

# How to Alkalise your Body

## Avoid

- Alcohol – while alcohol is not acidic per se, it is toxic to all cells. The liver, our largest organ of detoxification works very hard to eliminate alcohol so give it a break!
- Sugar as it is acid forming
- Grains – all are acid-forming
- Cow's Dairy - except whey and ricotta
- Coffee and Caffeine - stimulates liver to release glucose into blood stream
- Synthetic oestrogens (plastics, herbicides, pesticides)
- Fruits and vegetables picked unripe and shipped a long way
- Pulses if you do not skim off the phytic acid (the surface scum) when you cook them
- Shell fish especially prawns, crab, scallops
- Processed, prepared, canned foods - because of the sodium chloride content
- Dried meats hams, sausage, bacon - because of the sodium chloride content
- Chinese foods because of the MSG content
- All refined carbohydrate products pasta, white bread, white rice, pies, pastries, cakes, noodles, refined breakfast cereals, doughnuts, dumplings
- Salted snacks crisps, peanuts
- Fizzy sweet drinks
- Prepared fruit juices and 'smoothies' (high sugar, processed)
- Preservatives, jams etc.
- Pickled products – unless home-made and low sugar
- Lack of sleep
- Stress, negative emotions, guilt
- Tobacco

## Have

- Fresh seasonal fruit – max 2 pieces per day (and ½ banana only)
- Fresh vegetables and salad– all kinds and all colours (the greener the better - spinach is the most alkaline vegetable)
- Use lemon juice and olive oil as dressings
- Add more sprouts to your daily diet. They are extremely alkalizing and supercharged with nutrients and energy-boosting enzymes.
- Organic meats with fat left on (eg chicken skin)
- Hazelnuts are the most alkaline nuts, but also include a selection of other nuts and seeds including almonds, Brazil nuts, pecans, macadamias, sesame seeds, chia, pumpkin and sunflower
- Ricotta as it is made from whey, the alkaline portion of dairy products
- Oils – coconut, virgin olive and BUTTER
- Herbs and spices - eg turmeric, oregano, mint, parsley, garlic
- Herbal teas – burdock, clivers, echinacea, red clover, calendula, are especially detoxifying while herbal tea such as peppermint or chamomile is alkalising



### Daily

- Drink fresh squeezed Lemon juice (can add a touch of raw honey) in water before meals (can also add 1 tsp baking soda to the morning water)
- Every day drink a 'green' juice. Make your own from a combination of green apples, celery, kale, parsley and spinach leaves and add more lemon.
- REDUCE STRESS – stress causes body tissues to be acidic: (plan a time to do and think nothing – and do it well!)
- Breathe – deep breathing into your belly through the nose and out the mouth

### Tips

- When eating acid-forming foods, then combine it with alkaline foods – see Chart