

Alkalizing Made Easy



How to start Alkalizing today!

By Kate A'Vard

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Why write this eBook?

If you have read all the books on alkalizing, seen a lot of the foods lists and are still wondering where to start or what happens now...even 'how do I apply this to my life' then you are definately reading the right book.

This eBook has been written to simplify the message of alkalizing. We use easy to understand terminology and metaphors that mean you get the concept without having to constantly reread. We will not blind you with technology or science (resource links will be provided if you want more detail). It is based on the blood as our guide for what works, and what doesn't.

As this is a growing industry there is now a lot more information being presented which may leave you overwhelmed, confused and wondering where to start. Here we **demystify** the confusion and put the steps in place for basic alkalizing that net you results immediately.

People may tell you that it's important to alkalize, but they may not know why other than 'it's good for your health'. This book will give you solid evidence about what an alkaline diet can do for you.

These tips are from my own personal experience with over several hundred clients, and they can really help get you started on the right track.

Who has written this book then?

Kate is a nutritional blood microscopist. She trained with Dr Robert Young, and Biomedx in the USA, and has done significant other study in the field of nutrition and bloodwork.

Consult after consult she sees people who have tried to digest the information from books and websites, and yet still end up confused or not sure how to integrate the information, or even what to do with it personally for them. Time over she sees all too common mistakes that has people put off forever, because they didn't get the right information in the first place.

Kate is currently studying for certification in the field of nutrition alongside metabolic studies.

You can be assured, that the information that is presented in this ebook comes from considerable experience and practical application with hundreds of clients.



If you want to know more about Kate, please to go to her website

www.alkalinebydesign.co.uk

What others had to say about this ebook...

Paul - builder

Finally, someone who knows what she is on about. Kate has taken the most complex of information and made it easy to understand. After reading this book I was able to integrate the information straight away and get what I needed in the way of resources. Success! Now some weeks later my wife and family are still with me on this regime, and feeling so much better for it. I've even lost a stone!!!

Joyce - receptionist

I had been researching for some time on alkalizing when I came across this fantastic eBook - it sums up everything I needed to know to get started straight away. Talk about easy, there are no complicated terms or concepts. This is one user friendly book and I've already passed it onto my friends.

Yvette - florist

Being a florist I understand the concept of green plants being a perfect match food for the blood given its identical structure. As Im on my feet all day, I had been wondering how to alkalize while so busy and had stopped really before I started because it seemed too hard. Finding this report made me realize that its not a difficult thing if I do one thing at a time, and get a bit more organised with my food instead of rushing for that last minute sandwich.

Mitch - firefighter

Nearly everyday in my work I am exposed to a cocktail of seriously harming chemicals that I breathe in, or land on my skin - that's just the nature of the job. Its been a concern of mine for some time, and when I had a blood test with Kate my deepest fear of heavy metal toxicity was confirmed. I found her eBook full of useful tips, and solid suggestions that I can apply during and after work hours...and reduce what my body stores in chemicals.

Justin - Accountant

Its a quick and easy read, and you just 'get it'. Alkalizing is easy when you put all the jargon aside and work with the essence.

Renee - Farmer

Where I live it is a big meat and dairy community, and I was presenting with some long term irritating symptoms. Imagine telling my dairy farmer husband that I would be reducing my intake of milk and meat and increasing my vegetable and salads ratio in order to be well again. Initially he was surprised and huffed at the idea. When I showed him Kate's ebook though, he began to question his own diet and the connection of symptoms to what he eats and drinks, especially the coffee. Thankyou Kate, your delivery of information has set us on a new path, and both of us now have the energy to get right through the day without flagging.

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So what is alkalizing?

Alkalizing is the term given to the 'collective regime' of consuming more alkaline foods and fluids.

We start out by looking at the blood being slightly alkaline, that is, a fluid pH of 7.365. 7 being Neutral, 14 being totally Alkaline (like bleach, caustic soda) and 0 being totally Acidic (like battery acid). Food falls into this scale and each is given a ranking. Foods are also acidic, and breakdown our blood and ultimately over time make us ill. Alkaline foods and drinks build us up and make us strong.

Our body is Alkaline by Design™, acidic by function (just like your cell phone is 'alkaline' when it is charged and 'acidic' when the battery has run down).

We look primarily at the blood because it is where 'first life' is created and ultimately, where the foundation of our health is controlled. We make the blood healthier by raising our fluid pH, to get the urine/saliva pH to 6.8 - 7.2 and then the body does the rest. We will go into more detail in each of the chapters.



We are 'Alkaline by Design'
and acidic by function

In order for our blood to maintain its pH, we enjoy a dietary and lifestyle regime of healthy **alkalizing** foods and drinks. This ensures that our metabolic waste by-products can be cleaned out efficiently, and that acids do not store to debilitate and cause symptoms and disease. Alkalizing foods and drinks build the structure of the blood to keep them functioning as healthy red blood cells and fully functioning white blood cells. The plasma is also kept free of debris.

Debris in the plasma can indicate many aspects of a persons health from heart congestion to too much bacteria, but we won't go into that here, that is for another ebook.

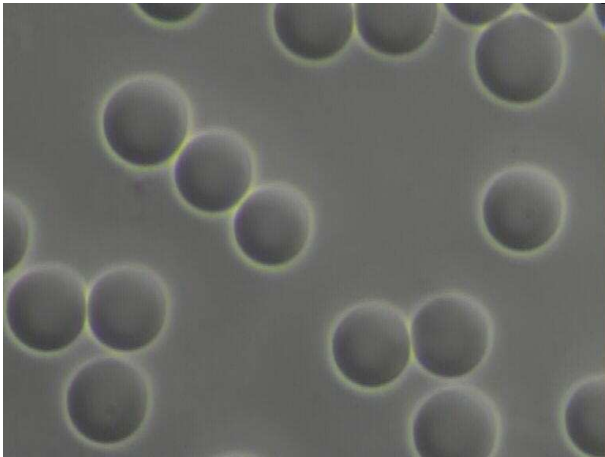


Alkalizing foods and drinks build
the structure of the blood

The suggestions in this book promote wellbeing, energy and vitality. Importantly, the gentle removal of toxins from the blood and body tissues, which extends the capacity for the body to heal itself significantly, and reduce symptoms of dis-ease. There is real potential with commitment to changes in your dietary regime and lifestyle, to raise your pH for optimal health.

Red Blood Cells

Simply, the red blood cells provide nourishment and oxygen, and remove toxins (metabolic waste and carbon dioxide) from organs and tissues. They also act as stem cells, that is, being able to continually reproduce your heart, head, scalp, skin, lungs, kidneys etc.



They look like this to the left – properly formed, fully functioning, opaque red blood cells (rbc's). They are also known as erythrocytes. If you notice, the fluid surrounding the rbc's is clear and they are freely floating in the space.

We understand that the blood has its own pH of 7.365 being mildly alkaline.

When the blood is getting the nutrients it needs, it looks strong and healthy and can function as designed. The hemoglobin (protein + iron) is present and the structure is complete and round. The red blood cell is opaque in color, and has good shape. It can pass through a vessel as it should, one at a time.



Red Blood Cells travel through a vessel one at a time!

