

THE ACID ALKALINE BALANCED DIET



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Balance Your Acidity,
Restore Your Health &
Lose Weight

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PREFACE

Why Did I Start this Book?

I wasn't born INTO the alkaline diet. Like many of you out there, my mind was already filled with ideas about the food pyramid the day I stepped into elementary school! The health-ed teacher would enthusiastically pepper the lesson with 'food from the three food groups', which will lead to healthy development of our body. Young, and non the wiser, I began to practice what the school preaches - largest proportion goes to grains, followed by the greens and fruits, and growing children need lots of proteins, coupled with supplements and viola! - this is their idea and I admit, also mine of a balanced diet. Sure, I've fallen ill on many occasions, taken some colored solutions which the doctors prescribed. And that's it. I've never questioned my choice of foods or my diet. It just *has* to be right. There must be something *wrong* with my body, not the diet.

This indifference in me spans into adulthood, but got more severe. After graduation, I went straight into the rat race, forcing my body to be up in the wee hours of the morning and working till late at night. No matter how many cups of caffeine I drown myself in, I can *never* feel totally energized. Just two years into my careers, my skin was tinged with a dull shade, and every 'balanced' diet I took during lunches left me tired, and bloated. Imagine burping between sentences while meeting your clients - it's downright embarrassing. All these problems escalated into severe health problems and I had to check in and out of hospital very often. I knew that my health was on a decline and I had to do something, before it's too late.

Desperate to salvage my health, I started to be obsessed with alternative medicine and holistic health. I would rush to traditional chinese medicine classes after work, and borrowed health magazines and medical journals. I've also fixed appointments with nutritionists and dietitians friends who generously shared their knowledge....

I wouldn't say all those efforts were a bad idea.. but I was confused and overwhelmed by all the information out there ... some of the health 'programs' were impossible to follow, and some did not show any positive long lasting effects. It was pretty depressing and I was about to resign to the fate of my poor health when I attended a 3-day water fasting workshop, where I met Theresa.

“Your Diet is the Key to Health” - Having an Alkaline Diet, knowing what , when and how to consume these foods are *the* key to be truly healthy. It then dawned on me that the years of what is popularly known as ‘The Balanced Diet’ has been causing huge loads of toxins and waste to accumulate in my body. It wasn’t that nutritional products didn’t work, but my diet was wrong to begin with. Caring for your digestive system is the *key* to good health.

Who doesn’t want to feel optimistic about the future, to be healthy, active and brimming with energy. To have the ability and the health to do things that you’d love to do. I’ve been like many of you, pursuing all the materialistic things - my first car, a place that I can call my own, it was only after my health has failed me that I finally knew what was the most important to me.

But now I’ve found my happy place - how to stay healthy amidst the chaotic work life. If the idea of glowing skin, enhanced immune system and achieving your ideal body weight and shape entice you, stop to pause for a minute as this is only the minimum alkalizing your body can bring.

How difficult is alkalizing?

I have no time. It’s so troublesome. Can I trust such stuff?

These are often the responses of many people whenever I’ve discussed the subject on the alkaline diet. Well, the truth is that alkalizing is very simple. Sure, minus the initial part where you have to make sacrifices by giving your favorite acid-producing foods.

You don’t have to be a nutritionist or a dietitian to follow the steps. We often have feedback from our customers every day telling us to forget about the hard facts and just tell me what I need to do now to enjoy the benefits of an alkalized body!

And this is what I’m going to give you today. We’re going to keep it *simple*.

Emma Deangela

The Alkaline Diet Course



How is this course organized?

In this course, you will discover how to go on the acid alkaline diet to become healthy, full of energy and illness-free.

Different people have different level of knowledge as well as the understandings of the topics covered, our course would be covering on all the topics. You may know some of these topics but I still strongly encouraged you to read through the whole book itself as some of them are opposing what we have learnt in our daily life.

During the course, it is best that you complete the little tasks I have created for you so that you can understand the body well and at the same time, knows how to change your diet.

The content of this book is going to be divided into two main sections; the first one is all about acid alkaline, its definition, its effect on our body and so on and so forth. While the second part mainly focuses on practical alkalizing tips that we all can apply in our daily lives. Things like, food intakes, the type of food that we must eat, all about oxygen, daily exercises, etc.

