

**\*\*Remember, one should always consult with a health care professional before taking nutritional supplements or altering dietary habits. The information contained in the following material is for educational information purposes only. It is not meant to diagnose treat mitigate or cure disease.**

## The Alkalarian Diet

See your health in a whole new light!

Robert O. Young is a pioneer of analyzing living blood cells. Mr. Young has spent years researching diseased and healthy cells under the microscope. He found that unhealthy cells appear dark and mis-shapen, while healthy blood cells are round and vibrant in color, practically glowing in comparison. Mr. Young set out to find what caused this "inner light." He discovered the essence of life is derived almost exclusively through plants, and that every cell in the body needs the light derived from green plants. The greater the amount of green foods consumed in the diet, the greater the health benefits achieved.

Mr. Young also found that these plant foods are cleansing and alkalizing to the body, while processed and refined foods can increase unhealthy levels of acidity and toxins. Through his findings, Mr. Young concluded that over-acidification of the body is the underlying cause of all disease. Because many people consume a diet primarily comprised of acid-forming foods, (i.e. sugars, meat, dairy, yeast breads, etc.) rather than green plant foods, they are sick and tired.

Mr. Young and his wife, Shelley Redford Young, set out to help others understand the acid-alkaline theory. They are the founders of *InnerLight International*, the *Robert O. Young Research Center*, the *InnerLight Foundation*, and *Shelley Young's Academy of Culinary Arts*. In addition, Mr. Young is the author of *Sick and Tired? Reclaim Your Inner Terrain®* and Shelley Young shares her alkalizing recipes in *Back to the House of Health®*. It is through these resources that one can learn how to overcome health challenges naturally and come into balance.

When the pH level in one's body is unbalanced, almost any area of the body can be affected; nervous system (depression), cardiovascular system (heart disease), muscles (fatigue), skin (aging), etc. Even obesity is a sign of over-acidity, a normal body response which protects vital organs from damaging acids and their effects. Conversely, in an alkaline environment, the body reaches an ideal weight and corrects negative health challenges naturally.

Mr. Young set out to harness the natural light and energy found in green plants and directs this energy to individual human cells. The result is a family of natural, plant and mineral-based supplements, in both capsule and liquid colloidal form. Colloids are tiny particles, absorbed in the mouth and throat. These products not only increase energy, but also help to destroy harmful organisms that decrease one's energy and vitality. The electric charge and frequency of these particles are designed to match that of the body's cells. In this manner, a new level of health may be achieved; health problems, negative symptoms, illness, fatigue, and excess weight diminished.

According to Mr. Young's program, the nutrients found in supplements, alkalizing foods, and water can bring the body back into balance. These vitamins, minerals, and herbs infuse the body with new energy, adjusting less energized areas to a new level of light. Other products spotlight energy on the performance of specific organs. These "targeted" products offer a most prized possession...health.

Alkaline food and water must be consumed in order to provide nutrients the body needs to neutralize acids and toxins in the blood, lymph, and tissues, while strengthening immune function and organ systems. For this reason, the Alkalarian Diet was developed to guide those who wish to regain balance and vigor in the body. Some people may choose to follow the Alkalarian Diet completely, while others slowly transition themselves and their family. For many, the change is not an overnight event, but a process. Taste buds that have been jaded by the toxic effect of sugar, salt, and other artificial flavors may take some time to adjust and appreciate the subtler taste of vegetables. Some individuals opt to add an alkaline food and eliminate an acidic food each week, until reaching the goal of an alkaline diet. The following list shows examples of food transitions one might make:

### Better Food Choices

<u>From</u>	<u>To</u>
Cow's milk	Almond, soy or rice milk
Beef, chicken, pork, shellfish	Fresh salmon or trout
Cold cereal, oatmeal, pancakes	Millet, buckwheat, and quinoa
Baked potato with butter	Basmati rice with olive or flax oil
Coffee, soda, alcohol, fruit juice	SuperGreens with Prime pH in water
1 liter/quart of water per day	1 gallon or more of water per day
Pizza, hamburger, fried chicken	Sprouted wheat tortilla with veggies
Iceberg lettuce salad	Spinach/red leaf lettuce with avocado
Vinegar/cream-based dressing	Olive oil-based dressing with lemon juice
Pasta with Alfredo sauce	Buckwheat soba noodles with olive oil/tomato
Bread with jam	Brown rice cake with almond butter
Potato chips and ranch dip	Wheat tortilla chips with hummus or salsa
Candy, gum, cake, pie, donuts	Almonds, pumpkin seeds, raw veggies
Meat and starch meals	Vegetables and low-carbohydrate meals
Cooked or microwaved meals	Raw, steamed or low-temperature meals

When making the change to an Alkalarian diet, one might feel confused or unsure about how to start and what kinds of foods to buy. A sample-shopping list helps one to know what kinds of foods typically stock the fridge and cupboard of an Alkalarian.

### Shopping List

<p><b><u>Produce</u></b>            Avocado            Beets            Bell peppers            Broccoli            Cabbage            Carrots            Cauliflower            Celery            Chard            Cucumber</p>	<p><b><u>Freezer Section</u></b>            Boca burgers (vegan)            Manna bread (Sun seed or Whole wheat)</p>	<p><b><u>Other Spices</u></b>            Cinnamon            Cumin            Garlic            Ginger            Onion            Parsley            Thyme</p>	<p><b><u>Salts</u></b>            Bragg's Aminos            Sea Salt            Real Salt brand</p>
<p>Dark lettuce            Eggplant</p>	<p><b><u>Seafood/Meat Section</u></b></p>	<p>Garlic            Herbs (fresh)</p>	<p><b><u>Legumes</u></b>            Adzuki            Black            Black-eyed            Cranberry            Salmon            Trout</p>

Jicama	Free-range turkey	<b>Health Food</b>	Kidney
Kale	(to be eaten	<b>Section</b>	Lentils
Leeks	on rare occasion)	Almond butter	Mung
Lemon		Almond milk	Pinto
Lime		Amaranth	
Onion		Basmati rice	
Parsley	<b>Water</b>	Brown rice cakes	<b>Nuts/Seeds</b>
Red, new potatoes	Distilled water	Buckwheat	Almonds
Seasonal fruit	Reverse-osmosis	Dulse flakes	Brazil nuts
(When in balance)		Flours (spelt, millet,	Flax seeds
Spinach		amaranth, etc)	Filberts
Squash		Grape Seed Oil	Macadamia nuts
Tomato	<b>Spices</b>	Hummus	Pecans (seasonal)
Zucchini	Spice Hunter brand	Kamut	Pine nuts
	All Purpose Blend	Millet	Pumpkin seeds
	California Pizza	Olive oil	Sesame seeds
<b>Refrigerated</b>	Cowboy BBQ Rub	Quinoa	Sunflower seeds
<b>Section</b>	Curry Seasoning	Rotini (quinoa, spelt)	Walnuts (seasonal)
Borage oil	Deliciously Dill	Soba noodles (rice	*all nuts/seeds
Fresh salsa (no vinegar)	Garam Masala	or buckwheat)	should be raw
Flax seed oil	Herbes de	Spelt	and unsalted
Hummus	Provence	Soymilk	
Sprouted Wheat Tortillas	Italian Spice	Sprouts (any)	**Remember to
(By Alvarado Street)	Jamaican Jerk	Sun-dried tomatoes	read all labels!!
Tofu	Mexican	(in olive oil)	Watch for citric
Udo's Choice-	Pasta Seasoning	Tahini	acid, mushrooms,
Perfected Oil Blend	Spicy Garlic Bread	Vegetable broth	yeast, vinegar,
	Szechwan	(Yeast-free)	peanut products,
	Thai Seasoning	Wild rice	corn products, etc.
	The Zip		
	Garbanzo		

Transitioning to an alkaline diet requires a shift in one's attitude about food. It is helpful to explore new tastes and textures while making small changes and improving old habits. The following guidelines help one to understand why these changes are necessary.