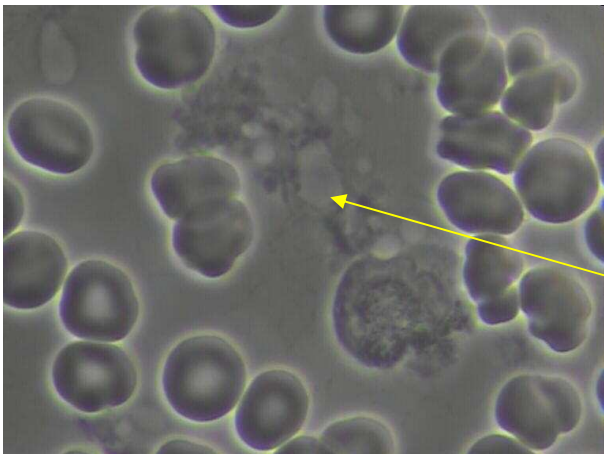
When you are consuming acidic foods and drinks (also inclusion of stress as being highly acidic) the blood then has to set to work to break them (acids) down. It also draws on other resources to finish the job. If you drink coffee, which is highly acidic to the blood, it then goes to get the resource calcium from the bones to finish processing.

Hang on a minute Kate, I need that calcium in my bones. Sure you do, just like you also need calcium for other metabolic functioning. So you want that calcium to remain in the bones, not be pulled out just to neutralize that cup of coffee!!



Coffee draws out calcium from the bones!

This is what the blood looks like when it is cluttered with acidic waste



The rbc's become warped, some look like donuts - they are fermenting, the plasma becomes congested with yeast and bacteria, and other metabolic waste! This is heart, bowel, skin, liver, kidney and gallbladder congestion!

Even worse, when under the influence of acid, the rbc's can no longer function as rbc's! They change to match their acidic environment and become bacteria and yeast waste which is further clogging. The good news is, that with the right kind of environment, they can become red blood cells again.

New research shows us that the red blood cells are created in the small intestines. Outdated research would lead you to believe that blood is created in the bone marrow. If this is the case, then the body is in severe preservation mode and death is usually around the corner.



Red Blood Cells are created
in the small intestines!

Blood Facts

We make between 3 and 4 million rbc's per second, which then live for about 120 days.

You can see clearly, that we want the blood to be clear and functioning well, instead of damaged and congested. This is why a more alkaline diet is essential to our health.

White Blood Cells

White Blood Cells (wbc's) are the coolest things to observe swimming around in our blood plasma. They are also known as leukocytes.

Their whole function is to Hoover or vacuum in the plasma, and then digest the contents. They are colorless and not white as their name suggests.

There are several different types of white blood cell and for the purpose of this book we will focus on the common garden variety Hoover, the Neutrophil.



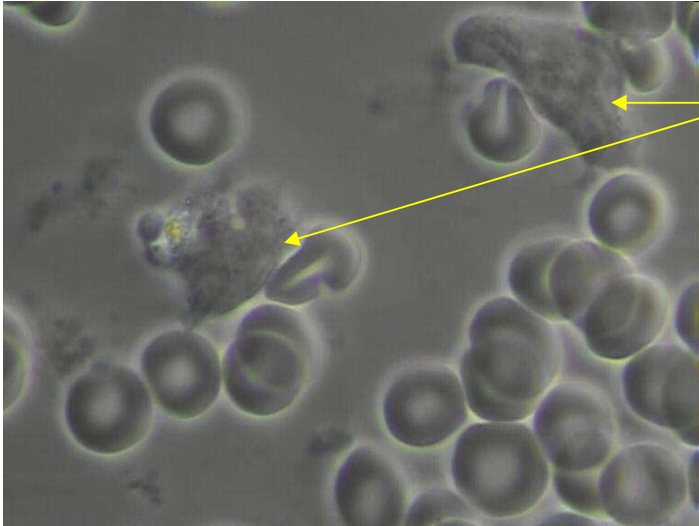
The function of the White Blood Cell
is to Hoover – to clean up!

Now if you were hoovering at home, and someone pulled the plug on your Hoover....what would you say to them?

I bet it would be along the lines of being a bit miffed, and then telling them to put it back in the wall again.

But why?

Simply put, you don't have any electricity to keep cleaning.



There are a couple of neutrophils in here scooping up bacteria and crystals.

They look a bit weird, but the hoovers are your 'friends'.

Your wbc's like your home hoover, require electricity to function. When you eat alkalizing foods and drinks (next chapter) you provide the electricity for them to clean. When you eat acidic foods and drinks, you literally, pull the plug on yourself.

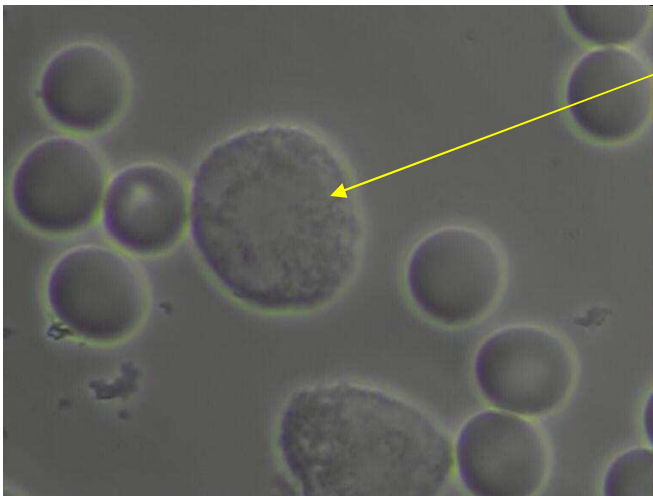


White Blood Cells need
electricity to function

Now here's the kicker. At home, you could go put that plug back into the wall and keep cleaning. Job done. When you pull the plug on yourself, your wbc's fall asleep for a few hours at a time. That's between 5 and 6 hours that nobody is cleaning an environment that needs continual cleaning. Not only do you feel tired, but the garbage starts to accumulate until you 'wake up' again.

Duh, for every chocolate bar, or biscuit, that coffee with sugar or tea with cream (just to name a couple) you switch yourself off.

If you want to have a look at a hoover trying to scarf some yeast, click right here to check it out.



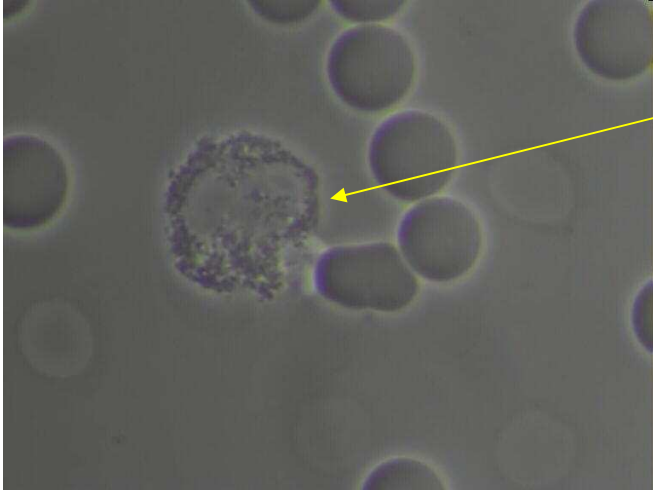
These wbc's have gone to sleep.
Outta here, see ya later....Zzzzzzz

It'll take a few hours for them to
wake up again.



Chocolate, pulls the plug on your
White Blood Cells. They cease to function.

Here is what happens, when you completely destroy your white blood cells. They become overwhelmed with so much garbage and hit by acid that they can no longer function and so that's it...lights out!



This white blood cell will never wake up again. In a nutshell, its gone forever, a premature death.

Fruit juice, coffee, medication and alcohol have an immediate impact in this cause.

