

The Alkaline Miracle Diet

A COMPLETE GUIDE TO BALANCING YOUR BODIES
PH, IMPROVE YOUR HEALTH AND WELL-BEING
WITH ALKALINE FOODS & WATER



2nd edition

The Alkaline Miracle Diet:

BY LINDSEY P

[Author Page](#)

A Complete Guide to Balancing your
Body's pH and Improving Your Health
and Well-Being with Alkaline Foods
and Water

2nd Edition

□ **Copyright 2014 by Lindsey P - All rights reserved.**

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

Table of Contents

Introduction

Chapter 1 - The Alkaline Miracle Diet - What Is It?

Chapter 2 - The Alkalizing Diet and List of Permitted Foods

Chapter 3 - Transitioning to an Alkaline Diet

Chapter 4 - Doing a Green Juice Cleansing Fast

Chapter 5 - Maintaining an Alkaline Diet and Your Alkaline-Acid Balance

Chapter 6 - pH Miracle Diet Cooking Tips

Chapter 7 - Alkaline Diet Sample Recipes

Chapter 8 - Six Frequently Asked Questions on the Alkaline Miracle Diet

Conclusion

Preview of 'Coconut Oil For Easy Weight Loss'

Check Out My Other Books

Introduction

I want to thank you and congratulate you for downloading the book, *“The Alkaline Miracle Diet: A Complete Guide to Balancing Your Body’s pH and Improving Your Health and Well-Being with Alkaline Foods and Water”*.

This book contains proven steps and strategies on how to promote your overall health through the alkaline miracle diet plan.

This book features a list of the permitted foods under the alkaline miracle diet, cooking and shopping tips as well as some of the most commonly questions asked about the pH Miracle diet popularized by Dr. Robert Young.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1: The Alkaline Miracle Diet – What is It?

The Alkaline Miracle Diet is the latest sensation to hit the dieting world. Health experts have taken notice that fad diets seem to go in waves. During the 1990s, the diet craze was marked by low-fat alternatives while the last seven years have been focused on low-carb diets such as sugar busters, protein power and South Beach diet. As more and more people become frustrated with each kind of diet, they start looking for something new and better to try. Today, the Alkaline Miracle diet is the focus of a lot of attention.

The Alkaline Miracle diet is so interesting to more people since it is a 180-degree turn from low-carb, high-protein fad diets over the past few years. The Alkaline Miracle diet is also commonly called as the pH Miracle diet or the Young Diet, after its inventor Robert Young. This latest diet trend has a completely different approach to nutrition. A lot of holistic physicians and nutritionists view it as a more balanced strategy to nutrition which considers the body's true nutritional requirements.

Primarily, the body has a pH that is a little alkaline. The theory is that because the body operates at this pH, the human diet must be made up of mostly alkaline foods. The typical American diet is comprised of mainly acidic foods such as packaged foods, caffeine, sugar and animal protein. All of these types of food interrupt the pH balance of the body and lead to a lot of health problems. The inventors of the Alkaline Miracle diet claim that such acidic foods can actually interrupt the body's use of alkaline minerals. These essential minerals include calcium, magnesium, potassium and sodium, which make people at higher risk of developing chronic diseases.

This is the real core of the essence of the Alkaline Miracle diet. The health and nutrition community has come to realize that what individuals put into their body has a significant effect on their general health and well-being. While the mainstream medical society has underscored the importance of a balanced diet comprising of dairy

products, meats, vegetables and fresh fruits, the Alkaline diet takes this even a step further. The Alkaline Miracle diet emphasizes that the acidic foods can primarily rob your body of important minerals. Dieters who follow the Alkaline Miracle diet are staying away from foods that can be detrimental to their health.

A lot of the foods that we usually eat are considered prohibited on the Alkaline Miracle diet. Wheat products are probably among the most surprising exclusions in the Alkaline Miracle diet. For the promotion of better health, the FDA recommends consumption of whole-wheat products. Yet, based on the principles of alkaline diet, grains such as rice, oats, millet and wheat are harmful and acidic. The alkaline grains of spelt, quinoa and buckwheat are preferred due to their alkalizing benefits.

