

Special Report

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**An “Insider” SHORTCUT GUIDE to a
Totally New Lifestyle That Will
Optimize Your Health, Give You
Endless Energy, and Melt Away
Excess Pounds!**

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<http://www.NewAndHealthyYou.com>

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Discover a *Step-by-Step System* for Restoring Your Natural pH Balance to Experience a Totally New Level of Weight Loss, Beauty, and Health!

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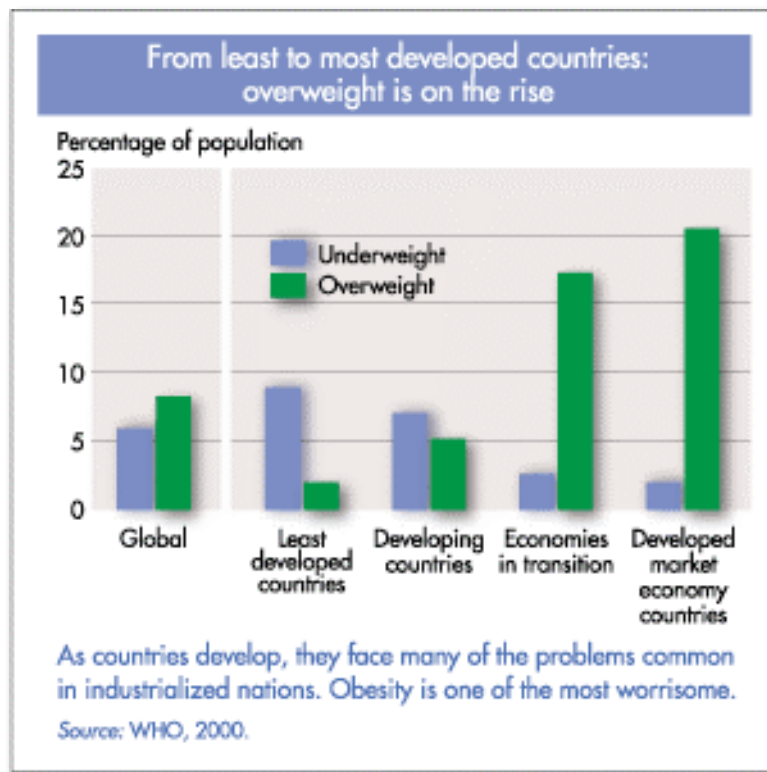
Dear Health Seeker,

Each and every person living in the Western world, where large amounts and varieties of foods are available, faces a myriad of **health and lifestyle challenges**.

We are constantly being fed new information about the best ways to eat and live. We're always hearing different versions about what is healthy and what is unhealthy and we're incredibly susceptible to this information as thousands of us try to deal with our problems, which includes everything from obesity to fatigue to life threatening diseases.

At the same time, we're also bombarded by advertisements for foods that, despite being incredibly bad for our health, are decidedly appealing based on taste and price. For every one of us who is struggling to be health conscious, there are plenty of other people in the Western world struggling to overcome self-destructive relationships with food.

Consider this: The Department of Health and Human Services reports that **129 million Americans are either overweight or obese**. Medical research confirms that obesity puts people at high risk for diabetes, high blood pressure, and heart disease. Sixty percent of Americans do not get enough exercise and all of these problems combined account for a total of 400,000 preventable deaths a year in the United States.





And that's not all. Poor diet and lack of exercise literally **destroys** our bodies from the inside out; the chemical components of a poor diet eat away at the body overtime, working as SILENT KILLERS we never see. A lack of vitamins, minerals, fibers, and protein in your daily food intake leaves your body deprived of the

essential building materials for cell repair and development. An excess of fat, sugar, and salt disrupts the body's natural equilibrium, leading to problems like higher fat content within your body, not just where it's visible such as around the hips, but where we can't see it, around your major organs. Arteries can become clogged with fat, increasing the risk of heart attack or stroke. With too much salt, the risk of increase water retention is established, as your kidneys are forced to work overtime. We hardly even realize the effects of eating large quantities of processed foods but this is the kind of thing that sends our liver into hyper mode.

The classic Western diet, as you're probably well aware, consists primarily of the following food types: meat, dairy, sugars, and saturated fats. It also depends upon drinking a lot of sugary drinks, a lot of alcohol, and large quantities of caffeine.

Because of this S.A.D (Standard American Diet) you create a HOSTILE, ACIDIC environment within your body, the type of environment that prevents your body from getting the nutrition it needs (e.g. vitamins, minerals, proteins, fibers, etc.) at the same time that it emphasized all of the bad foods you eat. (e.g. the fats, cholesterol, sugars, etc).

Whether you realize it or not, the pH level of your internal fluids is very important to your bodily functions. The pH levels of the fluids in your body, including those in the digestive system, have an impact upon every cell in your body. Over-acidification can cause serious damage to cellular function, affecting every organ of your body from your heart to your brain.

