

## THE IMPORTANCE OF AN ALKALINE DIET

**Albert Einstein** stated: "Great spirits have always encountered violent opposition from mediocre minds."

**Mahatma Gandhi** stated: "First they ignore you, then they laugh at you, then you win."

**Max Planck** (German physicist) stated: "A new scientific truth does not triumph by convincing its opponents and making them see the lights, but rather because its opponents eventually die, and a new generation grows up that is familiar with it."

### LET US EAT OUR ALKALINE MEAL

The carbohydrates, proteins and fats after consumption of many foods good or bad, through oxidation or burning create organic acids: carbonic, uric, lactic, fatty, ammonia. An alkaline diet rich in fruits and vegetables provides inorganic alkaline minerals like sodium, calcium, magnesium, potassium which helps to dissolve the above mentioned acids. If there are not enough alkaline salts in the blood then acids precipitate in the joints creating arthritis, gout, etc. Excess acids build up in the biological terrain.

Millions of Americans are ill. The American health care system is no longer able to address chronic diseases to chronic diseases in America, but very good for crisis.

### EXPLAINING THE PH (Potential Hydrogens)

- We are born with a pH of 7.44, as we get older the pH drops to 7.35 or below. The difference of 0.09 seems small, but pH is logarithmic.
- The internal environment of our bodies is maintained at a pH just above 7
- Means reserve of alkaline minerals
- Symbol for the logarithm of the reciprocal of the hydrogen ion concentration
- Best work with pH 7.35-7.55 (pH of 5 means 10 times more acid than 6)
- Monitoring the pH, first morning urine check
- Proper chemical equilibrium controlled by lungs, kidneys, intestines, skin.
- Check all your vitamins (Vit. C)
- Infections, pollution and improper digestion burden the immune system, increase cortisol, adrenaline and insulin, messengers of distress which increase the acidity intracellularly
- Acid forming elements predominates over alkaline forming elements
- Acid forming diets: meats, cow's milk, poultry, eggs, grains, legumes (peas and beans). Restore health 80% alkaline, maintain health 60%
- When the pH is unbalanced, the cells are systemically and chronically affected leading to organ dysfunction

## THE ALKALINE WAY INTRODUCTION

- *Understanding the benefits of alkaline water*
- *Take out your book the Alkaline Way*
- *Detoxification and alkalizing*
- *Home Care:*
  - Increase oxygenation/Breathing exercise
  - Increase water intake and quality of water. (Mineral waters: Gerolsteiner, San Pellegrino, Penta, Narowi, Alkalark, Ionized Waters)
  - Bath with Epsom salts, dead sea salts, sliced fresh ginger
  - Skin brushing, sweating: infrared and steam saunas with ozone
  - Increase bowel movements, colon hydrotherapy
  - Apple cider vinegar, citrus, tomatoes create an alkaline tide, decrease fungus and cancer cells
  - Zeolites/Natural Cell Defense
  - Less fats, less proteins more alkaline (cow's vs. goat products)
  - Goat's products alkalize the digestive system, contains LGlutamine, alkalizing amino acids
  - Alkalark

## THE STANDARD AMERICAN DIET

SAD- SAD

The "alkalarian approach" to diet offers a simple, basic understanding of what causes acidity within our bodies (meat, dairy, sugars, caffeine, alcohol), an hostile environment to achieve health.

**BENEFITS OF AN ALKALINE DIET:** an alkaline internal milieu pH is required to:

- Have ideal chemical functioning
- Achievement of optimum health
- Neutralizes excess metabolic acids
- Sustain health & repair mechanism
- Immune competence, decrease infections
- Energy production
- Mineral depletion to stay alkaline
- Damage protection/increase lactic acids/cancer
- Less fats, less proteins more alkaline (cow's vs. goat products)
- Goat's products alkalize the digestive system, contains LGlutamine, alkalizing amino acid.
- You know you are acid when the mosquitoes won't bite you, metals change color on your skin and you have nail fungus and repeated yeast infections.

#### THE FIVE PRINCIPLES OF THE ALKALINE WAY:

1. Eat an abundance of lively foods: increase enzyme, improve digestion
2. Eat well and amply from the healthy balance of your nonreactive foods, observe the lactose and gluten free diet (inflammation)
3. Consume as wide a variety as possible
4. Enhance essential good fat intake
5. Consume enough fiber and pure water (coconut, chestnut)