In general, all dairy and meats are prohibited on the Alkaline Miracle diet. If you are concerned about protein, goat's milk is a bit alkaline. There is also protein that may be obtained from vegetarian options such as seeds, certain nuts, tofu and beans. Choices of fruits are limited to lime, lemon, grapefruit and coconut.

One more essential thing to take into consideration is that there has been no scientific study regarding the principles behind the Alkaline miracle diet. Furthermore, a lot of mainstream medical physicians see no health benefits to the diet program. However, the theory behind the Alkaline Miracle diet is based on Chinese medicine and holistic medicine, which have been around for many centuries. The principles behind the Alkaline Miracle diet are currently being the subject of many studies recently such as the one being conducted by the United Nations. Soon enough, antagonists may need to re-assess their take on the Alkaline Miracle diet's scientific basis.

The Alkaline Miracle diet is based on the theory that we can enhance our overall health and shed weight by maintaining a balanced pH and eating more alkaline food choices. The Alkaline Miracle diet is very restrictive in terms of the permitted foods; however, it may be beneficial for people suffering from chronic illnesses such as low immunity, fatigue, Candida and parasites who have failed to respond to traditional treatment strategies.

Benefits of the Alkaline Miracle Diet

Dieters who have tried the Alkaline Miracle diet claim that they start to feel a few health benefits even after a couple of weeks. Reducing the consumption of processed foods and eating more fruits and vegetables is the best health advice for everyone, regardless of whether they adhere to this particular diet or not. Antagonists claim that if people are already drinking a lot of water and consuming fresh foods, then the diet would literally be useless. Such antagonists disregard the alkaline/acid balance theory.

According to Dr. Robert Young, the Alkaline Miracle diet can boost athletic performance, build muscle strength and stamina as well as provide more energy. Exercise is advised since it helps the body to naturally get rid of excess wastes and acids, although the Alkaline Miracle diet does not include particular exercise advice.

The Alkaline Miracle diet involves four major steps:

Step 1: The Transition – For 12 weeks, you will slowly switch over to an alkalizing diet.

Step 2: The Cleanse – For one week, follow a green juice fast along with mild natural laxatives and nutritional supplements. Ideally, you will have to make your own juices although if you do not have a juicer, you can utilize a concentrated green powder combined with water.

Step 3: The Strictly Alkaline – For seven weeks, you will consume only alkaline foods along with supplements such as probiotics. You will eat mainly high-water content veggies, particularly green vegetables and as much as possible, the diet must be comprised of raw foods.

Step 4: The Maintenance – During the final phase of the Alkaline Miracle diet, you will consume about 70 to 80 percent alkaline foods while including about 20 percent of other food types such as starchy vegetables, soy, grains and fish.

Chapter 2: The Alkalizing Diet and List of Permitted Foods

The Alkalizing Diet

Dr. Robert Young's Alkaline Miracle diet promises a balanced body chemistry and appropriate acid-alkaline ratio.

1. Stop the myth on “breakfast food” and do not let the first meal of the day slow you down.

A lot of people go for foods that promote increased levels of fungi, yeast and acidity during the first meal of the day. Foods such as orange juice, coffee, honey, maple syrup, oatmeal, muffins, waffles, pancakes, toast, sweet rolls, breakfast cereals and others contain high amounts of simple carbohydrates and sugars that over-acidify the tissues and the blood. When you over-acidify the tissues and blood, you make an environment which promotes the growth of fungi, yeast and bacteria – the greatest cell and tissue decomposers found in the human body.

Typical high-protein breakfast foods such as omelets, bacon, sausage and eggs also compromise the digestive environment and ultimately promote the growth of fungi and yeast. In addition to this, all types of meat, pork in particular, are high in parasitic activity.

