spinach
1 x 400g tin of coconut cream
1/2 lime, juiced
1/2 bunch coriander, roughly chopped
1 tbsp coconut oil
10 cherry tomatoes, halved
2 tbsp curry powder (pref organic)
1 tsp Himalayan salt & 1/2 tsp black pepper
Optional: brown rice, wild rice, or quinoa



INSTRUCTIONS

Heat the coconut oil on medium heat in a large pan, and add the garlic, turmeric, and ginger to the pan, stirring for 1 minute.

Next, add the spring onion (scallions), cherry tomatoes, and salt and keep stirring for another 2 minutes.

Add the tin of coconut cream, and a little extra water (you can adjust the water to your preferred consistency), chickpeas, lentils, spices, and lime juice.

Now stir in the spinach and simmer for 2 minutes until the spinach is wilted, and then remove from the heat and top with the coriander.

Serve with rice, quinoa, or simply as a hearty, warming bowl on its own!

SERVES: 2 | PREP TIME: 5 MINUTES | COOK TIME: NIL

INGREDIENTS

1/2 a ripe avocado

2 handfuls of spinach

1 handful of kale

½ cucumber

200ml almond milk

3 tbsp coconut oil

50g soaked almonds

25g soaked cashews

1 tbsp sunflower seeds

1 tbsp chia seeds



INSTRUCTIONS

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!

Start the blending with the avocado, liquids and cucumber

Next add the oil and the leaves

Finally add the soaked nuts, the seeds and blend at a high speed until smooth

This will keep in the fridge in an airtight container for 36-48 hours.

RED LENTIL, SWEET POTATO & COCONUT SOUP

SERVES: 2-4 | PREP TIME: 15 MINUTES | COOK TIME: 60 MINUTES

INGREDIENTS

300 g sweet potatoes
1 red onion
1/4 tablespoon cumin seeds
1/2 teaspoon ground coriander
1cm of fresh root turmeric
Coconut oil
2 cloves of garlic
½ a bunch of fresh coriander
60 g red lentils
500ml litre organic vegetable stock
1/2 can of coconut milk
1/3 lemon
Optional: 1 fresh red chili



INSTRUCTIONS

- 1) Start by preheating the oven to 180°C/350°F/gas 4 and cut the sweet potatoes into around 1-inch chunks, then peel and cut the onions into 2cm-thick wedges. Finally peel and cut the turmeric into half.
- 2) Put a tablespoon of coconut oil into a large bowl with the cumin, ground coriander and a pinch of salt, and then add the veggies, and turmeric, mixing with your hands to make everything nicely coated.
- 3) Transfer this to a baking tray and roast for around 40 minutes.
- 4) While this is roasting, chop the garlic. Pick the coriander leaves from the stalks and separate, and then finely slice the coriander stalks.
- 5) In a large saucepan, on a medium to low heat, gently warm some coconut oil and then sauté the garlic and coriander stalks for a minute and then add the lentils, and make sure everything is well coated in oil.
- 6) Warm the vegetable stock and then add this to the saucepan, followed by the coconut milk, and then cook this for 20 minutes, until the lentils are cooked and starting to break down. This should take around 20 minutes.
- 7) By now the roasting vegetables should be ready, so remove them from the oven and put them into your saucepan, and add the coriander leaves, and simmer this for another 2-3 minutes.

8) Now transfer to your blender and blend as rough or smooth as you like, and squeeze in some lemon juice to taste.

9) If you're using the red chilli, finely slice this and add a little (you can add it per bowl if not everyone likes the spice!)

10) Serve in bowls with a few extra coriander leaves on top, and a drizzle of your favourite oil.

This is a superb soup to have all year round, and I truly hope you love it. It will keep in the fridge for 4-5 days, and in the freezer for months on end.

FIVE-MINUTE SUMMER SALAD

SERVES: 2-4 | PREP TIME: 5 MINUTES | COOK TIME: NIL

INGREDIENTS

1 bunch of asparagus
1 teaspoon lemon juice
1 English cucumber
2 big handfuls of Tuscan kale
2 big handfuls of rocket/arugula

For the dressing:

1/4 cup lemon juice
1/2 cup olive oil
1 teaspoon Dijon mustard
1/4 shallot



INSTRUCTIONS

Start by preparing the dressing. In a glass jar mix the lemon juice and olive oil, and then add the mustard. Finely dice the shallot (in case you're wondering, a shallot is this – you could use red onion or spring onion instead) and then add this to the jar too – before giving it all a good shake.

Now the dressing is made, it's time to throw together the salad. Start by taking the woody end of the asparagus, and then slice it lengthways. Put this into your bowl.