Things We Put In Our Mouth - Food -



PART ONE

Food, by definition, is any or a group of substances, which are usually made up of carbohydrates, proteins, fats, and liquids that can be consumed by all sorts of animals, inclusive of human beings, for the purpose of nourishment or pleasure. Substances considered as food are sourced from animals, plants, fungus, and fermented products.

Throughout our history, man had originally sought out these sources of food by gathering and hunting. In today's modern cultures, due to the birth of countless methods of agriculture and food manufacturing, food sources are tapped by means of ranching, farming, fishing, foraging, hunting, and many other methods.

Due to the influence of modern culture, society, and technology, which was supposed to solve a number of world issues, the food we consume is now the cause of a number of health problems. Today, food-borne illnesses plague billions of people around the world, which claims millions of lives each and every year.

Food production, food preparation, methods of agriculture, methods of butchering, methods of cooking, fast food, and marketing, all of which are methods practiced in The Standard American Diet, have all played their parts in making us forget the importance of having a well balanced diet, and sadly is the reason behind our demise.

In addition to that, with the increase in wealth all over the world, man are eating for entertainment rather than for nourishment. Most people are eating cancer-causing foods and pursuing unhealthy lifestyles thinking that the modern medicine could save them from any diseases, illnesses and cancer.



Due to the concepts mentioned above, we have forgotten the importance of maintaining a delicate pH balance, and the dangers of acidosis, which are brought about by an unhealthy pH balance. The statistics do not lie. More and more people are suffering from this unhealthy imbalance, and the numbers are soaring at alerting levels.

The question is will we ever find a solution to these underlying problems, brought about by our unhealthy eating habits?

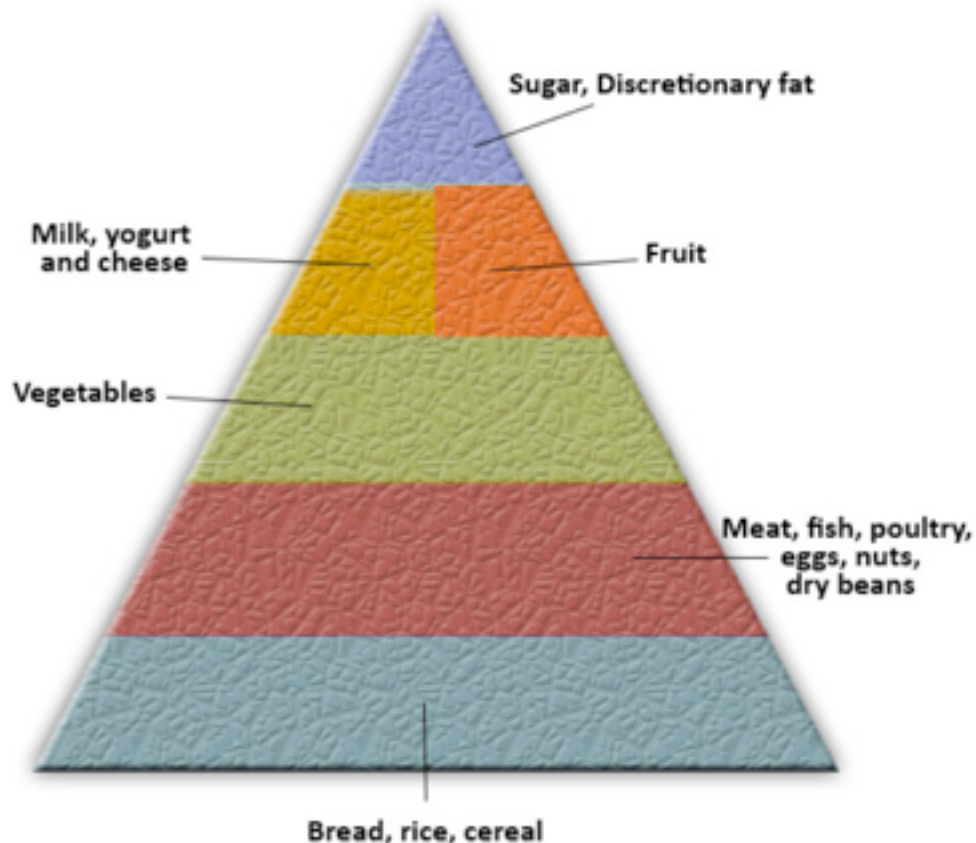
The Standard American Diet

Today, man's diet consists of a variety of cuisines, which is influenced by society and culture. From fast food to fine dining, breakfast, lunch, dinner, and snacks, we can barely keep up with what is available, and it seems, at any given corner of the world, there will be always something new to excite our taste-buds.