Your wbc's are like your immune system. They'll keep you strong and healthy if you look after them. Keep knocking them out, and there is nothing to clean up and so the garbage accumulates. This makes you weak.



White Blood Cells hit by too much acid results in their premature death

Why We Eat

There are many reasons why we eat and every person has a different major reason, but ultimately, we eat for nourishment.

Often we will get a hankering for a steak. This is likely that our blood is requiring the extra amino acids or vitamins. Our cravings for chocolate often mean that we are lacking in magnesium. Chugging liters of water without quenching thirst is our bodies request for minerals. We literally go in search of what our body needs at cellular level to satisfy our metabolic requirement.

As much as we eat for pleasure, or even comfort, there is always a signal in what we are eating which will determine if we are on track, or off track with our mineral and electrolyte (salt balance).

A lot of us, will be attracted to salads and oils. These are actually blood building components, so you will naturally seek them out.



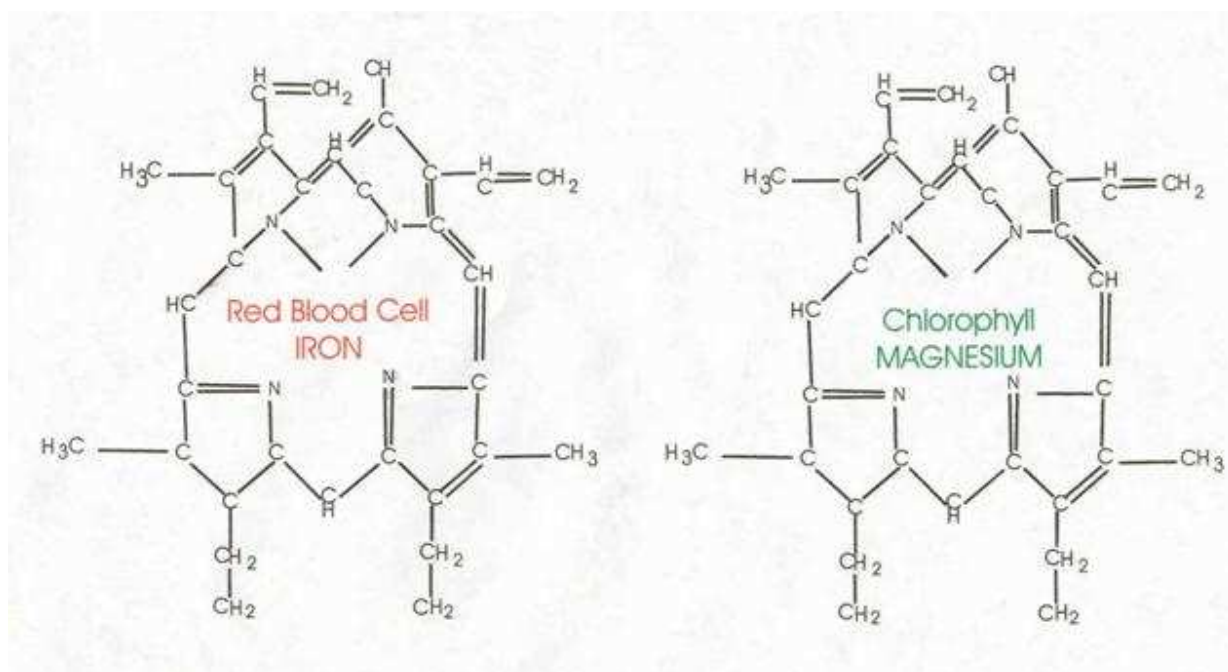
We go in search of what our
body needs at cellular level

A good proportion of us, have no idea and just either eat what we see, or in regiment (same meal every day, day in, day out, for years). Others just eat what is put in front of them. There is a considerable lack of awareness with regard to what the body needs for nourishment and then to have that fulfilled with enjoyment.

This brings me to the next point of perfect match blood foods.....

Perfect Match Foods

If we take a look at the chemical makeup of the blood below, and also green plants, we can quite easily see that the structure is for practical purposes, exact. Except for the nucleus in the green plants being magnesium (enhances photosynthesis) and rbc's containing iron (utilizes oxygen).



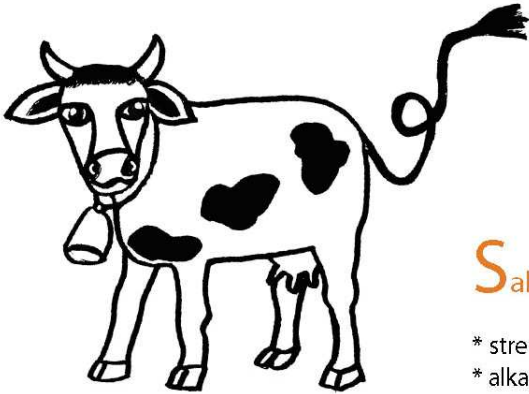
This makes green plant foods and drinks the strongest match for blood building.

Blood Building Components

The blood is made up of several components which gives it strong structure and ability to function. So now Im going to give you a Cow!

This COW below represents the C.O.W.S concept

C.O.W.S.



Chlorophyll

- * plant foods
- * fresh vegetable juices
- * Green powder

Oxygen / **O**il

- * Breathe
- * avocado oil, coconut oil
- * pumpkin seed, hemp seed
- * flax seed, olive oil
- ** no cooking of oils

Salt

- * strengthen bones
- * alkalise and build blood

Water

- * alkaline structured high pH water at pH 9.5

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Chlorophyll

The first component being chlorophyll. Chlorophyll is the blood of green plants, and is a perfect match food. This means that your salads and raw vegetables and juices are compatible for blood building. These are foods and drinks that give you energy and keep your blood strong!

Oxygen and Oil

Each red blood cell has a lipid, or oil membrane. This membrane prohibits bacteria and yeast from entering and further destroying the cell. Without its strength, the rbc gets wobbly and impacted hard by acid. Oxygen is delivered from the lungs to your tissues via the red blood cell, so proper breathing, exercise and eating are all important for this function to occur. When you consume sugars and acids, you are removing oxygen from the blood and creating a lack in the tissues.

Breathing delivers oxygen to the body and to the blood as does green foods and drinks.



Each red blood cell has
an 'oil' membrane

Alkaline Water

The third is Water. Alkaline electron (energy) rich water is a blood cleanser, and blood builder. It provides oxygen and nourishment to the body, and also removes metabolic waste matter in double time. This is also called 'structured water'.