### The Guidelines

#### 1. Don't let breakfast slow you down.

An energizing breakfast for many people new to the Alkalizing diet is millet or brown, basmati rice with fresh avocado, tomato slices, soaked almonds, sunflower sprouts and flax oil. In contrast, most foods and beverages people choose to begin the day do not increase energy. breakfast cereals, sweet rolls, toast, pancakes, waffles, muffins, oatmeal, maple syrup, honey, coffee, orange juice, etc., contain huge amounts of sugars and simple carbohydrates which over-acidify the blood and tissues. Even high-protein breakfast foods like eggs, sausage, bacon, omelets, etc., compromise the terrain and ultimately promote the growth of yeast and fungi.

#### 2. Go for the green!

*SuperGreens* is one way of adding 49 different greens to your daily diet. Fresh vegetables and grasses are very cleansing, high in fiber, an excellent source of alkaline salts, and are anti-yeast,

anti-fungal, and anti-mycotoxic as well. Vegetables should be included with breakfast, lunch and dinner, in addition to three teaspoons of *SuperGreens Powder* mixed with *at least* 3 quarts of water per day. Although fruit is also a source of nutrients and fiber, the high sugar content (fructose) of fruit stimulates yeast and fungal growth. It may be eaten between meals (as a snack) when in season, and when one is "in balance" - all symptoms have subsided.

### **3. Fewer carbohydrates, more vegetables.**

Good, low carbohydrate vegetables include asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, spinach, kale, lettuce, okra, onions, garlic, parsley, radishes, and squash. About 80% of all meals should be fresh, raw, alkalizing vegetables. Complex carbohydrates are highly acid forming in the body and should not exceed 20% of the diet, so eat them in moderation. Starchy grains and legumes may become moldy when stored and contain fungus, so try to eat them fresh. Amaranth, spelt, quinoa, buckwheat, and millet, are the best choices of grains, especially when sprouted.

### **4. Sprout it out.**

Some of the best foods to eat are sprouts. Sprouted seeds become more alkaline as they grow. They are live plant foods that are "biogenic," which means they transfer their life energy to us. Sprouts can easily be grown in your kitchen during any season, or purchased at the market. Be sure to check the bottom for brown or soggy stems, as they should be eaten only when fresh.

### **5. No more acid-forming foods!**

Acid-forming foods you should avoid are animal products (which include meat and milk products), refined grains, yeast products, and most fruits. Also: pork, veal, most fish, beef, organ meats, chicken, turkey, eggs, shrimp, lobster, oysters, hot dogs, corned beef, pastrami, pepperoni, rice, potatoes, pasta, breads, cheeses, milk, buttermilk, sour cream, yogurt, ice cream, butter, margarine, mushrooms of all kinds, algae, corn products, peanut products, coffee, tea, wine, beer, soda pop, cider, soy sauce, ketchup, mayonnaise, vinegar, tempeh, sugar, artificial sweeteners, candy, gum, pies, cakes, donuts, and chocolate – just to name a few.

### **6. Try meatless protein.**

The average American consumes one and a half to four times the amount of protein required by the body. These protein-rich diets are comprised primarily of meat, cheese, milk, ice cream, and other products that contain not only protein, but also saturated fat and cholesterol. Our bodies are only 7% protein and human mother's milk is only 5% protein (i.e., better suited to the body's protein requirements than protein-rich cow's milk). The American Dietetic Association states that a vegetarian diet can provide the sub-cellular units and the amino acids to make protein in amounts that are congruent with the body's needs.