In fact, unbalanced pH levels are associated with all types of illnesses such as cancer, heart disease, obesity, weight problems, allergies, fatigue, premature aging, neurological problems, cardiovascular problems, and muscle problems.

The purpose of this report is to help you get a handle on how you can dramatically improve your health by addressing the pH of your body with 7 SIMPLE steps.

The information revealed in this report will JUMPSTART you on your path to improve your health, feel better overall, have more energy, and get more out of your daily life.

Discovering this information is an extremely rewarding move to make at any point in your life. You're never too young or too old to start working to improve your health.

The information in this report is aimed to educate you on the basics of establishing an alkaline-based diet, in accordance with the latest information and research finding from top health and diet experts. It is also aimed to help you conquer this major life change and establish your new healthy habits as a permanent fixture in your life.

Compare your body to a cluttered home. Let's face it, clutter in the house is an extremely common occurrence and it is a symptom of the same type of problem that creates bad eating habits and exercise routines. We're all overwhelmed, disorganized, unfocused, and totally unaware of the best approach to managing our homes, just as we struggle to grasp the best way to manage your bodies.

Okay, so you have a cluttered house but you decide you want to clean it up. You've got to make a huge effort in that first stage to clear all of the junk. You need to sort through every pile that's accumulated over time. It's pretty similar when it comes to your diet.

You've got to work through your bad eating habits and make a huge effort to change them. Then, you need to develop systems to ensure that your eating habits continue to be under control.

The result is a higher quality of life, more energy, and longevity.

☞ Know Your Current pH Level; Know What's Normal

To go on a journey to optimal health, you need to know where you're starting from and where you're headed. The first step to improving your health by making your body alkaline involves knowing precisely what your body pH is when you start the healing process. You need to know whether your pH is just a bit low or very low.

There are basically two ways of testing your pH. Using pH strips, more commonly known as Litmus paper, you can test the pH of your saliva or urine.

The Saliva Test:

To test the pH of your saliva you need to wet a piece of Litmus paper using your saliva. Saliva is generally more acidic than blood anyway, but it should give you an idea of your blood pH regardless.

The optimum pH for saliva is somewhere between 6.4 and 6.8 of the pH scale. When your saliva pH is lower than 6.4, you have an indication that your blood pH may be acidic. After eating, your saliva pH should also rise to 7.5 or above. If you test the pH of your saliva after eating, note whether it is 7.5 or above. If not, if it's not even close to 7.5, you have another indication that your blood may be acidic.

The Urine Test:

The pH of urine is generally a good indicator of how the body is

working overall. The urine pH should indicate whether or not the body is maintaining the proper pH overall since it will reveal both alkaline and acid metabolic cycles. The pH of urine reflects how well the body is regulating pH with the kidneys, adrenal glands, and lungs.

The optimum range of urine pH is between 6.0 and 7.0, although in some cases, pH may range anywhere from 4.5 to 9.0 in extreme cases.

The test is conducted in a similar way to the saliva test, except that in this case, urine is tested with the Litmus paper.

Reviewing the pH values from both a urine and saliva tests should give you a pretty good idea whether or not your blood pH is acidic or not.

If you note signs of acidosis, particularly in the salivary pH, you should definitely follow the steps outlines in this report to reverse the effects of aging, and rejuvenate mind and body.

➡ Remove Acid-Forming Foods From Your Diet



Many health experts look to the Bible for this one. In the first book of Genesis, verse twenty-nine, we have the following: “God said, I have given you every seed bearing plant which is on the face of the earth and every tree that bears fruit with seed. It will be your food.” It doesn’t matter whether you consider the Bible to be a Holy book or an historical document, go by what it tells you about food in this instance.

Step number two to improving your alkaline state is to avoid acid-forming foods:

- ✓ Meats: beef, pork, bacon, sausages, burgers, ham, and all processed meats.
- ✓ **Dairy products: cow's milk, cream, non-organic eggs, margarine, and butter.**
- ✓ All refined, packaged foods including most breakfast cereals that contain sugar.
- ✓ **All ready-made meals, including "diet foods", "reduced-fat" foods, "99% fat-free" foods, and "fat-free" foods.**
- ✓ Wines, beer, and spirits
- ✓ **Carbonated drinks**
- ✓ Fried food
- ✓ **White bread (includes any bread with white flour in it).**
- ✓ White flour, and products made with it such as cake, cookies, crackers, pretzels, doughnuts, bagels, and muffins.
- ✓ **Sugar and products with added sugar, e.g. canned fruits in syrup, jams and jellies containing added sugars, salad dressings and sauces with added sugar, such as Teriyaki sauce, honey, syrups, fruit drinks containing added sugar, sugar-sweetened soft drinks.**
- ✓ Ice cream
- ✓ **Snack food**
- ✓ Refined pasta
- ✓ **Salt**

Creating an alkaline-food lifestyle is the most powerful strategy you can use to OPTIMIZE your health, boost your body with ENDLESS energy, and MELT AWAY excess pounds...GUARANTEED!