There is more to come in the 'water' chapter of this book



Alkaline water is a
Blood Builder

Salt

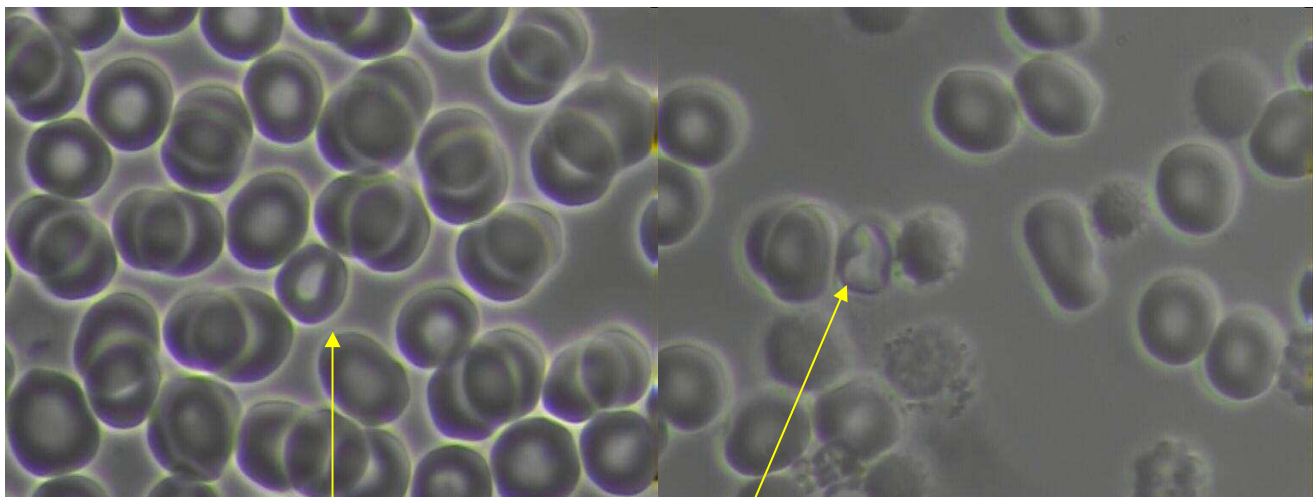
The fourth is salt but we will go into that in another chapter in more detail.

Foods that Destroy

Any food that is an acid (and in this school of thought, most fruits included) is literally knocking the legs from underneath you!

Consider a 4 legged table. Everytime you eat that biscuit or a cup of coffee, you are taking a sledgehammer to the table legs. These foods and drinks knock out your foundation, quickly. And you can bet that the table wouldn't be a table for long without legs.

Ive already shown you a photo of what blood looks like with acidic waste, so here's another couple.



This is what your blood looks like when you take a sledgehammer to it. The photo on the right has fermented fast under the microscope – this person has really acidic blood. The photo on the left has 'donuts' for some of the red blood cells. Those cells are lacking in iron, so tiredness is a likely symptom.



Sugar and coffee are
internal sledge hammers

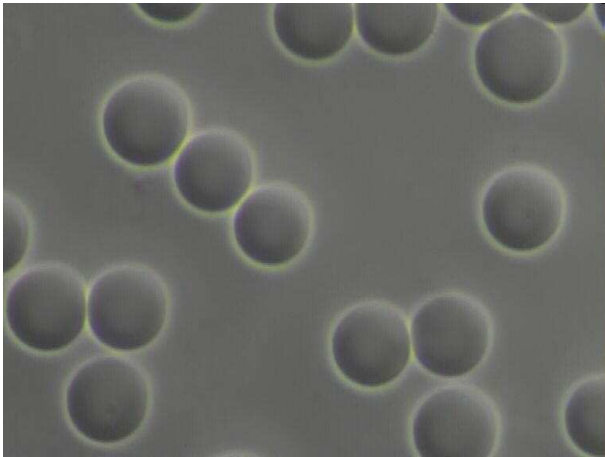
Everybody has a metabolic blue print, that can modify over time. So some people will do better than others when they eat certain 'bad foods' as it will appear not to affect them. However, there is always a hidden cost.

If you remember your white blood cells, you also take a sledgehammer to them by pulling the plug with the capacity for destroying them, when you consume acidic foods. These are just 'some' of the acidic choices below.



Foods that Build

Foods that build the blood are all the green plant foods and drinks (like vegetable juices – pure chlorophyll). This also includes other colors of salads and vegetables. Root vegetables unfortunately closely represent sugars when cooked so are not strong blood builders.



Super strong healthy blood.

Good strong blood builders are vegetable juice, salad meals, oils, alkaline water with your greens. Hemp protein, or any plant protein are very nutritious and also excellent blood building resources.



Hemp protein is a strong blood builder

Just a selection of blood building foods



There are a lot more foods and drinks listed in the appendix.



Vegetable Juice is the strongest blood builder

What about fruit?

Some schools of thought will have you believe that fruit is alkaline.

When the fruit is ready to drop off the tree of its own accord, it is alkaline. We usually purchase our fruit when it has been in cold storage for months and forced ripened so it is not in its natural alkaline state.

Fruit has many beneficial qualities for the body, and this includes all fruits. However, when we take a look at the blood and what fruit sugars do to the blood, we can easily determine that high sugar and high acid fruits begin the fermentation process. (Remember the picture with all the yeast and debris in it?) Unfortunately these are usually the yummy ones like pineapples, mangoes and bananas.



High sugar fruits begin the
blood fermentation process

The types of fruits you want to have more of are lemons, limes, avocados, tomatoes and grapefruits. These fruits are highly alkaline and are useful to balancing your blood sugar levels and maintaining an alkaline environment.



The types of fruits you want to have a lot less of are pineapples, mangoes, grapes (will give you gas as they don't break down unless thoroughly chewed), oranges and banana's. Each of these is high in sugar, and will also give you an energy spike (the banana may take that little bit longer) right before you 'drop' and have switched yourself off.



Strategy - Putting the cow to work

Taking all this information and putting it to work successfully is quite easy.

So let's start with food.

Salads and Vegetables

To keep our body at optimal function you will want to consume a lot more salads and vegetables in your diet.

This is more akin to raw food intake however, some of your foods may be slightly cooked - like with steaming.

When we eat a lot more salads and veges we are using strong blood building 'live' materials that give us an abundance of energy. They also lubricate our joints and feed our muscles and tissues with life giving nutrients and energy. Salad is brain power food.



Use live materials for an abundance of energy

Consider some new salads, or veges that you may have been wondering about but never consumed. Kale lettuce is one different example.

When you steam your veges you want to let them sweat slightly and then take them away from the heat source. They are done! They will still hold all nutrients available to you. When you cook or boil your food, the nutrients and enzymes are depleted offering you little or no benefit.

When you get started you may realize that a significant proportion of your dinner plate is mostly acidic foods. What you want to do is switch the ratio around so that you have more salads and vegetables than you do cooked vege or meat/pasta/rice etc. Have your meat as a condiment to your vegetables.

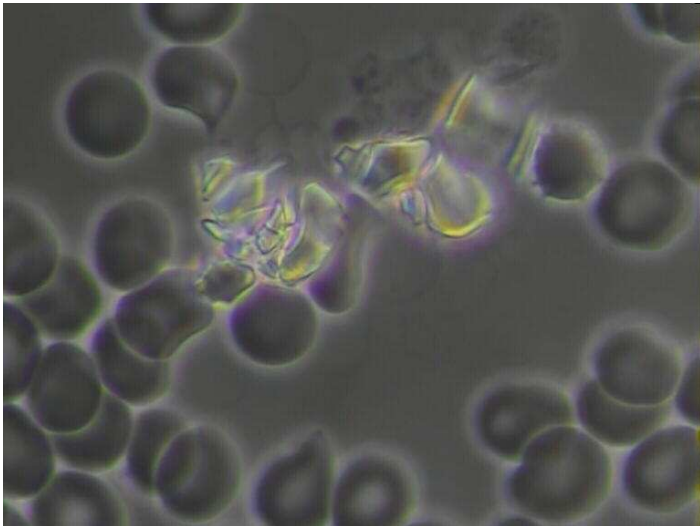


Enjoy meat as a condiment to vegetables

Meat Eaters

Meat eaters (and other flesh eaters) may realize you eat waaaay too much meat.

When you consume a lot of animal products, the blood still has to get rid of the by-products and when it doesn't have enough resources to do so, it will store the meat (uric) acid waste as crystals



The acid waste is chelated (binds to) with sodium bicarbonate and calcium in a bid to be removed from the body.