### **7. Don't forget to hydrate.**

Drink one gallon (4 liters) or more of a good quality water each day. Distilled or reverse-osmosis (purified) water are more neutral and can be brought into the alkaline range with 8 drops of *Prime pH per liter/quart*.

### **8. Cut out the yeast.**

Baked goods such as bread, muffins, pies, cakes and pastries should be avoided. According to the American Cancer Society, one out of nine American women will develop breast cancer by age 80. Research links it with the ingestion of baked goods and bakers or brewers yeast. Research also correlates diets containing yeast or fermented breads to gall stones, kidney stones and arthritis.

### **9. It doesn't do a body good.**

Dairy products should not be eaten because of their lactose (milk sugar) content as well as the presence of yeast and fungus, molds, and their by-products. Also, due to the high sugar and fat content of dairy products, the fact that dairy cows are fed stored grains and fungal-based antibiotics, and the fermentation process of cheese and yogurt, all dairy products should be

eventually eliminated from the diet. Calcium can be obtained from green leafy vegetables, green drinks, calcium-fortified tofu and soymilk, collards, broccoli, okra, salmon, etc.

**10. There is no such thing as a good mushroom.**

Mushrooms of all kinds; morels, algae, and truffles are all acid-forming foods. They contain mycotoxins, which poison human cells and lead to degenerative diseases. Mushrooms in all forms are extremely poisonous whether eaten whole or in teas. The mushroom is not a vegetable, but rather the fruiting body of a yeast or fungus. Also, note that corn and peanut products have a high fungal content and should be avoided as well.

**11. Just say no.**

Wine, beer, whiskey, brandy, gin, rum and vodka are purely mycotoxic. Alcohol is a fungus-produced mycotoxin made by yeast that causes direct injury to human health.

**12. Avoid smoking or chewing tobacco.**

Tobacco leaves are coated with yeast, fungus, and mycotoxins, which poison the cells and tissues of the body. Research clearly reveals the pathway that the fermentation of the tobacco creates with yeast and sugar. When using tobacco, you are directly introducing dried fungus and wastes into your body.

## Menu Suggestions

Menu suggestions are interchangeable for any meal. Shelley Young's recipe book, *Back to the House of Health*®, is a great source for new experiments in the kitchen. It is full of energizing, delicious recipes for Alkalarians to enjoy.

### BREAKFAST:

**Hot Millet Salad** is a satisfying, tasteful combination of hot and cold. For each serving, bring one cup of water and ¼ cup of millet to a boil, then cover and simmer for 25 minutes. Remove from pot and place in a soup bowl. Cut ½ a tomato and ½ an avocado over the top of the millet. Add *Bragg's Aminos*, Flaxseed Oil, sliced almonds, and spices as desired.

**Vegetable Soup** can be made with green beans, celery, zucchini, yellow squash, carrot, bell peppers, leeks, onions, garlic, cabbage, etc. Simply heat vegetable broth or water, add chopped vegetables, flavor with spices (oregano, basil, and parsley), and simmer until vegetables are slightly cooked/soft. Add *Bragg's Aminos* or *Real Salt* for flavor. Garnish with flax seeds, almonds or sunflower seeds.

**Buckwheat Cereal** with almond milk is quick and filling on a cold morning. Buckwheat groats, cracked buckwheat, and cream of buckwheat are available at most health food stores.

**Steamed Broccoli** is a very energizing choice for breakfast. Lightly steam broccoli for 5 minutes. Add chopped onion, slivered almonds, or sunflower seeds on top. Top with lemon juice and olive oil, or *Bragg's Aminos* if desired.

### LUNCH:

**Salads** are a wonderful choice for any meal. Spinach or dark, leafy lettuce is best for salads. Be sure to add lots of delicious, alkaline vegetables like: avocado, tomato, sprouts, cabbage, jicama, green or purple onions, cucumber, celery, bell peppers, etc. For taste and variety, try salsa, hummus, or the following dressing.