When you start living a more alkaline food lifestyle, you can actually reverse the pH levels in your body.

Filling your plate and your body with delicious and satisfying variety of alkaline foods on a daily basis will dramatically improve the way you look and feel, in as little as a few days or weeks.



11 Alkaline-Food Groups

Vegetables

- Artichokes
 - Asparagus
 - Beetroot
 - Bok Choy (Chinese cabbage)
 - Broccoli
 - Brussels Sprouts
 - Cabbage
 - Carrots
 - Cauliflower
 - Celery
-
- Chicory
 - Chives
 - Cucumber
 - Eggplant
 - Fennel
 - Figs
 - Garlic
 - Ginger
 - Green Beans
 - Kale
 - Kelp and other sea vegetables
 - Leeks (onions, shallots, scallions (spring onions))
 - Lettuce (iceberg, romaine, radicchio, green and red leaf, escarole, endive, watercress, and Boston)
 - Okra
 - Olives
 - Parsley
 - Parsnips
 - Peppers (green, red, orange, and yellow)
 - Pumpkin
 - Radishes
 - Sorrel
 - Spinach
 - Sweet corn
 - Sweet potato
 - Winter Squash
 - Zucchini

Fruits

- Apples
- Apricots
- Avocado
- Bananas
- Blackberries
- Cantaloupe melons
- Grapes
- Lemons
- Limes
- Kiwifruit
- Mangos
- Non-sweet grapefruit
- Oranges
- Papaya
- Peaches
- Pears
- Pineapples
- Raisins
- Strawberries
- Tamarind
- Tangerines
- Tomatoes
- Watermelon

Beans and Legumes

- Carob

Grains

- Amaranth
- Buckwheat
- Millet
- Quinoa
- Wild rice

Nuts and Seeds (raw, soaked, & sprouted)

- Almonds
- Chestnuts
- Soybeans

Sprouts

- Aduki beans
- Alfalfa sprouts
- Barley
- Bean sprouts
- Fenugreek
- Lentils
- Mustard
- Oats
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Soybeans

Oils (Cold-Pressed)

- Borage oil
- Flaxseed oil
- Olive oil
- Udo's Choice Essential Oil

Non-Dairy

- Goat's cheese
- Goat's milk
- Soy cheese
- Soymilk
- Tofu

Grasses

- Barley grass
- Wheatgrass

Beverages

- Herb tea
- Ginger tea
- Green tea
- Rooibos tea
- Lemon water

Condiments

- Raw honey

Alkaline foods are exactly what your body needs if you're going to look and feel your best, safe from some (if not most!) of the ravages of time most people consider inevitable.

Best of all, they're plentiful and diverse! These are thousands of tastes and flavor combinations you can experience eating the 11 Alkaline-Food Groups!

TACTICS & TOOLS

Eat your salad in late afternoon, an hour or two before dinner, and it really makes a difference in your energy and mood all evening long, probably thanks to the vegetable protein and chlorophyll. You'll feel good also knowing all the wonderful things it's doing in your body both now and over the long-term.

You can vary your salad experience by varying the veggies you toss in and the dressings and herbs you use to season it.

Always remember to eat when you're hungry, even if you just ate 30 minutes or an hour ago. This is how your body will repair itself, and it is also your most powerful safeguard against binging on foods that won't bring wholeness and life to your body.

Experience with veggies. Make varieties of stir-fry, necessary for peace of mind and freedom from cravings.

Eat at least one giant salad a day! To get outstanding results sooner and build a hugely beneficial habit for life, have a nice big salad before at least one meal every day (two would be better!). Make sure it's deeply and brilliantly colorful (greens and oranges), for maximum nutrient impact.

3 Simple Alkaline Recipes

Broccoli Gazpacho

Put in the blender: Six broccoli flowerets; fresh tomato, chopped; one quarter diced small cucumber; 1 tablespoon minced bell pepper; 1 tablespoon chopped onion, 2 teaspoon lemon juice; ¼ teaspoon dried oregano; dash of hot pepper sauce. Blend to a slightly chunky consistency. Chill and serve sprinkled generously with fresh parsley or avocado slices. Serves two.

Carrot Pate (Mock Salmon)

- 2 ½ cups carrots, diced
- 2 ½ stalks celery, diced
- 3 tablespoon natural organic almond butter
- 2 tablespoon onion powder plus dash cayenne or Cajun seasoning
- 2 tablespoons chopped parsley
- 2 tablespoon tahini powder
- 1/3 cups almonds, ground in blender or processed until mealy

Puree carrots and celery in food processor, juicer, or food grinder. Blend in other ingredients and mix well. Add more almond meal if needed to shape.

Press into lightly oiled terrine, casserole dish, or loaf pan.

Chill, garnish with avocado and serve on a bed of greens with sprouted crackers.