When too little resources are consumed, the crystals stay present, and grow.

You may know this as joint pain, or gout. Both of which are common in flesh eaters.

Consider that when you eat meat to keep it less than 20% of your plate of food consumption and keep the rest with salads and vegetables. This way you will get vital nutrients and keep your white blood cells happy.

Non Meat Eaters

Non flesh eaters such as vegetarians and vegans (aka Veges), can still also be quite acidic due to the levels of fruit, legumes, pasta and rice they consume.

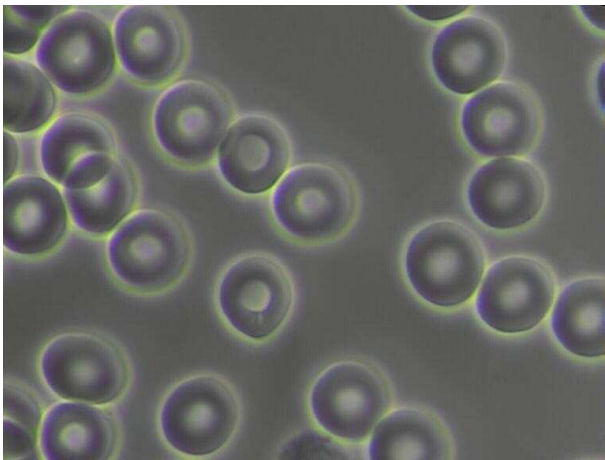
Same principle applies, you want to consider having a lot more live plant foods and drinks to 80% of your daily intake.

A lot of Veges I have blood tested have shown to be quite anemic. The iron or hemoglobin is missing from the centre of the red blood cell and whilst it is said that Veges don't get enough of the b vitamins, that's only part of the cause.

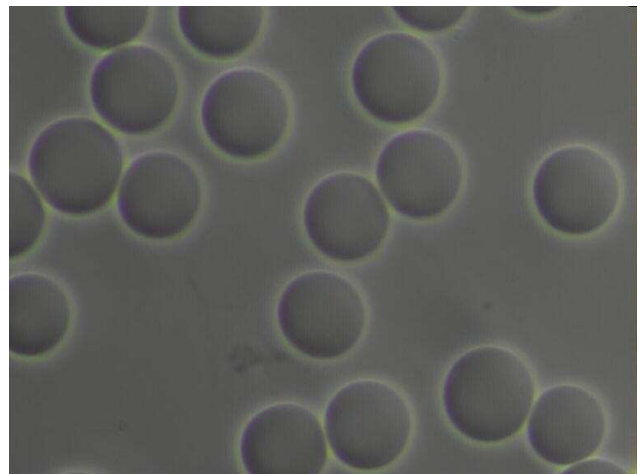


Fortify your cells with green foods and drinks

When you have too much acid, it breaks down the red blood cell membrane allowing the yeast sitting in the plasma to penetrate and 'eat away' the iron. Anemia, in our school of thought, is due to excess yeast penetration in the red blood cells. When Veges fortify with mainly green food and drinks, especially green vegetable juices, their health improves literally overnight.



From this.....



To this.....

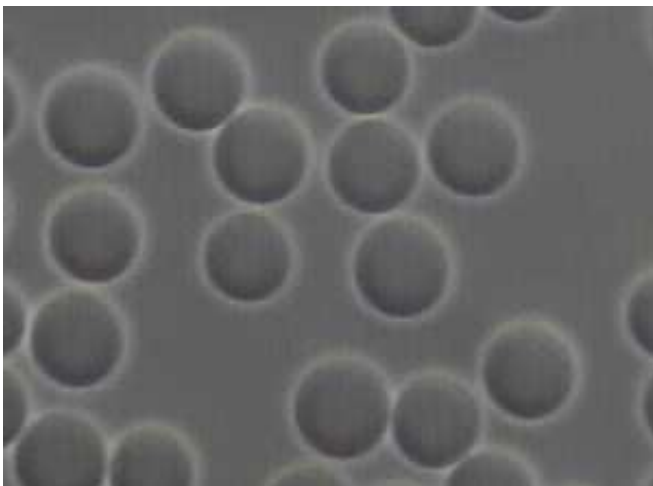


Yeast eats away at the iron in
your red blood cells

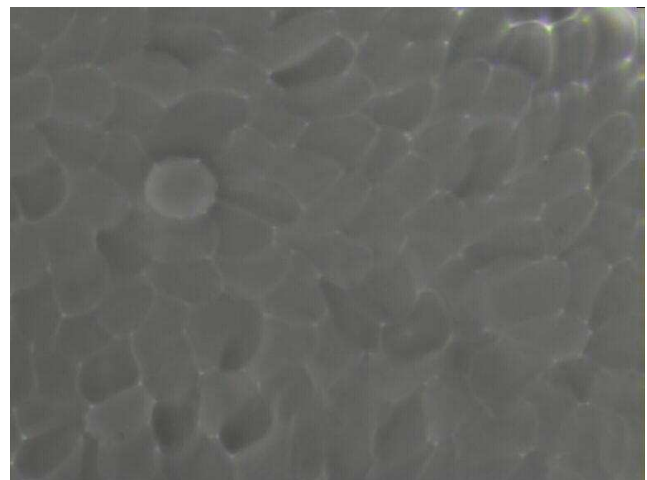
Oils

Oils are one of the structural components of the red blood cells. Our rbc's have a lipid (oil) membrane which holds all their content in place. Without it, the rbc's start to get wobbly. They can let yeast and bacteria in, and fermentation is rapid.

Oil to your body, is like oil to a car. A car cannot run without oil in its engine, if it did, it would seize up. Your body is the same. We need oil to provide life giving nutrients, to 'switch the lights on' and to also remove toxins. Oil, lubricates the colon to make passing of stools much easier. It also strengthens your hair and nails, makes your skin baby smooth and is used for brain function. You will find that your moods and hormones balance out, and for women, oils make all the difference to PMS/PMT symptoms. These are just a few of the benefits.



Strong healthy cell membrane



No membrane, cells clumped together



Acids breakdown the red blood cell membrane

The types of oils that are good to choose from are

- * Avocado Oil
- * Hemp Seed Oil
- * Coconut Oil
- * Flaxseed Oil
- * Pumpkin seed oil
- * Olive Oil
- * Starflower oil
- * Evening Primrose Oil

Each brings to the table their own nutritional and healing qualities. Avocado oil is especially delicious, and several oils are good to use depending on what your body is 'calling for', and what you fancy on the day. Oils are also good for shifting excess kilos.

It is never a good idea to cook with oils as heating changes the chemical structure of the oil - the body then registers this as a toxin.

Most of the oils mentioned above can now be purchased from mainstream supermarket chains and should come dark glass bottles.

Salt

Salt is also one of the building blocks of the blood. Without it, our body goes into preservation mode, bloating us, giving us cramps and fluid retention just to name a few. When we have too much, we also get fluid retention, but more seriously, heart palpitations and the potential for a heart episode. So your salt balance, is crucial to the functioning of your body.

The blood, requires a little bit of salt each day to keep it alkaline. Salt, also gives us energy.



Salt is alkaline

Your salt levels can be checked in one of two ways easily. The first is through Iridology. That is, having a consult with a practitioner that checks your eyes. They can see very clearly if you need salt, or have too much salt in your system. The second is to have a consult with someone who does 'fluid analysis'. These practitioners check your urine and saliva and can very quickly tell you where you are at and what you need to do next saltwise.