Now grab your cucumber, and with a vegetable peeler, peel it lengthways to make fine ribbons. Add these to the bowl.

Simply throw in the arugula, and then finely slice the kale and add this too.

Dress liberally and add some natural salt and black pepper to taste. DELICIOUS!

CLEANSING BROCCOLI, MINT & GINGER SOUP (10 MINUTE DINNER)

SERVES: 2-4 | PREP TIME: 5 MINUTES | COOK TIME: 5 MINUTES

INGREDIENTS

1 large head of broccoli, roughly chopped
1 small brown onion, diced
2 cloves of garlic, minced
1/2 bunch of fresh mint, roughly chopped
2 large handfuls of spinach
1/2 cucumber, roughly sliced
1.5 cm of fresh root ginger, grated
3-500ml of organic vegetable stock
Himalayan salt & black pepper to taste
1 tbsp coconut or avocado oil



INSTRUCTIONS

Start by gently sautéing the onion and garlic in the oil in a large pan for around 2-3 minutes, and then add the chopped broccoli

Continue to gently warm through for another 1-2 minutes and then stir in the ginger, mint and pour over the stock – you can start with just 200-300ml and if this covers the broccoli, save the remainder for once you've blended it, to get the consistency you want

Let this simmer for 3-4 minutes until the broccoli just starts to soften.

Transfer everything to a blender, and add the spinach and cucumber (raw), and blend on high speed until everything is completely smooth

Add more stock to get the consistency you like and serve with a sprig of mint atop each bowl and a little drizzle of avocado or olive oil.

SUPER-FAST HIGH-ALKALINE BLISS BALLS

SERVES: 6-10 BALLS | PREP TIME: 10 MINUTES | COOK TIME: NIL MINUTES

INGREDIENTS

4 Medjool dates (in case you're wondering this means 1.3g of sugar per ball – absolutely acceptable)
1 cup almond meal
1/2 cup shredded coconut
1/3 cup coconut oil
1/3 cup cacao powder
1/3 cup pistachios
1/4 cup almonds
1 tbsp chia seeds



INSTRUCTIONS

Start by softening the dates and almonds in hot water. Preferably soak the almonds for at least 4 hours...unless you're using a high speed blender or food processor (such as the Vitamix, in which case no softening is needed).

The dates need about an hour to soften – make sure you remove the seed.

Now process/blend the dates, almond meal, almonds, half of the pistachios, shredded coconut, coconut oil, cacao and chia together.

Move this to a bowl and let it stand for a few minutes to allow the chia to soften and expand.

ULTIMATE, HEAVENLY GLUTEN-FREE BREAD

SERVES: MANY | PREP TIME: 65 MINUTES | COOK TIME: 40 MINUTES

INGREDIENTS

1/2 cup sunflower seeds
1/4 cup pumpkin seeds
1/4 cup walnuts
1/4 cup almonds
1 cup oats
3 tbsp flax seeds
1/2 cup buckwheat or coconut flour
3 tbsp chia seeds
4 tbsp psyllium husks
3 tbsp melted coconut oil
1 tbsp almond butter
4tbsp coconut flakes
400ml water



INSTRUCTIONS

In a large bowl, combine the dry ingredients (everything except the water, coconut oil and almond butter) and mix well together with your hands.

In a separate bowl, mix together the almond butter and coconut oil until combined and then pour in the water stirring until it's mixed.

Next pour the wet stuff in with the dry stuff and get your hands in there, combining it all together until it is a really thick, gooey, dough-y mix. Once you're happy it's all combined well let it stand for at least an hour, on your kitchen bench.

Once you're ready to cook, pre-heat your oven to 350°F / 175°C and while that's warming, transfer the mixture into a loaf tin. It won't rise so feel free to fill it right to the top. Place the loaf tin into the middle of the oven and bake for around 20 minutes. Next remove it from the tin and flip it upside down before continuing to bake for another 20 minutes. Once it's been in for 40 minutes in total, remove it from the oven and let it cool completely before serving.