Hence, when you decide to balance your eating patterns and improve your health, breakfast and every meal of the day should take on a whole new approach. When you begin your day, your selections for breakfast should also work well for lunch and even dinner. Any food you select to start the day must be good for the body any time of the day. For instance, try having soups for breakfast – lentil and vegetables. The

Japanese, as well as other cultures have long served soup for breakfast, instead of the high-sugar continental European and American breakfasts.

One favorite breakfast for a lot of dieters new to the Alkaline Miracle diet is brown basmati rice or millet served with tomato and avocado slices, flax oil, sunflower sprouts and soaked almonds. Juices (such as Dr. Young's Original Green Formula) and vegetable soups in the morning provide a high fiber, low carbohydrate and sumptuous way to jump-start your day. In this manner, blood sugar levels are not increased, which may lead to an increase in blood insulin and exhaust the pancreas.

2. Include liberal amounts of yellow and dark green vegetables and grasses from different sources.

Dr. Robert Young's Original Green Formula is just one great way of incorporating 49 various greens into your everyday diet. Fresh grasses and vegetables are great sources of alkaline salts that have anti-mycotoxic, anti-fungal and anti-yeast properties. The plant's chlorophyll, the pigment responsible for its green color, is similar to the blood of humans, except for a single atom. Green foods including barley grass and wheat grass are some of the most nutrient-rich, lowest-sugar and lowest-calorie foods in the planet.

Juiced green vegetables are your best bet for cleansing. Grasses and vegetables also contain high loads of fiber. While fruits are the best sources of fiber, the high loads of the sugar fructose promote the growth of fungi and yeasts. Basic rule of thumb: for breakfast, eat vegetables; for lunch, eat vegetables; for dinner, eat vegetables; and drink 3 liters of water daily blended with 3 teaspoons of Dr. Young's Original Green powder.

3. Incorporate some low-carbohydrate grains, legumes and vegetables into your everyday diet.

Complex carbs are highly acid forming and must not go beyond 20 percent of the diet, so consume them moderately. Best choices for low-carbohydrate vegetables include squash, radishes, parsley, garlic, celery, cauliflower, carrots, cabbage, Brussels sprouts, broccoli, beets, asparagus, onions, okra, kale lettuce, spinach, green peppers, green beans and cucumbers. The best choice in the potato family is red new potato and must be eaten sparingly.

- Try consuming fresh legumes as stored beans can tend to develop molds and contain mycotoxins.
- Stay away from stored grains as they are loaded with mycotoxin-producing fungi. Consume only fresh, ideally sprouted organic grains moderately, as they produce acid. Some of the ancient grains such as millet, buckwheat, quinoa, spelt and amaranth are more alkaline grain alternatives.

4. Consume lots of sprouts.

Sprouts are considered as the best foods to eat. Sprouted seeds tend to be more alkaline as they grow and develop. Sprouts are live plant foods that are biogenic, which implies that they transfer their energy to us. Sprouts can be grown easily in the kitchen during any season.

5. Eat more of alkali-forming foods and less of acid-forming foods.

The best choices for alkali forming foods include legumes, sprouted grains, flaxseed, sesame seeds, hazel nuts, brazil nuts, raw almonds, garbanzo beans, tofu or soy beans, squashes, cabbage, watercress, parsley, garlic, okra, onions, yellow/red/green peppers, zucchini, fresh tomatoes, broccoli, eggplant, green beans, asparagus, Brussels sprouts,

cauliflower, celery, cucumbers, limes, lemons, avocados, Swiss chard, kale, spinach and fresh sprouts.

Green juices prepared from all green veggies and their tops are very alkaline. In addition to this, vegetable broths are highly alkalizing to the body. These broths should be free from preservatives and yeasts.