This is important, because many people are blindly following emails and media that say 'you need salt, take more salt' and there are now repercussions with people taking salt, who do not need the salt. Media also suggests not to eat salt, and the impact is that you may need a bit of salt but are not getting enough. So you want to make sure that you are checked out first.

If you do take salt, then make it a good quality rock salt or sea salt kind, not iodized table salts.



Always check first if you need to take salt.

Water

A lot of us live in a dehydrated state. Our body needs a minimum of 2 liters of water per day, just to function and some of us, don't even get close to that. We are waking up to a cup of coffee or tea with sugar that is the norm.

For every cup of coffee you drink, your body requires 20 times more alkaline water just to neutralize the toxicity. That's not even to heal the damage that the coffee did in the first place. 20 times more alkaline water is the equivalent to 5 liters, on top of what your body needs to function with. If you are a bit heavier set, then your body will require more alkaline and electron rich water.



We need a minimum of 2 liters
of alkaline water per day

Alkaline water includes things like water with lemon juice, vegetable juice, and any kind of greens powder used. You want to have lemon juice in most of your water each day if you are not drinking anything else in it. The reason is because the lemon juice is highly alkaline and will cleanse your liver and kidneys. It also keeps the gallbladder functioning properly and bile on the move. The relationship between the internal organs is intact. Its good stuff, and simple.

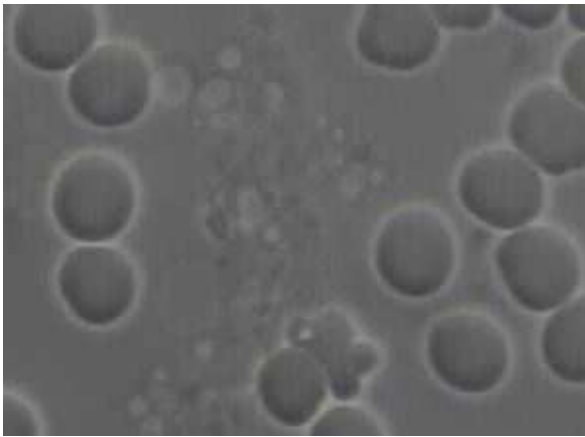
Vegetable juice (minus carrots and beets) is also highly alkaline, highly anti inflammatory and the strongest blood builder when mixed with a greens powder. This is a great drink to wake up to in the mornings.



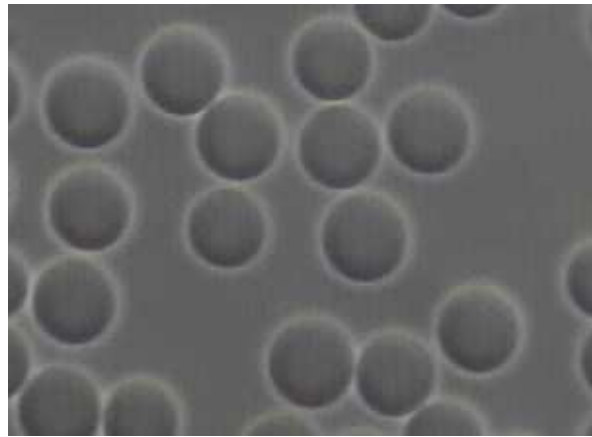
Vegetable Juice is highly alkaline.

Greens powders are salad and vegetable greens which have been dehydrated and made into a fine powder. They have a lot of 'electricity' that easily converts to us and they are a blood builder and cleanser. These days they also taste pretty good too.

Without Greens.....With Greens



The environment is fermented and red blood cells are a bit wobbly



The environment (plasma) is clear and rbc's are strong

Not everyone likes greens, sometimes, they make you feel nauseas, a bit ill. Now some practitioners will tell you that it's because your body is detoxifying. Actually, you may not be suited to a stronger alkalizing regime. This is a normal response for your body's metabolism and for you to respond this way, so if these symptoms last more than a few days, then please stop.

Some people are also sensitive to drinking more water. Whilst most of us are not, just a few are, and so you may not require above 2 liters per day.

Just monitor how you are feeling on a daily basis. You should not be feeling sick and tired on this regime.

Some people use what is called **pH drops** - this is also a product designed to 'oxygenate your water' and give it some more electrons (energy). As a practitioner I do not use this product, it tends to give the side effects of constipation and prevents the liver from working effectively.

If you do choose to use them, then this is the brand that I recommend pH Miracle/Young pHorever. (website in the resources section)



pH drops oxygenate your water

Supplements

A lot of people use supplements to alkalize, but some do not, as you can still alkalize without them. I'm not a practitioner heavily into selling you products you do not need so you will get the benefit of the information without an agenda.

There are several supplements which are of benefit to everyone, which do not upset medication regimes (if you are on one). There are also some supplements which have been known to have 'side effects' if you are taking meds. Not that the supplements are bad, its just they are highly alkaline and drugs are acidic so they meet head on for some chemical confusion. This can make you feel nauseas and/or weak while the body wants the 'drugs out now'.

My favorite alkalizing products are

- * Greens**
- * Clay
- * Plant Protein Sprouts
- * Pro Argi9 (L-Arginine)
- * Liquid Gluthathione

And some others to note

- * pHour salts**
- * pHlavor liquid salts**

**Contra-indicated supplements - should only be used under the supervision of a practitioner

Safe products to take:

Sprouts

Sprouts are the bit above the grain, seed or legume and in this case we are talking about from Soya beans. The sprouts (not the bean part) are harvested and safely processed into a consumable powder. You can use them in everything or take them on their own.

The reason I love them so much is because they

- * stop cravings in their tracks
- * balance blood sugar levels immediately
- * eliminate nausea & stabilize after vomiting/diarrhea
- * hormonal stabilization
- * are endurance food - will keep you going for hours



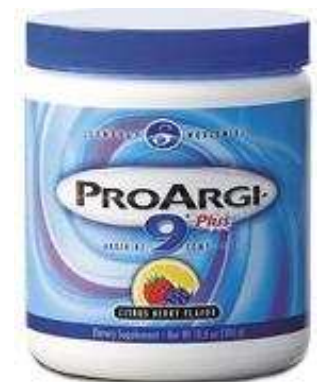
Sprouts are an endurance protein

Pro Argi9 – for the heart

Pro Argi 9 is an amino acid based product which is made up of minerals, vitamins and amino acids. Used on an empty stomach this product is especially good for cardiovascular strength

The reason I love this product is because it will

- * eliminate cholesterol in less than 20 days
- * strengthen and nourish your heart
- * regulate blood pressure
- * strengthen your veins, capillaries and arterial walls
- * nourish your kidneys and have them function optimally again



This product has been tested in the USA & UK for 2 years by my clients prior to releasing it for general sale. We have many examples and testimonials of serious debilitation clients who use it back to good health (along with alkalizing). If you have cancer, you should not be taking this product.

As I write this, Im 36 years old with the arterial strength of 1 (out of possible 8) and a biological age of 28 thanks to this supplement and an alkalizing regime. My arteries and veins are like Teflon, not Velcro!

The cardiologist who created this product is 72, and has a biological age of 19!

