

Looking at dieting from an alkaline-acidity point of view is a revolutionary new way to look at how you eat.

Alkalizing foods have a tonic effect on the body. By neutralizing the acidity in the bloodstream, alkaline foods act as a “breath of fresh air” to the system regenerating and restoring damaged cells.

Diets high in acidic foods cause the body to break down prematurely, the bloodstream carries these “acid bombs” throughout the system wreaking havoc in their wake.

By determining what foods have an alkalizing effect on the body, we can incorporate them into our diet in larger amounts, setting the pH levels in the bloodstream to the optimum level.

Therefore, the essentials of the diet are to keep the pH balance of food intake at 80% alkaline with 20% acidity.

This does not mean that you can't enjoy the foods that are higher in acidity, quite the contrary; **the key is that the balance of your diet** should be geared toward alkaline producing foods.

By maintaining a proper pH **balance** you can ensure that your body is performing at its optimum level.

The goal with this diet is to match the pH level of the bloodstream, which runs on the alkaline side.

This task can at first appear daunting for many, simply because foods that most people love to indulge themselves on are considered high in acidity.

But, don't worry, you'll quickly get the hang of it.

PLUS, like I said in the video, right now all you want to do is figure out roughly where on a scale from 1 (very acidic) to 6 (super-alkaline) your **average** diet currently is.

No need to do anything drastic, right now we're only establishing some kind of ground-truth.

In fact, I encourage you to do **absolutely nothing differently** after figuring out where you are.

WHY?

Simple! Think about any New Year's resolutions you've ever made. Fact is that without a month of starting a new programme, over 55% of all people have already failed.

So, right now, let's get the fundamentals right first, and then in the 3rd video I'll show you how to ensure your new approach doesn't turn into yet another failed New Years' Resolution type attempt to burn some fat.

Back to what foods are most helpful for getting on the alkaline side of things:

Vegetables and fruits are the easiest ways to get more alkaline into your diet.

Vegetables that are alkalizing are: alfalfa, barley grass, beets, beet greens, broccoli, cabbage, carrot, cauliflower, celery, chard greens, collard greens, cucumber, dandelions, eggplant, garlic, green beans, green peas, kale, kohlrabi, lettuce, mushrooms, mustard greens, nightshade veggies, onions, parsnips, peas, peppers, pumpkin, radishes, rutabaga, sea veggies, spinach, sprouts, sweet potatoes, tomatoes, watercress, wheat grass, and wild greens.

Fruits that have an alkalizing effect are: apples, apricots, avocados, bananas (not the super-ripe ones), berries, blackberries, cantaloupe, cherries, coconut, currants, dates, figs, grapes, grapefruit, honeydew, lemons, limes, muskmelons, nectarines, oranges, peaches, pears, pineapple, raisins, raspberries, rhubarb, strawberries, tangerines, tomatoes, tropical fruits, and watermelon.

Protein can be a problem when attempting to add more alkaline into your diet. All protein derived from animals is acidic. It is possible to add protein to your diet that will have an alkalizing effect in your bloodstream. Proteins that are alkaline are: almonds, chestnuts, millet, tempeh, tofu, and whey protein powder.

Food is nothing without the spices, herbs and sweeteners that give it that extra bit of character. You can add these alkalizing additions to your culinary efforts to bring your PH levels into balance.

Alkalizing condiments are: cinnamon, curry, ginger, mustard, chili pepper, sea salt, stevia, miso, tamari, and all herbs.

Minerals are essential to optimum health.

Paying attention to which minerals have alkalizing effects can add the proper balance to your blood pH. Minerals that have an alkalizing effect on the body are: cesium, potassium, sodium, calcium, and magnesium.

There are other incidentals that can make adding alkaline to your diet even easier.

Other ways to add alkaline to your diet are: apple cider vinegar, alkaline antioxidant water, bee pollen, lecithin granules, molasses, probiotic cultures, green juices, veggie juices, fresh fruit juice, and mineral water.

Knowing which foods and supplements that add alkaline to your pH levels is just the beginning.

Implementing them is the next step which takes planning and commitment. After adding these healing foods to your diet you can test your body's pH levels with a saliva strip test available at most health food stores (although the readings can be pretty erratic, I wouldn't worry too much about this. Similarly, some people measure the pH of their urine. Again, can be pretty erratic, plus can actually indicate the opposite of what's really going on in your body).

Food

Acid(1) - Alkaline(6)

Corn Tortillas	2
Acai Berry	3
Agave nectar	3
Alcohol sugars (xylitol and the other sacharides.	2
Alfalfa	5
Alfalfa grass	6
Almond	4
Almond butter (raw)	4
Apple Cider Vinegar	3
Apples	3
Apricot	3
Apricots	3
Apricots (dried)	3
Artichokes	4
Artificial sweeteners	1
Asparagus	4
Aubergine/Egg plant	4
Avocado (protein)	5
Baking soda	5
Banana (ripe)	2
Banana (unripe)	4
Barley	3
Barley grass	6
Barley malt syrup	3
Basil	4
Basmati rice	3
Bee pollen	4
Beef	1
Beer	1
Beet sugar	2
Bell peppers/capsicums (all colors)	4
Black currant	3
Blackberries	3
Blueberry	3
Blue-Green Algae	3
Bok Choy	4
Borage oil	4
Brazil nuts	3
Brown rice	2
Brown rice syrup	3
Brussels sprouts	4
Buckwheat	4
Buffalo	2