There are foods that are highly acidic and must be avoided. These are fruits, yeast and refined grain products and all animal products such as meat and milk products. These include artificial sweeteners, sugar, Tempe, vinegar, mayonnaise, ketchup, soy sauce, yeast products, cider, soda pop, beer, wine, tea, coffee, corn and all corn products, algae, mushrooms of all types, margarine, butter, ice cream, yogurt, sour cream, buttermilk, milk, cheeses, breads, pasta, potatoes, rice, pepperoni, pastrami, corned beef, hotdogs, oysters, lobsters, shrimp, eggs, turkey, chicken, organ meats, beef, most fishes, veal and pork. Also to be avoided are chocolates, donuts, cakes, pies, gum and candies.

6. Incorporate alkalizing protein-rich foods such as fresh fish with fins and scales, tofu, garbanzo beans, sprouts, spinach and broccoli.

Vegetables have the sub-cellular components as well as the amino acids that make proteins in amounts that are fitting with the body's requirements. In addition to this, vegetables are also abundant in calcium.

Protein from animal sources contains higher amounts than what is needed by the human body. The human body is only 7 percent protein. In comparison to cow's milk, which is abundant in protein, human mother's milk is only comprised of 5 percent protein, which is better suited to the body's protein requirements.

7. Drink a lot of alkaline water.

Preferably, an individual must drink at least 2 - 3 liters of structured water daily. Purified (reverse-osmosis) or distilled water are more neutral and can be made alkaline with the use of PuripHy pH Alkalizing drops.

8. Keep away from brewers or baker's yeast as well as other yeast-containing foods.

You must particularly stay away from baked products such as pastries, cakes, pies, muffins and bread. In the United States, one in every nine females will develop breast cancer sometime during their lifetime. On the other hand, Japanese women have a much lesser rate of breast cancer – and studies associate it with the consumption of baked products with the use of brewer's or baker's yeast. Recent studies have also clearly associated diet with fermented or yeasty breads to kidney and gall stones and arthritis.

9. Stay away from ice cream, milk and particularly cheese.

These foods must not be eaten due to their milk sugar or lactose content as well as the high presence of mycotoxins, molds, fungus and yeast. In every 8 ounces of milk, there are about 12 grams of lactose that can be broken down into sugars that can provide nourishment to fungus and yeast. Due to the high fat and sugar content of dairy products, the fermentation process of yogurt and cheese, and the fact that dairy cows are nourished with fungal-based antibiotics and stored grains, all types of dairy products must be eventually avoided. Some of the better choices are rice milk, almond or soy.

If dairy products are completely avoided, where should an individual turn for their calcium requirements? A lot of people worry that doing the Alkaline Miracle diet would adversely deplete one's calcium intake, which is crucial for a lot of bodily

functions. All green leafy vegetables and grasses are naturally abundant in calcium. We also have to understand that calcium can be taken from the bone in order to balance an over-acid condition which occurs when animal products are consumed. Hence, we notice that people may suffer from a calcium-robbing trouble instead of a calcium deficiency issues. As long as you are consuming an alkalizing diet that is abundant in green drinks and foods, you do not have to worry about obtaining sufficient amounts of calcium.

10. Stay away from chewing or smoking tobacco.

It is widely accepted that chewing or smoking tobacco can lead to cancer, although not everyone actually understands the process. Dr. Robert Young's study clearly discloses the pathway that the fermentation of the tobacco makes with sugar and yeast. Tobacco leaves are coated with mycotoxins, fungus and yeasts that poison the tissues and cells of the body. When using tobacco, you are actually introducing dried wastes and fungus into the body.

11. Keep away from alcoholic drinks.

Wines and all types of vodka, rum, gin, brandy, whiskey and beers are purely mycotoxic. Alcohol is a fungal-produced mycotoxin prepared from yeast, which directly causes harm to human health.

12. Keep away from fungal foods.

Mushrooms of all types, truffles, algae and morels are all acid-forming foods. They all contain mycotoxins that destroy human cells and result to degenerative illnesses. Mushrooms of all types are severely toxic whether consumed in teas or eaten whole. Mushroom should not be considered as a vegetable but rather the fruiting body of fungus or yeast.