ALKALINE VEGAN ALFREDO

SERVES: 2-4 | PREP TIME: 5 MINUTES | COOK TIME: 5 MINUTES

INGREDIENTS

1 medium cauliflower
1tbsp avocado oil
1tbsp coconut oil

1/4 cup cashews
3 cloves garlic
2 teaspoons pine nuts
1 cup of peas
2 large handfuls of spinach
2.5 cups almond milk
1 yeast-free, MSG-free vegetable stock cube
A handful of oregano & basil
Himalayan salt & black pepper to taste
Juice of 1/2 lemon
Optional chili flakes

For the noodles

:
Either 4 zucchini or 2 carrots/2 zucchini – spiralized



INSTRUCTIONS

- 1) Start by getting the cashews soaking in warm water, this will make them easier to blend.
- 2) Next, roughly chop the cauliflower, mince the garlic and add to a pan with the oil and pine nuts. Cook for 2-3 minutes, and then add the almond milk and the stock cube. Bring the pot to a simmer.
- 3) Now drain the cashews, give them a rinse and add to the pan too. Simmer everything together for 6-8 mins.
- 4) Put everything in a high-speed blender and add the lemon juice, herbs, salt & pepper and once it's smooth this is your sauce ready.
- 5) Now add this to a saucepan with the peas and spinach until they are cooked through and then add the zoodles for a couple more minutes, and then serve!

SUPER NUTRIENT BREAKFAST BOWL

SERVES: 2-4 | PREP TIME: 5 MINUTES | COOK TIME: 5 MINUTES

INGREDIENTS

1 large sweet potato
2 tablespoon of coconut oil
2 cloves garlic, finely chopped
8 florets of broccoli
2 large handfuls of beet greens or kale
4 large handfuls of baby spinach
1 large avocado, roughly chopped
Salt and cracked pepper to taste
1 tbsp sunflower seeds
1 tbsp chia seeds



Dressing:

4 tbsp tahini (bought or homemade)
4 tbsp water
2 tbsp flax or olive oil
180ml lemon juice
2 tsp grated fresh ginger
Himalayan (healthy) salt and cracked black pepper to taste

INSTRUCTIONS

- 1) Start by preheating the oven to 400 degrees Fahrenheit/ 200 Celcius to get those sweet potato chips going, as these take the longest...
- 2) While the oven is heating, wash the sweet pots and slice them really quite thinly – so they're a thick potato chip rather than a chunky wedge – this will help with speed. Once ready, season and coat with half of the coconut oil. Get them into the oven, even if it's not quite up to heat yet
- 3) While these are cooking (takes about 15-20 minutes – but all ovens differ so keep an eye on them, as they're thin they'll go from *perfect* to burned pretty quick) you should get the dressing ready – this is simple, just get all of those ingredients into a blender or food processor and whizz until smooth!
- 4) Once the potatoes look like they've got about 6-8 minutes left, it's time to prepare the veggies, so heat the remaining coconut oil gently in a large pan and then add the garlic for a minute, then the

spinach and beet greens (or kale) and broccoli – warm through for 4-5 minutes until the greens are looking good, the spinach has shrunken, and the broccoli is al dente.

Note: if you prefer your broccoli less crunchy, I recommend steaming it at this stage rather than adding it to the pan

5) Now its time to bring it all together! Remove the potato chips from the oven and pat down with some paper kitchen towel and line the bowls with these, then add the veggies, sprinkle with the seeds, and dress with the dressing!

And it's done! Delicious, filling, alkaline, nutrient-dense, and an awesome start to the day!

We are just getting started together!

I would LOVE to continue our journey together. I hope from reading this guide you've seen that I am:

- a) incredibly motivated to help you
- b) driven to support as many people as possible to the health they deserve
- c) grounded in the best research, studies and data
- d) fully trusting in the powerful combination of Mother Nature + your body's innate ability to heal - when we put nature and your body together magic happens.

I am here for you. I am so passionate about this. I want to help you to get to your best ever health, body and energy.

No matter where you are right now and what your immediate challenges are, I know I can help.

You're now subscribed to my alkaline life newsletter, so you'll get more free guides, ideas, tutorials and support each week in your inbox.

And when the time is right for you to take the next step with me, whether that's through my alkaline coaching membership, my Alkaline Reset Cleanse, or any of my other programs, I

know it will come to you at just the right time.

And for your very first step...

I simply have to mention the thing that has helps the most people get started and get momentum more than anything else I have created: **my Alkaline Recipe System Plus.**

This is my collection of over 250+ delicious, easy-to-make, high-alkaline recipes (inc. breakfast, lunch, dinner, snacks, desserts, juices, smoothies & more...)

PLUS my 21-day Alkaline Meal Plan + Itemized Shopping List - you simply buy the foods on the list (down to the tomato), follow the meal plan, and get alkaline! All of the thinking, planning and hard work is done for you...

PLUS my Hormone Reset & Menopause Masterclass...

...my “10-Years Younger“ Alkaline Anti-Aging Plan...

AND my Quit-Sugar Success Program...!

(And more!)

Click the button below to find out more (note: it's 82% off right now)

CLICK HERE TO FIND OUT MORE