Contra-indicated:

Greens

Greens are great! Dehydrated vegetables safely processed into a consumable powder, you can put these greens into water, or smoothies or alkaline soups to get their benefit

Why I love greens so much is because they

- * switches on the lights
- * clean out the blood
- * are one of the blood building components
- * drinking one scoop in one liter is like eating 2lbs of vegetables
- * you can drink them and not have to eat them
- * give us energy and vibrancy



Safety: Mostly everyone can use any kind of greens product. If you have been on medication or have had any kind of heavy drug treatment then please read eBook Alkalizing for Medication on how to use this product safely in an alkalizing regime.



Greens clean and build the blood

Clay

Clay is great for giving us minerals deep down into our tissues, but also being able to eliminate heavy toxins and acids from organs and those same tissues. It is also a bowel cleanser and gets into the nooks and crannies to relieve of old fermented matter.



Clay is a bowel cleanser

Safety:

Clay has the ability to upset medication being taken, so make sure you read the eBook Alkalizing for Medication on how to use this product safely in an alkalizing regime.

Other uses:

Clay is perfect for a face mask – you can add in essential oils and leave on your face to dry. The clay will draw out the toxins from the skin leaving it clean and smooth.



** Terra Cleanse / TerrapHirma are both clay and the same product but with different labels

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pHour Salts

Salt is highly alkaline, and if you are electrolyte deficient this is a great product to use to increase your alkaline buffers.

Safety: Whilst you may be more acidic at the moment than alkaline, you don't actually know if you need salts or not and so taking them, can be extremely dangerous both in the short term, and the long term. If you want to take them, please see a qualified practitioner in either iridology or fluid analysis.

pHlavor Liquid Salts

This is a great mobile salt for those who take a lot of exercise. It is an immediate replacement for lost electrolytes. These salts can also be used on your food and directly sprayed into the mouth.

Safety: Whilst you may be more acidic at the moment than alkaline, you don't actually know if you need salts or not and so taking them, can be extremely dangerous both in the short term, and the long term. If you want to take them, please see a qualified practitioner in either iridology or fluid analysis.



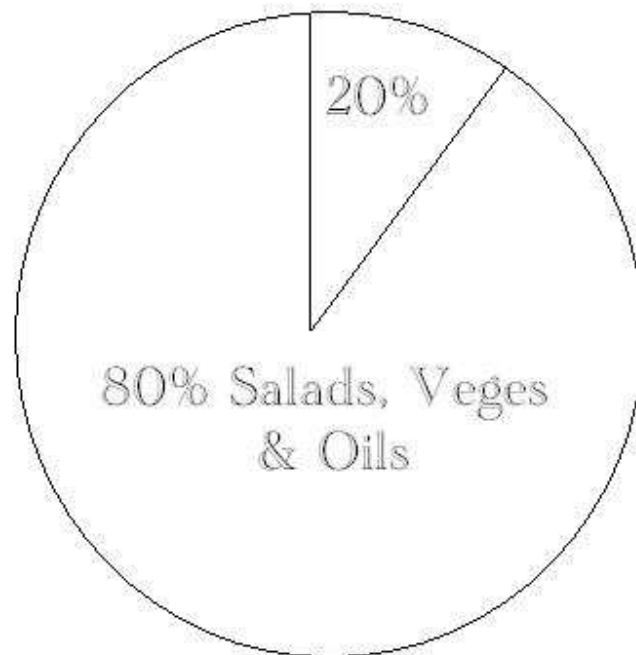
Please see a practitioner before
adding 'extra' salt to your diet

The Overall Strategy – the 80/20

The overall strategy, one that works very well is what we call an 80/20 regime

That is, eating 80% of the good stuff in your day being it salads and veges and oils, and then an allowance of about 20% of the 'other stuff' being it quinoa, rice, meat, chicken, fish, nuts, eggs etc.

This is a practical on the ground suggestion that we know works well.



80% Foods – Blood Builders

The kinds of foods that go into your 80% (not an exhaustive list) that you can eat freely are:

Cucumber	Celery	Spinach	Lettuce	Kale
Asparagus	Ginger	Garlic	Onions	Tomatoes
Rocket	Radish	Sea Veges	Bean sprouts	Peppers
Avocado	Grapefruit	Lemons	Limes	Coconut
Long Green Beans	Butter beans	Yellow Beans	All greens	Carrots
Zucchini	Aubergine	Cauliflower	Peas	Watercress
Snow Peas	Parsley	Lima beans	Fennel	Zucchini
Artichoke	Cabbage	Fresh Coconut	Endive	Fresh beets
Leeks	Alfalfa	Turnips (raw)	Carrots	Cumin Seeds
Sesame Seeds	Caraway Seeds	Fennel Seeds	Coconut Oil	Borage Oil
Avocado Oil	Olive Oil	Marine Oils	Hemp Oil	Flax Oil
Evening Primrose Oil	Vegetable Juice			

You get the gist...if its not a vegetable, it is in your 20%. Root vegetables like potatoes and sweet potatoes, parsnips etc also go into your 20%. Steamed sweet potato is favorable over normal potato.

20% Foods

This section is split into different categories. “Ok to Eat” and “Blood Destroyers”. They still go into your 20% because if you really have to, you really have to, so this is the way to do practical alkalizing, get results and still enjoy the taste of what you most enjoy.

The kinds of foods that go into your 20% (not an exhaustive list) per day are:

OK to Eat

Tofu	Spelt	Millet	Quinoa	Brown Rice
Wild Rice	Eggs	Ketchup	Mayo	Chicken
Beef	Fish	Bread	Oysters	Walnuts
Pineapple	Oranges	Mandarins	Tangerines	Banana
Pear	Apricot	Mango	Currents	Cranberries
Strawberries	Blueberries	Raspberries	Plums	Dates
Watermelon	Honey	Molasses	Hard cheese	

Blood Destroyers

Coffee	Tea	Sugar	Milk	Rice cakes
Chocolate	Fruit juice	Alcohol		

The Transition

The easiest way to subscribe to alkalizing, is to try one new thing at a time. So what you could do, is instead of having cereal for breakfast tomorrow, try an avocado with some oil and a little salt, or an avocado shake. Try this every few days. The recipes are all included in this eBook.

On another day, try a new lunch such as tuna or chicken with salads and nuts or quinoa with zucchini and carrot. This is one of the best things you will ever taste.

For dinner try having vegetable or avocado soup, without the big desert on the end. This soup is amazing.

A successful and sustainable transition into a different way of eating will take place over a few weeks. Each day try something new, whether it be a different breakfast or some exercise.

These recipes are also in the recipes section of this book.



A successful transition is a slow transition!

And each day in the first week, have an extra glass of water with lemon juice.

The second week, have a further extra second glass of water, and try having a more alkaline breakfast every second day. Same goes with lunch, be a lot more conscious of what you are buying and what you are eating.

Its really that easy. There doesn't have to be any hard work or any difficult new recipes. There is also a tonne of great and very easy to make recipes that you can use once a week, every day and also for the family.



The transition does not have to be difficult

Menu Ideas & Recipes

Breakfast recipes

- * Alkalizing Cereal
- * Quinoa Breakfast
- * Sprouted Wheat Porridge
- * The Salted Avocado
- * Vegetable Juices

Lunch & Dinner Recipes

- * Zucchini Pesto Wraps
- * Kate's Favorite Soup
- * Avocado Herb Soup
- * Lettuce Leaf Rollups
- * Vegetable San Choy Bow (my all time favorite)

Dips and Snacks

- * Herbed Vegetable Pate
- * Red Pepper Pate
- * Avocado Pate

The Next Steps

From having read this eBook you will get that alkalizing is really quite simple to get started with, and a basic level is really great for everybody.