List of Permitted Foods

When shopping, always make it a habit to read your labels. Watch for acidic components such as corn/corn syrup, peanuts, vinegar, yeast, mushrooms or citric acid.

<p>Produce</p> <p>Note: When an individual is in optimal health, tiny portions of fresh, seasonal fruit may be incorporated as a snack (apart from meals)</p>	<p>Vegetables:</p> <ul style="list-style-type: none">• new potatoes• beets• carrots• squash• eggplant• leeks• fresh herbs• cauliflower• garlic• onions• alfalfa• green beans• cucumbers• peppers• asparagus• zucchini• broccoli• peppers• spinach• dark lettuces• cabbage• parsley• celery• chard• kale <p>Fruits</p> <ul style="list-style-type: none">• occasional grapefruit• lemons• limes
---	--

	<ul style="list-style-type: none"> • avocados • fresh tomatoes
Health food section	<p>Bulk foods, such as:</p> <ul style="list-style-type: none"> • lentils • garbanzo beans • soy beans • basmati rice • Other legumes • Cold pressed olive oil • Virgin olive oil • Rice soba noodle • Buckwheat • Spelt rotini • Quinoa • Unsalted brown rice cakes • Sesame tahini • Almond butter • Rice milk • Almond milk • Soy milk • Liquid, no yeast vegetable broth • Spelt • Amaranth • Millet • Walnuts • Fresh, seasonal pecans • Brazil nuts • Pumpkin seeds • Hazelnut • Raw almonds • Flax seeds • Sesame • Raw sunflower
Refrigerated Section	<ul style="list-style-type: none"> • Humus • Fresh salsa (prepared with lime/lemon juice and not vinegar) • Flaxseed oil

	<ul style="list-style-type: none"> • Udo's Oil blend • Alvarado Street Sprouted Wheat Tortillas • White Wave Italian Baked Tofu • Non-genetically engineered tofu
Meat/Seafood Section	<ul style="list-style-type: none"> • Fresh, free range turkey (eaten only on rare occasions and may be obtained from most health food stores) • Occasional small servings of fresh fins with scales and fins (salmon, trout, etc)
Freezer Section	<ul style="list-style-type: none"> • Soy Bocca Burgers (vegan variant only) • Earth Seed Breads • Nature's Path Unleavened Manna Bread
Water	<ul style="list-style-type: none"> • Reverse osmosis water; or • Purified water
Spices	<ul style="list-style-type: none"> • Salt (best choices include: Real Salt, sold in a lot of health food stores; Bragg's Amino and Celtic Sea)

Sample pH Miracle Diet Meal Plan

Breakfast	Quinoa with flaxseed oil, tomato, avocado, lemon juice and Bragg's Amino acids
Morning Snack	All-veggie cocktail
Lunch	Rainbow salad with sprouts Creamy broccoli soup
Afternoon Snack	Vegetable nori roll-ups
Dinner	Wild yam soba noodles with spicy pine nuts and kale
Dessert	Mock pumpkin pie

Chapter 3: Transitioning to an Alkaline Diet

Why is it important that you take twelve weeks to transition to an alkaline diet rather than making the change abruptly? A sudden change in your diet can not only cause intestinal upset, but make it more difficult for you to stick with the diet over the long-term. In addition, if you have become accustomed to drinking caffeinated drinks such as soda and coffee, you may experience withdrawal symptoms. Thus, instead of throwing away the acidic foods that you currently have in your kitchen, you should gradually consume them, and then replace them as they are depleted with alkaline foods.

In addition, you should not feel bad if you cheat occasionally. Since your body is used to an acidic diet, it is natural that you would have cravings for these foods. As you move towards a completely alkaline diet, these cravings will abate as you get used to not eating acidic foods.

However, if you cannot move to a completely alkaline diet, you can adopt a diet that is 80% alkaline and 20% acidic since this is enough to help restore you to good health. Or if you are healthy you can have a diet that is 60% alkaline and 40% acidic to maintain wellness. Once you get used to eating a diet that is mostly alkaline, you can slowly remove the remaining acidic foods, but even maintaining these proportions in your daily diet can greatly help your overall health and wellness.