A good example of this unhealthy diet and lifestyle is The Standard American Diet (S.A.D.), also known as The Western Pattern Diet and The Meat-sweet Diet. The Standard American Diet describes the stereotypical dietary habits of Americans.

The diet, which is mostly practiced in developed countries, and is gaining popularity in developing countries, mostly consists of the consumption of red meat, rich sweets, dairy products, eggs, sugar rich drinks, alcohol, processed goods, and refined grains. In other words, the diet emphasizes on the consumption of excess fat, sugar, and calories; a deadly acidic combination.

Do you know how the Standard American Diet is like?



*This is actually a chart of an average American diet where sweets and meats occupy big portions of the meals than healthy fruits and vegetables.
Does this daily diet looks familiar to you?*

| A Typical Standard American Diet Day | |
|---|--|
| Breakfast | Black Coffee or with Creamer and Sugar; Cookies; Toasts; Muffins; Fruit Tarts; Ham Sandwiches on white bread; Cereals; Jelly |
| Lunch/Dinner | Packaged and processed red meat/Deli Meats like Chicken, Ham, Pork, Hamburger, Hot dogs, etc.; Rice, Bread or Pasta (made of white flour); Any form of protein that is cooked, baked or fried. |
| Tea Break/Snack | Tea with sugar or cream; Cookies; Pop-Tarts and other pastries (made of white flour); Ice cream, etc. |

Note: According to Dr. Timothy Brantley, most health problems are not caused by genetics or germs but by the Standard American Diet.

The result of practicing S.A.D., on a daily basis, is a high level of excess acidity, leading to child obesity, adult obesity, inadequate immune system, chronic infection, various diseases, and cancer, which dramatically shortens the average standardized human mortality rate, as compared to the past.

In fact, we see more and more children experiencing heart attacks, high blood pressure, diabetes becoming an epidemic, obesity is now a norm, and cancer is on an ever-growing rise.

Before we go on, let's go through an exercise and hopefully you will see some insights over your daily meals.

In our Alkaline Diet Journal, write down everything that you put into your mouth for the past 24-48 hours. You also want to include the sauce, the spices, and the liquids. The key here is to be as truthful as you can otherwise you would not benefit from this exercise.

Understanding Acid Alkaline Balance



Alkaline-acid imbalance or excess acidity is responsible for degenerating and weakening all systems in the body, and sadly is a common occurrence, which millions of people suffer from around the globe. The ratio of today's population who suffer from acid related diseases, as compared to the population of people who practice and enjoy the benefits of alkalizing food is a ratio that baffles comprehension.

According to ongoing medical surveys, the decline in health is rising at an alarming rate, despite the knowledge of the consequences of eating unhealthily. In order to achieve overall health, the body needs to maintain sufficient alkaline reserves, to ensure the energy demands of the body are met. When there is a need to eliminate excess acidity, the body taps into the electrolyte reserves of the body, and depletes it, which leaves the human body in a destabilized state. This is why maintaining healthy pH levels, by eating alkalizing food, is the key to sustaining overall health and well-being.

The study of the effects of alkaline-acid imbalance is not a new concept to us. In 1933, a ground-breaking and revolutionary book was published by a doctor from New York City, Dr. William Howard Hay. The book was called, "A New Health Era".

The book discussed the effects of self poisoning or autotoxication, due to the excess buildup of acid in the human body, the very basis in which the concept of alkalinity was born. The doctor discusses in his book, the misconception society has placed in our minds. This misconception is the consumption of acidic food, and that it is good for us, but in truth, it is the cause for our demise. The food in which we place such high regard is the same that is responsible for killing us.

In more recent times, the book, by Dr. Theodore A. Baroody, “Alkalize Or Die”, supports Dr. Hays previous discoveries. Dr. Theodore A. Baroody clearly states, “The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!” (Theodore A. Baroody, N.D., D.C., Ph.D.)

If these accomplished doctors have the same findings, which address the underlying problems faced by countless people around the world, then it is about time we sit down and listen to what they have to say.