Green Salad with Red Pepper Dressing

Salad:

- 1 large head romaine lettuce, washed and torn
- 1 cucumber, sliced
- 1 red bell pepper, seeded and sliced
- 1 tomato, cored and chopped

Dressing:

- 2 ounces tofu
- $\frac{3}{4}$ cup roasted and peeled red bell pepper
- $\frac{1}{2}$ cup chopped, peeled tomatoes
- 2 tablespoon apple cider vinegar
- 2 tablespoon minced garlic
- $\frac{1}{4}$ teaspoon black pepper

Place salad ingredients in bowl. Blend dressing until smooth. Pour over salad.

➡ **Hydrate, Hydrate, and Hydrate**

Many people forget the importance of water. When we remember that about three-fifth of our body weight is made up of just water and that water is necessary for every chemical reaction, large or small, that takes place in the body, the importance of water becomes obvious.

“Drinking ABUNDANT amounts of water tends to relieve constipation, flushes out kidneys, removes waste matter and keeps the million of your body cells in better working condition. You should also know that water is one of the best regulators and eliminators we have.”



The optimum amount of water needed per day is about half of your body weight in pounds converted into ounces. That means, an adult who weights 150lbs. needs approximately 75 ounces of water per day.

We don't drink enough water, and we pay a high price!

We pay significant price in your health and appearance, energy, focus, wellness and even your longevity, but you don't understand what's really going on with you.

You assume your relentless fatigue, lack of stamina, poor muscle tone (yes!) and chronic pain are natural and inevitable, when so often they are symptoms of chronic dehydration.

The signals your body sends you to let you know it's in desperate need of water are masked or distorted by your coffee and tea habits, your soda consumption, our sugar additions, and other toxic lifestyle choices. Yet, adequately hydrating your body is key to overcoming those very addictions.

What kind of water should you drink?

Since you're trying to alkalize your body you should stay away from chlorinated tap water or distilled water.

Let me explain why...

Despite our great technological accomplishments, our tap water is still far from acceptable for drinking.

Let me give you a quick example...

Just to give you an idea of what you might be drinking in your tap water:

- Lead – causes organ damage and leads to mental retardation.
- Aluminum – is added to water at virtually all water treatment facilities.
- Fluoride – is added to the water.
- Arsenic – causes bladder, lung and skin cancer; may cause liver and kidney cancer.
- Bacteria – occurs in tap water and can cause serious illness or death.
- Bromate – increases risk of cancer.
- Chlorite – may cause anemia, effect nervous systems, in infants and young children.
- Haloacetic acids – increases risk of cancer.
- Trihalomethanes – may cause liver, kidney problems; may increase risk of cancer.

Source: US Environmental Protection Agency (EPA), <http://www.epa.gov>

How about that?

Remember this list next time you choose your water.

As far as distilled water – the best way to describe it is “Dead” water. This is a hard one for people who have been told that distilled water is great for them but once you see it on a microscopic level it makes sense.

Now let's look at the type of water YOU SHOULD drink.

You're reading this report because you want to discover as many ways as possible to improve your health, boost your energy, reverse your poor health and melt away unwanted pounds.

Here is a surefire way to do all that...

It's called ALKALINE WATER.

3 Important Keys About Alkaline Water You Should Know

Key # 1: Alkaline water is produced through electrolysis - a process that separates the acid from alkaline minerals. Alkaline water has a pH of 8.5 or higher. Alkaline water has been shown to have an alkalizing, neutralizing, and oxygenating, and pH balancing effect on the body.

Key # 2: Alkaline water is ionizing. Because alkaline water is ionized, it won't leach out valuable alkaline minerals in your body including calcium, magnesium, and potassium, and will replenish lost alkaline minerals which in turn help to neutralize excess acid in the body.

Key # 3: Alkaline water is also very highly hydrating to your system. That means that you have to drink less of it to get the full effect - hydrating your body.

The reason why alkaline water is more effective in hydrating and alkalizing your body is because of the way molecules are structured in the water.

In the regular water the molecule cluster pattern consists of 10-12 molecules, while in the alkaline water 5-6 molecules that form the cluster. They called 'micro-clustered.'

This highly formed 'micro-clustered' molecule will be more quickly and easily absorbed by the body and thus it will hydrate the tissues and cells more effectively.

How much of alkaline water should you drink daily?

Drinking at least 5 glasses (8 oz.) of alkaline water daily will help the body to flush out acidic wastes and will help you alkalize.

Let's look at some other health benefits you get from regularly drinking alkaline water.

The Japanese have conducted research since the 1950s on the general health benefits of alkaline water. The research indicated the following conditions have been improved by drinking alkaline water:

- ✓ Arthritis
- ✓ Chronic constipation
- ✓ Diabetes
- ✓ Chronic diarrhea
- ✓ Heartburn
- ✓ Chronic fatigue
- ✓ Indigestion
- ✓ High blood pressure
- ✓ Leg cramps
- ✓ Poor circulation
- ✓ Migraines
- ✓ Nausea
- ✓ Obesity
- ✓ Osteoporosis
- ✓ Stress

Source: Sang Whang, "Reverse Aging".