Bulgar wheat	3
Butter	3
Buttermilk	4
Cabbage lettuce, fresh	5
Canned foods	2
Canned vegetables	2
Cantaloupe	3
Caraway seeds	4
Carrot	4
Cashews	3
Cauliflower	4
Cayenne pepper	5
Celery	5
cereals (like Kelloggs etc)	2
Cheese (all varieties, from all milks)	2
Cherry, sour	4
Cherry, sweet	3
Chicken	2
Chives	4
Chocolates	2
Cilantro	5
Clementines	3
Coconut Oil (raw)	4
Coconut, fresh	4
Cod liver oil	3
Coffee	1
Coffee substitue drinks	3
Comfrey	4
Cooked vegetables (all kinds)	3
Corn oil	3
Couscous	3
Cranberry	3
Cream	3
Cucumber, fresh	6
Cumin seeds	4
Currant	3
Dandelion	6
Dates	3
Dates (dried)	3
Dog grass	6
Dr. Bronner's barley malt sweetener	3
Dried sugar cane juice	3
Duck	2
Egg whites	2
Eggs (whole)	2
Endive, fresh	5

Evening Primrose oil	4
Fennel seeds	4
Fig juice powder	3
Figs (dried)	4
Figs (raw)	4
Filberts	3
Flax seed oil	4
Flax seeds	3
French cut (green) beans	5
Fresh lemon	4
Fresh red beet	5
Fresh water fish	2
Frozen vegetables	2
Fructose	3
Fruit juice (natural)	3
Fruit juice (sweetened)	1
Garlic	5
Ginger	5
Ginseng	4
Goji berries	3
Gooseberry, ripe	3
Granulated soy (cooked, ground)	5
Grapefruit	3
Grapes (ripe)	3
Green cabbage, (December Harvest)	4
Green cabbage, (March Harvest)	4
Halva [ground sesame seed sweet]	2
Hazelnut	3
Homogenized milk	3
Honey	3
Horse radish	4
Hummus	3
Italian plum	3
Jicama	6
Kale	6
kamut	4
Kamut grass	6
Ketchup	2
Kohlrabi	4
Lamb's lettuce	4
Leeks (bulbs)	4
Lentils	4
Lettuce	4
Lima beans	5
Limes	4
Liquor	1

Liver	3
Macadamia nuts (raw)	3
Mandarin orange	2
Mango	3
Maple Syrup	3
Margarine	3
Marine lipids	4
Mayonnaise	2
Microwaved foods	2
Milk (not pasteurized)	3
Milk (pasteurized)	2
Milk sugar	3
Miso	2
Molasses	2
Mushrooms	2
Mustard	2
Mustard greens	4
Nectarine	3
Oats	3
Ocean fish	2
Olive Oil	4
Onion	4
Orange	3
Oregano	5
Organ meats	3
Oysters	3
Paneer (cheese)	2
Papaya	3
Parsnips	4
Peach	3
Peanut butter (raw, organic)	2
Peanuts	2
Pear	3
Peas, fresh	4
Peas, ripe	4
Peppers	4
Pickled vegetables	1
pine nuts (raw)	4
Pineapple	2
Pistachios	2
Pomegranate	2
POPCORN	3
Pork	1
Potatoes	4
Pumpkin seeds	3
Pumpkins (raw)	4

Quark	2
Raspberry	2
Raw onions	4
Red cabbage	4
Red currant	3
Red radish	5
Rhubarb stalks	4
Rice milk	3
Rose hips	2
Royal Jelly	4
Rutabaga	4
Rye bread	3
Rye bread	3
sardines (canned)	1
Savoy Cabbage	4
Sea Vegetables	4
Seaweed (dulse, kelp, laver, etc)	4
Sesame oil	4
Sesame seeds	4
Shave grass	6
Soda/Pop	2
Sorrel	5
Sourdough bread	2
Sourkraut	2
Soy flour	4
Soy lecithin, pure	6
Soy nuts (soaked soy beans, then dried)	6
Soy Protein Powder	3
Soy sauce	2
Soy Sprouts	6
Soybeans, fresh	5
Spelt	4
Spinach (March harvest)	4
Spinach (other than March)	5
Sprouted seeds (all kinds)	6
Squash (all kinds, raw)	4
Straw grass	6
Strawberries	3
Strawberry	3
Sugar (white)	2
Sugarcane	2
Summer black radish	6
Sunflower oil	3
Sunflower seeds	3
sweet potatoes	3
Tangerine	3

Tea (black)	1
Tea (herbal, green)	4
Tempeh	3
Thyme	4
Tofu	4
Tomato	5
Tomatoes (puree)	4
Tomatoes (raw)	4
Tomatoes (sundried)	4
Tuna (canned)	1
Turbinado sugar	3
Turnip	4
Veal	1
Walnuts	3
Water (Fiji, Hawaiian, Evian)	4
Water (sparkling)	2
Water (spring)	3
Watercress	4
Watermelon	3
Wheat	2
Wheat grass	6
Wheat Kernel	2
Whey protein powder	3
white (navy) beans	5
White biscuit	3
White bread	2
White cabbage	4
White radish (spring)	4
Whole-grain bread	3
Whole-meal bread	3
Wild salmon,	2
Wine	2
Xylitol	2
Yams	4
Yeast	3
Yellow plum	3
Yoghurt (sweetened)	2
Yoghurt (unsweetened)	3
Zucchini	4

Now, before you throw up your hands in the air in despair, make sure to get my FREE quick-start diet program where I simplify this whole process and show you a number of tasty meals that are nicely balanced (in terms of pH). See the website where you downloaded this report.