Understanding how pH works

The potential of hydrogen, or simply known as pH, is the method in which alkalinity or acidity is measured in a solution. The scale is measured starting from 0 – 14. The lower levels of the potential of hydrogen entails a greater acidity level of the solution, and the higher the potential of hydrogen entails a greater alkalinity level of the solution. When the solution is neither alkaline nor acid, it is placed at pH 7, which is considered neutral.

Human bodies are mostly made up of water. In fact, the body consists of staggering 70 percent water. Different areas in the body require different levels of pH levels. The pH levels are composed of positively (acid) and negatively (alkaline) charged ions. The body relies on this balance to survive, and constantly works to balance these pH levels. When there is imbalance, infection and disease occurs.

| Acidic | | | | pH Level Range | | | Alkaline | | | |
|--------|-----|-----|-----|----------------|-----|-----|----------|-----|-----|-----|
| pH | pH | pH | pH | pH | pH | pH | pH | pH | pH | pH |
| 4.5 | 5.0 | 5.5 | 6.0 | 6.5 | 7.0 | 7.5 | 8.0 | 8.5 | 9.0 | 9.5 |

Please take note that the pH levels in the stomach or stomach acid is different from what is being discussed in this chapter. The topic at hand is the pH levels of body fluids and body tissues, which are two different things.

The balance between alkalinity and acidity is measured by means of calculating pH levels in the body. The pH levels are as follows, 0 (extremely acidic) up to 14 (extremely alkaline). Ideally, it is healthy to keep the fluids in the body at neutral pH levels (from pH of 7.0 to pH of 7.4). Any pH levels below 7 are considered acidic, and pH levels above 7 are considered alkaline.

When the pH levels drop to pH of 5.3 and below, this is considered highly acidic, and the body is unable to assimilate much needed vitamins and minerals. Science and medicine has proved that neutral levels, or higher, eliminates the possibility of infection and disease afflicting all men, women, or children.

At these healthy levels, oxygen in the body is well circulated, the natural process of healing and detoxification is no longer compromised, the cells easily regenerate, and the immune system's function is optimized, leaving the body less susceptible to disease.

How Does pH Affect Your Health

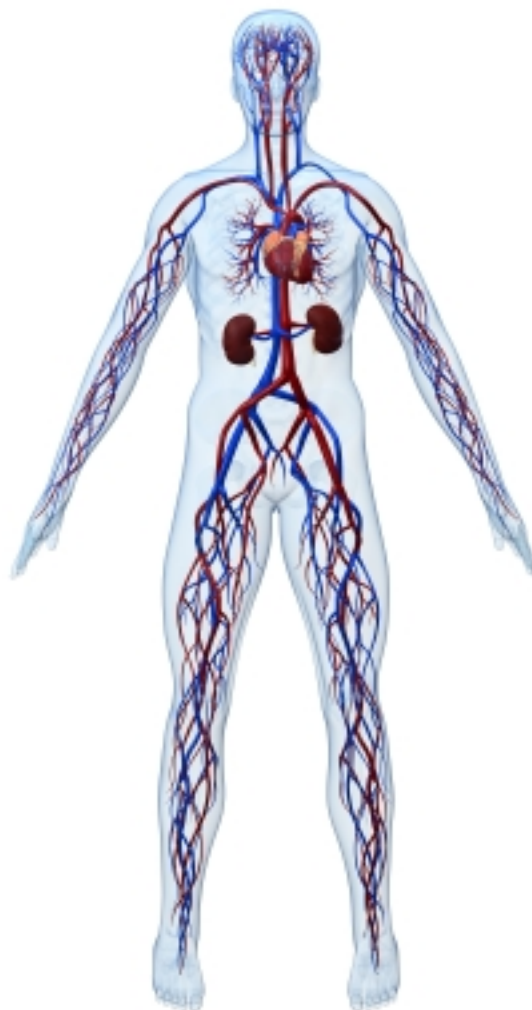
Various parts in the body have their own ideal pH levels. These areas maintain their own ideal pH levels to maintain performance and functionality. The blood has to comply strictly with a specific pH level. Ideally, the blood has to maintain pH levels of between pH 7.35 and pH 7.45.

The body continuously allocates and reallocates resources and nutrients to maintain a healthy and balanced pH level, which is needed for the different systems to function effectively and efficiently.

Unfortunately, in most cases, the majority have imbalanced pH levels. Imbalanced pH levels lead to health problems, such as obesity, premature aging, fatigue, etc. To assure a healthy and balanced pH level, the body constantly needs minerals and nutrients, such as potassium, sodium, calcium, and most of all magnesium.