3 WAYS YOU CAN ENJOY THE BENEFITS OF ALKALINE WATER

1. Alkaline Water Ionizer

Alkaline water is made by water ionizer. Tap water contains supply of acid minerals and alkaline minerals. They use acids to kill living organisms in the water supply. Then Alkaline (or limestone) is added to the water to neutralize some of the acid in the water so that the acid won't leach out lead from the pipe joints.

But an ionizer electrically splits tap water into alkaline water and acid water.

It's easy to use a water ionizer. You just push the switch and instantly you get a stream of alkaline water from the top and another stream of acid water from the bottom.

2. Alkalizing supplements/pH boosting supplements

You can add alkalizing supplements to your drinking water using bottled or filtered water.

Alkalizing supplements contain valuable minerals in the form of a colorless, odorless, and tasteless drop that can be added to water.

By adding just 3-4 drops to a glass of water, you can increase the pH of water to 8.5-9.

You can find alkalizing supplements on the Internet when you do a search for alkalizing supplements for water.

3. Adding fresh lemon or lime juice into your water. Because lemon/lime juice contains citric acid, it quickly changes the water into an alkaline one.

TACTICS & TOOLS

Use a straw. If you are "water-averse," use a straw during your shift (or as long s you need to!). You'll be surprised at how much of the taste will bypass your mouth.

Make sure you're always "packing" water. Carry at least an 8 oz. water bottle in your purse at all times.

Give it a fruit tang. Add a few drops of real fruit juice (juice squeezed from fruit) to your water every so often, for a treat. And if you really can't grow to like water in any form, add the juice drops to every glass as often as you need, for as long as you need, to ensure you'll drink it.

Have some "Mintastic." Crushing a few mint leaves in the bottom of a glass, then fill it with water and let it cool in the refrigerator. Strain it, if you like, and enjoy it over ice. It's absolutely delightful!

➡ Detox

You need to learn how to clean your body of acidic-wastes and impurities so that you can eat normal ratio (72/25) and still maintain alkaline pH.

Let me give you an example:

Before you start alkalizing your body for the first time it is going to be very acidic. As you eat more alkaline foods, substituting acidic foods with alkaline, and drinking alkaline water (as described in lessons 1, 2, and 3), your body will begin to replenish the lost alkaline minerals and will start to neutralize the acids in the body, making the body more alkaline.

The more alkaline foods you eat, the quicker your body will go from being acidic to being alkaline.

But there is a catch.

If your regular diet consists of let's say 75 percent of alkaline foods and 25 percent of acidic foods it's going to take longer for the body to bring your pH to the alkaline state.

Now, let me explain why...

While maintaining the 75/25 ratio there will be enough alkaline minerals provided in the body to make your body alkaline but it won't do so in a few days simply because you still add acid wastes to your system by eating acidic foods.

And while the alkaline foods you're eating turn into alkaline elements, they have to be used to neutralize the new acids you are creating. When that happens there is not enough extra alkaline elements to neutralize the acid waste stored in the body tissues and cells.

So you don't really use the alkaline elements created from alkaline foods to neutralize previously created acidic waste. You use them to neutralize the current acidic waste that is being created because of the acidic foods you still consume.

This kind of eating habit is a definite improvement from your previously eating habits. But there is ONE way and definitely a BETTER WAY you can make a quicker transition from being acidic to alkaline.

Here is how:

Detoxification or sometimes called a cleansing method.

4 BIG REASONS WHY YOU SHOULD DETOXYFY YOUR BODY

Reason # 1: To supply the elements necessary to regain alkalinity of the body pH, tissues, and cells.

Reason # 2: 'Rest' the digestive organs.

Reason # 3: Reduce the putrefying processes.

Reason # 4: Reduce the fermentative activity.

Think of the detoxification like a house cleaning for the body.

So, what do you do to detoxify your body and bring it back to alkaline balance?

The idea is that during the detoxification process (I'll explain how long it should last later), you TOTALLY stop eating ALL ACID-FORMING FOODS and your diet consist ONLY OF VEGETABLES, SALADS, VEGETABLE JUICES, VEGETABLE SOUPS, AND WATER.

But don't worry... it's not as hard as it might seem at first...

Please bear with me and I'll show you an easy way to do this so that you get the best results.

→Sidebar:

Note: This is very important. If you want to really make a difference in the way you feel you MUST follow these guidelines. It will change your life.

The following foods should be EXCLUDED from your diet during the detoxification.

- * Animal protein that includes any kind of meats, poultry, any type of seafood.
- * Animal fats including lard and suet.
- * Vegetable oils, especially peanut oil and oils that are refined or hardened (margarine).
- * Whole grains or refined grains: wheat, oats, rice.
- * Bread, pasta, cereal, and foods with a grain base.
- * Legumes including peanuts, soybeans, white beans, black beans, lentils.
- * White sugar, jam, fruit preservatives.
- * Sweets: syrups, pastry, chocolate, candy.
- * Nuts: walnuts, hazelnuts, pumpkin seeds.
- * Commercially manufactured sweet drinks, primarily sodas.
- * Coffee, tea, cocoa, wine, beer.
- * Condiments such as mayonnaise, mustard, ketchup.