**Basic Salad Dressing** can be made ahead of time in a cruet, and stored in the cupboard. Mix 1/3 cup fresh lemon juice, 1 cup virgin olive oil, ½ tsp. oregano, ½ tsp. cumin, ½ tsp. garlic

powder, ½ tsp. cayenne or *The Zip* (by Spice Hunter), and 1 Tbsp. *Bragg's Aminos*. This is great on wraps, salads, steamed vegetables, or as a dip for plain tortillas.

**Veggie Wraps** make a quick meal that is filling. *Alvarado Street Bakery* has a nice wrap made of sprouted wheat. Begin with pesto or hummus spread; add sliced avocado, tomato, cucumber, spinach, sprouts, black beans, or any vegetable of choice. Top with *Bragg's Aminos*, garlic powder, *The Zip*, salsa, or other spices as desired.

**Madrid Gezpacho Soup** can be made in the blender. Mix 3 large tomatoes, 2 cucumbers, 1 red pepper, and 1 small jalapeno pepper. Add 1 quart of water, 3 Tbsp. Olive Oil, juice of 2 lemons, 1-tsp. ground Cumin, and 2 tsp. *Real Salt*. Add garlic to taste. Blend in portions until smooth. Chill in refrigerator until ready to serve. Garnish with celery, green onion, and avocado.

#### DINNER:

**Stir-fry** can be completed in 20 minutes, start to finish. Boil one package of Buckwheat Soba Noodles according to directions. While cooking, stir-fry 1 chopped red pepper, 1 chopped onion, 1-cup broccoli or asparagus, and other vegetables desired. Add a little *Bragg's* and vegetable broth for seasoning. Stir-fry 5 minutes, then add drained noodles. Add some olive oil, sesame seeds, garlic powder, and *Stir Fry Ginger* by Spice Hunter. Stir together and eat!

**Salmon, Trout, Sole, or Halibut** may be eaten sparingly. Garnish grilled fish with sliced lemon and serve with a generous portion of fresh vegetables or salad. Basmati or wild rice might be served on the side, topped with sliced almonds.

**Beans and Rice** make a classic combo. Soak and cook dried pinto, kidney, garbanzo, lentils, or black beans, and drain. In a pan, season beans with ground cumin, chili powder, *Real Salt*, and garlic. Pour in vegetable broth until beans are covered. Season with fresh parsley, chopped onion, pepper, and grated carrot. Simmer until onions are cooked. Remove, and then place each serving in a bowl with a scoop of basmati rice. Top with fresh, chopped tomatoes and serve with salad.

#### SNACKS:

**Raw, soaked nuts** can be prepared overnight. Simply place desired amount of nuts in a container, covered with distilled water. Keep in refrigerator overnight. Drain the next morning and enjoy throughout the day. Rinse twice a day with fresh water.

**Sprouted Tortilla Chips** are made from whole tortillas. Cut up one package of *Alvarado Street* brand tortillas into pie-shaped pieces. Place on two lightly oiled baking sheets and toast at 350 degrees for 10-15 minutes. They can be dipped in salsa, hummus, or almond butter for a snack.

**Broccoli/Tomato Salad** is a lettuce-free salad quickly prepared. Just chop 1-2 cups of broccoli in a bowl. Add 1 tomato and 1 avocado, sliced. Top with slivered almonds, *Bragg's Aminos*, *Real Salt*, and *The Zip* for an energizing snack or meal.

**Rice cakes with almond butter** are a crunchy treat. Spread raw almond butter on an unsalted brown rice or multi-grain cake for a speedy snack.

Hopefully, the aforementioned menu ideas will be helpful when one lacks creativity or time! Do not be discouraged or intimidated by thinking an alkaline diet demands too much change. Take time to become familiar with new foods. Wander around the health food store and produce section in order to become more familiar with new things.

**\*\*Remember, the closer one adheres to the recommended foods and guidelines, the greater the results one will experience. Choose to be successful!!!**