If you have been taking any medication or drug therapies, please now email me for the link to this eBook before you get started.

Kate@alkalinebydesign.co.uk

The information and strategies presented here really work. It has been tried and tested on thousands of people at an intimate level to tweak for a solid protocol.

You have at least now been educated, and what you eat is up to you however if you still decide to have the sugary stuff, or coffee, you are now making an intelligent decision and you can see what it does to your insides, not one based on your tastebuds alone.

If you have some special 'considerations' like diseases or conditions such as eczema, diabetes, cancer, fibromyalgia, low kidney function, high blood pressure heart disease etc then its better to book yourself a blood demonstration to put a more suitable personal strategy into place. Whilst you can do a basic level of alkalizing, these conditions require a more targeted approach.

Resources

Blood demonstrations

Book with Kate on +44 (0) 7795 048 998 or by emailing kate@alkalinebydesign.co.uk

Products

If there are any products that you cannot find, please email or call Kate as above.

The link to buy products in the UK is www.energiseforlife.com/alkalinebydesign

In the USA please go to www.phmiracle.com

If you are interested in the Pro Argi9 in any country – please email Kate@alkalinebydesign.co.uk

Testing your pH - pH strips

UK - www.energiseforlife.com/alkalinebydesign

USA – <http://www.ph-ion.com/>

Australia – order from USA (quickest and easiest)

Fluid Analysis – is not yet available in the UK

USA: george@biomedx.com 1-206-577-0037 x902

Iridology

To find a practitioner in the USA & Australia

<http://www.iridologyassn.org/IIPACertifiedIridologists.aspx>

In the UK: <http://www.gni-international.org/find-iridologist.htm>

Recipes

Alkalizing Cereal

Ingredients :

1 cup soaked buckwheat (at least 6 hours) or sprouted (up to 3 days tastes best)

3 tablespoons soaked seeds of your choice (hemp, sunflower or pumpkin)

1-2 tablespoons Udo's oil

½ teaspoon cinnamon

Directions:

Mix all ingredients and serve in bowl

Try with nut/seed or soy milk or with a grated carrot. I like this one with hempseeds for crunch

Quinoa Breakfast

Ingredients:

Quinoa - enough for 1 person

Water to cover by 1cm

Herb seasoning - any sachet of preferred herbs

1/2 lemon

Herbamare flavored salt



Directions:

Cook Quinoa by placing in a saucepan, and adding the herbs. Add water and bring to boil and simmer for 10 - 15 minutes. Take off the heat and let steam - keep lid on pan for a further 20 minutes

Take off lid, flavor with Herbamare and then squeeze lemon juice over and mix.

Top with chopped cucumber, avocado and tomato and sesame seeds or pinenuts.

Sprouted Wheat Porridge

Beware, this is a sweat treat! You will be surprised!

Directions:

Blend 1 cup of sprouted wheat (sprouted for about 2 days) with 3 cups of boiling water (careful to not splash the hot water while blending).

Add more water or wheat if needed to get a porridge consistency.

Add a little cinnamon for taste.

The Salted Avocado

Take one whole avocado, cut in half, add salt (and oil) and eat with a spoon.

'Blood Builder' Juice

This section starts with my favorite vegetable juice, every morning without fail. It is a very strong blood cleanser and blood builder

Ingredients:

1 big bunch of celery

1.5 big cucumbers

2 - 3 scoops Greens Powder



Directions:

Juice the cucumbers first, then the celery

Add Greens powder to your bottle and shake well when adding juice

If you are just getting started on the juicing then add a carrot or an apple to take the edge of the green while you are getting used to it

*Beginners start on 1 scoop of powder until you get used to it, and then start adding. This Juice keeps me going all day especially if I am not able to eat at regular times through the day.

Zucchini Pesto Wraps

Ingredients:

1 Zucchini cut into thin strips

1 tomato, cubes

Pesto

2 cups soaked walnuts

1 cup basil

3 cups garlic

1 tsp lemon juice

Instructions:

Blend pesto ingredients

Spread pesto on zucchini strips

Kate's Favorite Soup

This is one of my favorite soups, anytime summer or winter

Ingredients:

1 whole big broccoli

1 whole big cauliflower

1 large zucchini/zucchini

vegetable stock cube or two

Instructions:

In a soup pan, add in 2 liters of water and vegetable stock.

Chop all ingredients and add heat for 10 minutes (but not to boiling)

Blend

Avocado Herb Soup

Ingredients:

- 2 large handfuls spinach
- 1 avocado
- ½ cup chopped parsley
- ½ lemon
- 1 cup water



Instructions:

Blend & eat. If you want this as a warm soup, add warmed water

Lettuce Leaf Rollups

Ingredients:

- 1 tomato finely chopped
- 1 carrot finely grated
- 1 tablespoon sweet onion, finely chopped
- 1 cucumber, small, thinly sliced
- 1 celery stalk, finely diced
- 2 large lettuce leaves (deep green leaves, not head lettuce)
- 1 avocado (peeled & mashed)
- 1 teaspoon fresh lemon juice
- ½ teaspoon all-purpose herb seasoning
- Celtic Sea Salt to taste

Directions:

Mix mashed avocado with lemon juice, herbs, and aminos to taste. Spread avocado paste on top of large lettuce leaves

Toss together rest of ingredients and pile on top of avocado, roll up leaves and serve

Vegetarian San Choy Bow

Ingredients:

2 carrots cut into thin sticks and then diced
2 celery stalks (same as carrots)
½ zucchini
2 tomatoes
½ red pepper
½ yellow or orange pepper
½ green pepper
1 clove garlic
1 iceberg lettuce

Instructions: Finely dice all vegetables except for the lettuce. Add all ingredients to a warmed pan with a little water and lemon juice and steam fry until the vegetables `start to sweat. Add tomato to the mix (optional). Spoon into lettuce cups & eat.

Red Pepper Pate

Ingredients:

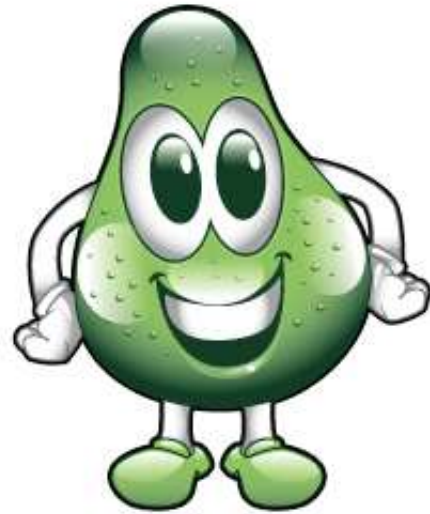
1 clove garlic, pressed
1 large red pepper
Juice of 1 lemon
¼ cup cilantro
¼ cup dill
½ cup soaked and blanched almonds
1.5 cups sprouted sunflower seeds
Rock salt to taste

Directions: Blend and eat

Herbed Vegetable Pate

Ingredients:

1 tbs cilantro
1 tbs basil
1 tbs cumin seeds
1 tomato
½ cup zucchini
½ cup carrots
1/2 squash
1.5 cups of blanched/soaked almonds
celtic salt to taste



Instructions:

Blend (leave out cumin seeds)
Add cumin seeds to pate and serve

Avocado Pate

Ingredients:

2 large avocados
¼ tsp cayenne
¼ cup lemon juice
½ cup parsley
1.5 cups soaked sunflower seeds
Garnish
1 handful sunflower sprouts

Directions: Blend and eat