When your diet consists of mainly a lot of vegetables, the detoxification process takes place.

Vegetables have the miraculous ability to assist your body in alkalizing. Vegetables supply enough alkaline elements to neutralize acidic wastes stored in the body tissues and cells.

Here is what happens when you stop eating acid-forming foods during the detox process...

When you don't eat acidic foods during the detoxification process the alkaline elements that form from alkaline foods are not wasted on neutralizing the acidic wastes that are being created, but rather alkaline elements are used to neutralize the acidic wastes that are stored in the body tissues, organs, and cells. And they have been stored in the body tissues and cells because you may have been eating acid-forming foods for a long time.

A body can't release these acids into the system if there is not enough alkaline elements to neutralize the released acids. These acids are so strong that they could damage the organs, tissues and cells if released in the body without enough alkaline minerals.

So the whole process of storing the acids is about your body protecting the organs, tissues and cells from these acids.

Here's a quick example of what a typical detoxification process would be like...

Breakfast:

Glass of vegetable juice:

- ➡ 1/4 small cabbage
- ➡ 1 tablespoon parsley
- ➡ 1/2 cup alkaline water
- ➡ 2 cucumbers

Blend all the ingredients in a blender.

Mid-morning:

Glass (16 oz.) water with lemon.

Lunch:

Fresh vegetable salad:

- ➡ 1/4 head of green cabbage, shredded
- ➡ Handful of spinach
- ➡ Handful of turnip
- ➡ 1 cucumber
- ➡ 1 celery
- ➡ Handful of broccoli

Combine all the ingredients in a bowl and mix well. Use a little bit of olive oil and lemon juice as a dressing.

Glass of vegetable juice:

- ➡ 1 Carrots
- ➡ 2 stalks celery
- ➡ 1/4 head cabbage

Juice all ingredients.

or

Vegetable soup:

- ➡ 2 cucumber
- ➡ 1/2 avocado
- ➡ 2 tablespoons lemon juice
- ➡ 1 teaspoon garlic

Place all ingredients in the blender and blend to a creamy consistency.

Mid-day:

Glass (16 oz.) water with lemon.

Snack

Glass of vegetable juice:

- ➡ 4 carrots
- ➡ 2 stalks celery
- ➡ 4 kale leaves
- ➡ Bunch of parsley
- ➡ Juice of 1 lemon

Juice all the ingredients in the juicer. Add lemon juice to taste and mix well.

Dinner

Avocado and Tomato salad:

- ➡ 2 ripe avocados
- ➡ 1 small onion, minced
- ➡ ½ tomato, finely chopped
- ➡ 1 teaspoon lemon or lime juice

Cut avocados in half and remove pits. Slice avocado halves in small pieces while skin is still intact. Remove the skin from each avocado. Place avocado slices in a medium bowl.

Stir in chopped onion and tomato slices. Sprinkle the salad with lemon juice.

Glass (16 oz.) vegetable juice:

- ➡ 1 to 2 beets
- ➡ 2 stalks celery
- ➡ 1 to 2 carrots
- ➡ 2 kale leaves

Juice all ingredients together.

Before bed:

Water with lemon.

The more water you drink during the detox process the better. Water helps the body rid itself of toxic wastes. And it also makes the detox easier to do.

The IDEA behind the detox process is to provide your body with enough alkaline minerals and elements so that the body releases the stored acids in to the system and these acids are neutralized by the alkaline minerals and elements leaving you clean, healthy, and alkaline.

I hope you see the importance of this information if you are serious about alkalizing your body the RIGHT way.

Ok, now let's talk a little bit about how long you should detox for...

Firstly, let me point out that the detoxification length largely depends on your ability to sustain the changes that are going to happen in your body.

You see, when you eat too much acidic foods and live an unhealthy lifestyle it is much harder for the body to return to alkaline balance. It has to clean a lot of garbage away before you see the difference in the way you feel.

When you live a pretty healthy lifestyle, eat healthy foods, exercise, spend time outside, body doesn't have too much junk to clear out... so the detoxification process happens much easier.

And I have to tell you the truth; sometimes it can get pretty hard.

It's like breaking away an old habit...no different.

Your body will go through various stages of withdrawal, from headaches, to nausea, or to just a feeling like you have flu or cold. The body is so conditioned to eat unhealthy foods. And when you don't give those foods to it, it will fight.

But you have to understand a very important point here.

During the detox process all the acidic waste, toxins, impurities collected in the body for over a long period of times, in some cases 40, 50 years!!! come out. It has to come out in order for the body to get rid of all that junk.