These nutrients are needed to neutralize and counter the harmful effects of acidity in the blood. If this natural process fails, the acid will spread to the various organs, having extremely negative effects and consequences, leading to numerous health problems.

The best way to avoid the harmful effects of acidic pH levels is administering simple pH level tests, adequate exercise, and including alkalizing food to the daily diet.

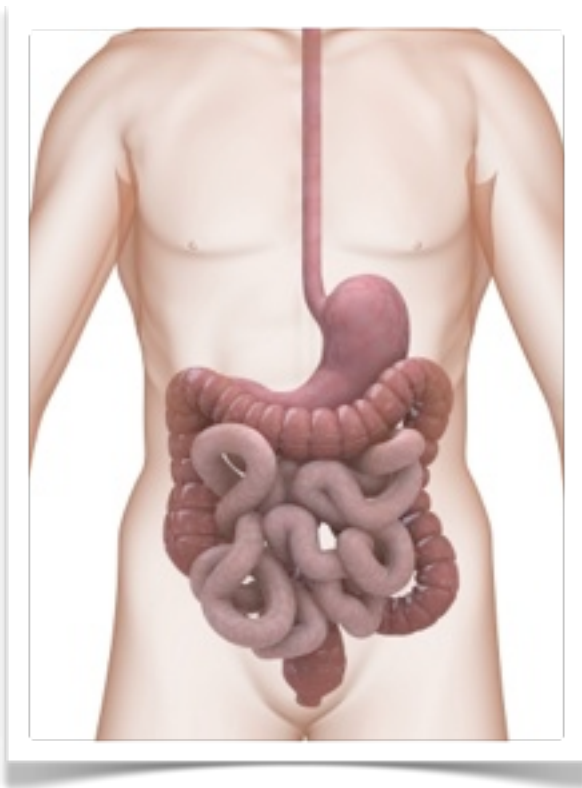


pH Equation To Overall Health

According to the leading medical researchers and doctors, the blood has to maintain, at all times, a slightly alkaline healthy pH level, to be able to naturally heal chronic infections and diseases. Once this delicate balance is tipped, total disaster will take place. This is why the body does everything in its power to maintain this delicate balance. The body will sacrifice allocated nutrients, designated to various parts of the body, just to maintain the pH levels in blood, if the reserves are depleted, which is why we must ensure our body always has a significant amount of reserves.

It is critical to maintain ideal pH levels in blood, because, only in these ideal pH levels, the body naturally combats diseases, fights infections, and properly heals in these ideal pH levels. Again, maintaining the ideal pH levels in blood is extremely critical.

The pH Levels Affects Everything:



The pH level in blood has to be maintained at a slight alkaline level, at a small average of pH 7.35 - pH 7.45 at all times. Slightly above or below this slim average will definitely lead to infection and life threatening disease.

When the delicate pH level in blood is somehow disrupted,

- ★ this presents the ideal breeding grounds for pathogens to spread, abnormally grow, and wreak havoc in the body.

- ★ The normally helpful enzymes reverse their functions and cause harm.

- ★ The circulation of oxygen to tissues and cells, needed for regeneration, is also dramatically restricted.

pH Levels – Controlling Life’s Vital Necessities

Like the requirements of the brain, this master processor and control room require fuel to carry out its functions, and this vital fuel is none other than glucose. The brain requires a constantly running supply of glucose, which is delivered by means of a highly efficient and logistical blood stream.

The blood stream is only efficient when pH levels are ideally balanced. Ideal pH levels controls the vital role of insulin, which is the well-organized allocation and distribution of sugar to the demanding requirements of the cells in the body. Insulin also controls and regulates the blood sugar level.

As the blood’s pH levels in blood leans towards acidic pH levels, fatty acids, which are negatively charged (“electro-magnetically charged”), change their polarity to positive, automatically magnetize, attracting all negatively charged objects, and immediately attach themselves to the arterial walls (“electro-magnetically charged”), which are negatively charged.

This concept is exactly the way magnets work, the concept of opposites attracting to opposites, and negative attracting to positive, in simpler terms. This is the result of over indulgence in the American diet. The American diet is the cause for the situation mentioned above, and is responsible for most heart conditions victimizing countless people around the world. In truth, we should blame ourselves for indulging in this kind of diet.

[Grab a copy of the Alkaline Diet Course here!](#)