So as you add more alkaline foods to your diet and the body converts them into alkaline minerals it takes the opportunity and starts releasing some of the acidic wastes in to the blood. That's why you feel sick because at this point you're more acidic than you were before. But it is just because the body releases all the acidic waste to be neutralized. As soon as that is done, it will be alkaline.

Let me give you an example...

It's like sweeping the floor. In order for you to sweep all the garbage away you have to bring it out to one central spot so that you can take it out of the house.

It's kind of like that with detoxification. Before it gets cleaner it gets dirtier because it comes out to the surface.

That's the # 1 reason why the detox sometimes can be difficult to tolerate and the length of it will greatly depend on how much you can handle the 'dumping' process.

But lets say you've prepared yourself to do a detox, how long should you do it for?

Ok, here are some guidelines you can follow.

The ultimate detox should last from 7 to 10 days, with a minimum of 3 days. If you think you have built up excess toxicity over the years, you should try to do it longer, at least 7 days or better yet all 10. Of course consult your health care practitioner if you have any doubts about how long you personally should go.

If you live a pretty healthy lifestyle, you can benefit greatly from just doing the detox for a few days. You don't have too much junk to clean so the whole process goes much quicker and you benefit from it almost immediately.

But if you have been living an unhealthy lifestyle and you really want to turn all that around and start bringing your body to alkaline balance to experience better health DETOXIFICATION is the step you need to take.

It's necessary. I don't think you can get the full benefits of an alkalized body if you don't do this step.

I know that it might sound difficult and this lesson might be the last one you read... but I guarantee you if you do this and stick it out you will not believe the changes that are going to happen in your health.

It's amazing what happens during the detox process. I have heard so many people say the same thing - they understood their body and got in touch with it like never before. It's often a quite, reflective time that has profound affects on people.

We just never take the time to give our body the break from all the food we eat. This is the time to do that.

And one more thing - I don't know of a single person who did the detox just once and never repeated it again.

Once you do the detox and see the benefits that it has on your body, mind, and your health you will to do it regularly. Once every 3 months is a good start.

And every time, it will be easier and easier because your body will be clean and alkaline and just a few days of detox will make a huge difference in the way you feel.

It's one important thing you need to do to make sure that all your efforts of alkalizing your body are paying off...otherwise what's the point!

TACTICS & TOOLS

For the next 10 days, make alkalizing vegetables and fruits 75-80% of the food on your plate every day, and 3 out of 4 of your snacks.

Make sure at least $\frac{3}{4}$ of your plate is covered with alkalizing vegetables and fruits, and the rest of your plate contains your supporting whole-food options, and you'll be set!

Don't drink coffee, tea, sodas, or alcohol. Pure herbal teas are fine.

Pamper yourself. Be especially kind and gentle with yourself during your detox – especially in the first few days or weeks. Allow yourself to “take it easy way” whenever possible.

Luxuriate in hot, delicious baths, get massages if you can, and take the time to go to the Farmer's Market an hour a day to load up on flavor-rich organic greens, even though you've got loads of laundry to do, or papers to grade.

3 SIMPLE DETOX TIPS

- *Prepare your own homemade soup and make enough for a few meals. Use vegetable stock or water rather than chicken or beef stock.*
- *Be sure to use only stainless steel, glass, cast iron, or enameled steel cooking utensils and food storage containers. Avoid aluminum and plastic.*
- *It will be to your advantage to use natural products: natural herbal deodorants that don't contain aluminum, non- fluoridated toothpaste made with baking soda, and all natural soaps and shampoos.*

➡ **Radically Reduce Animal Products Consumption**

Did you know you could live happily and healthfully for the rest of your life if you never ate or drank another animal product again? Yes, you absolutely could!

You'd see outstanding results in your health and well-being, mental clarity, energy, and stress levels within days if you did! You'd be almost guaranteed to rapidly drop a significant percentage of your excess weight, as well.



SWORN OFF DAIRY? TRY THIS AMAZING 0% FAT ZUCCHINI OR PAPAYA MILK

PEEL THREE FRESH ZUCCHINIS (DON'T REMOVE SEEDS OR PULP). CUT INTO 1 ¼ INCHES CHUNKS. FILL BLENDER ONE QUARTER FULL. LIQUEFY AND RUN UNTIL ZUCCHINI TURNS WHITE AND THICK. PRESTO, ZUCCHINI MILK. SWEETEN OR SEASON TO TASTE.

FOR PAPAYA, SUBSTITUTE 1 ½ CUPS PEELED, CHOPPED, RIPE PAPAYA FOR ZUCCHINI (CONTAINS 2% FAT PER SERVING).

(USE IN PLACE OF DAIRY MILK IN RECIPES).

The only nutrients animal products offer us in any significant quantities are protein and calcium. But this doesn't make them stellar foods. Far from it!

Not only do we humans need far less protein and calcium than the Daily Council, the Beef industry, and the Egg Board have succeeded so well in convincing us we need to survive, we don't need any animal protein or calcium at all to thrive!

Here are just a few of the animal products you don't need and can live quite happily without (once you've been free of them for a few weeks):

- Milk
- Butter
- Cheese
- Eggs
- Beef
- Poultry

- Pork

And here are just a few of the problems and diseases they cause:

- Depression and anxiety
- Over-active “fight-or-flight” responses
- Anger-management problems
- Mental confusion and attention deficits
- Cancers of all kind
- Heart disease
- Osteoporosis
- Premature visible aging
- Overweight and obesity

TACTICS & TOOLS

Make animal products no more than 5% of your diet now, eliminating them completely over time.

In the first 2-3 weeks, don't hold back on eating any and all whole plant foods that you want, whenever you want, forgetting about fat content.

Make sure you incorporate tofu, beans, raw nuts, and seeds into your diet every day for at least the first 21 days.

Have lots of delicious, satisfying whole foods and whole-food dishes on hand, including recipes you've cooked ahead and froze for later enjoyment.

Remember where you're headed! Think about how good you are going to look and feel in just a few days, and even more so in a few weeks.

➡ **Relinquish Your Refined Sugar Consumption**

You are not weak, undisciplined, defective, lazy, or lacking self-control if you are a sugar addict. You are simply genetically predisposed to reach to one of the most abundant food products on our grocery store shelves, with cravings to eat more and more and more.

Refined sugar gives anyone with the biological potential to become addicted to it an immediate high and a compulsion to eat more, followed by a crash, followed by a high (or a sense of comfort), followed by a crash, followed by a craving...you get the picture.

Sugar addiction is one of the reasons (if not the primary reason!) so many people in our sugar-rich society spend so much of our time on an emotional roller-coaster, fighting anxiety and depression, depleted of the energy we need and deserve to do what we really want to do with our lives.

If you want to grow older faster and die sooner, eat more and more refined sugar.

If you want to reverse the accelerated aging process, eat almost no refined sugar – or none at all.

Okay, so are you really an addict?

Take this quiz to find out.

- Do you ever plan to eat just a little of a sugar-rich food and find yourself eating more, even though you really don't want to?
- Do you know (or suspect) that if you ate fewer sugared foods, breads, and/or pasta, you would lose weight?
- Do you eat sugar every day?
- Does the thought of giving up sugar forever seem overwhelming to you?
- Do you feel down, sick, anxious, or depressed if you try to go without sugar when a craving hits?

If you answered "yes" to more than one question, hang on tight! It's going to get a little bumpy, but before long you'll be better than fine. In fact, you'll be better than you've probably been in years!

TACTICS & TOOLS

See a naturopathic doctor. Many naturopathic doctors have great expertise in helping their patients get off sugar with minimal withdrawal symptoms and/or brief detoxification periods.

There is never a good reason to eat sugar. There are hundreds, if not thousands of rationalizations that can bombard us when we are transitioning to a sugar-free life, but none of them is a reason to give in to your cravings.

Remember, every time you eat sugar, you lose all the healing ground you've gained since the last time you ate sugar – whether it was 3 hours, 3 days, 3 weeks, 3 months, or even 3 years ago.

➡ **Get Plenty of Exercise**

Everyone tells you this one and for a whole host of reasons. The bottom line is pretty clear: regular exercise is a very important way to maximize your health. Whether its 30 to 60 minutes of cycling, walking, dancing, gardening, yoga, or your favorite sport, exercise helps your body heal itself.

Toned muscles mean that you're increasing your metabolic rate, which means that your body is capable of producing energy faster. Likewise, exercise helps keep your heart healthy and it helps keep you in a good mood by promoting the release of endorphins that combat depression and other negative mental states.

About the Author

Creator of the New and Healthy You system (See <http://www.NewAndHealthyYou.com/system> for more details), Maria has taught thousands of people how to restore their natural pH balance and experience a totally new level of weight loss, beauty, and health!

Here's the quote taken directly from Maria's blog at <http://www.NewAndHealthyYou.com/blog>, "I started back when I was sick, depressed, overweight and without a life purpose. Feeling down and lost I asked for help and guidance and miraculously came across a book about pH balance and alkaline diet. I followed the healthy path diligently while learning and researching everything I could find about pH balance, alkaline diet, alkaline foods, and alkaline nutrition. My life has never been the same since!



"I've helped over 9,000 people all over the world to improve their health, boost energy, look and feel younger, and shed away unwanted pounds through alkalizing their body, tissues, and cells.

"Sharing this LIFE-CHANGING information has given me a sense of purpose and the knowledge that I'm making a difference in the health and lives of many of my client. I hope you're going to be one of them."

Check out my website at <http://www.NewAndHealthyYou.com/system> to discover how to become and live ALKALINE ☺

Love and Peace,
~Maria Dolgova
Natural Health Coach
<http://www.NewAndHealthyYou.com>



Discover a *Step-by-Step System* for Restoring Your Natural pH Balance to Experience a Totally New Level of Weight Loss, Beauty, and Health!

➔ For more details go to:

<http://www.NewAndHealthyYou.com/system>