Here are some suggested steps that you can take to make the transition to an alkaline diet smoother:

Breakfast. The typical breakfast choices of bacon, pancakes with syrup, juice, coffee and bread promote an acidic environment since they contain simple carbohydrates and sugars. In addition, they promote the growth of potentially harmful microorganisms such as yeast and fungus. They also are very constipating since they have low water content.

Gradually substitute these foods with alkaline ones. For example, instead of having regular breakfast cereal, have a bowl of buckwheat. Instead of having fruit, eat a salad or a vegetable wrap, or choose low-sugar fruits such as apples. Rather than a cup of coffee, take a glass of wheatgrass juice or lemon water. The benefits of an alkaline breakfast compared to the typical one is that while it may not provide a quick spike in energy, the energy it gives you lasts longer without the sudden drop in blood sugar that can leave you feeling depleted. Once you get used to alkaline breakfasts, you can start the transition to making your lunch and dinner alkaline as well.

Desserts and snacks. This is another area in which you can gradually move to an alkaline diet. Instead of having sugary desserts and snack foods such as cookies, you can have slices of low-sugar fresh fruits or some almonds. Or if you want a simple to prepare and delicious alkaline treat, you can slice up some washed celery and then spread almond butter on it.

You might also want to invest in a dehydrator since it allows you to create a lot of healthy snacks while avoiding some of the pitfalls of fresh vegetables. When you dehydrate a food, you retain the nutritional value and the alkalinity while inhibiting the growth of bacteria since the water content has been greatly reduced. You can dehydrate celery leaves, for instance, to turn them into healthy chip-like snacks.

Meat. Greatly reducing or eliminating meat altogether is not just important in creating an alkaline diet but has many wellness benefits as well. Eating red meat has been shown to increase your risk for developing cardiovascular disease and type-2 diabetes. So this is the type of meat that you should eliminate from your diet first. Then you can gradually remove or reduce chicken and turkey. You can replace them with trout and salmon, which are rich in Omega-3 fats.

In order to ensure that you are getting enough protein, you can eat more tofu, which is a good source of plant-based proteins. Other sources of plant-based proteins are almonds, hazelnuts, sunflower seeds, sesame seeds and pecans.

Dairy. While milk and other dairy foods are generally considered healthy, there is evidence showing that there are risks associated with taking too much of them, apart from the fact that they are highly alkaline. For example, there may be a higher risk for developing fatal prostate cancers as well as an increased risk of ovarian cancer.

Instead of drinking cow's milk, you can transition to rice or soy milk although you should find ones that are not high in sugar. Then you can move on to seed or nut milks since they are good sources of calcium and protein. If you are concerned that you are not getting enough potassium you can eat more bananas or other potassium-rich foods such as baked potatoes.

Yeast and white flour. Given how many everyday foods use yeast as an ingredient, it may seem impossible to eliminate it altogether from your diet. But it is possible, with a little effort. For example, instead of regular white bread, you can eat yeast-free bread that is available from the health food section of your supermarket or health food stores. For snacks, you can have rice crackers. For meals you can have whole wheat tortillas that you can stuff with vegetables.

If you normally eat a lot of pasta in your diet, you can replace them with soba noodles, which are made with buckwheat. If soba noodles are not available, use other noodles that are made with vegetables and don't use eggs as one of the ingredients.

Raw food. This may be the most difficult transition to make since we have become so used to eating cooked food. Of course, you cannot eliminate cooked food altogether but the major proportion of the food that you eat should be raw. One guideline that you can follow is that three-fourths of the food on your plate should be raw food such as a salad with tofu or brown rice on the side. The remainder can be cooked in a healthy way, such as steamed or stir fried vegetables or a cooked soup.

To make it easier for you to transition to raw food, you can add some greens to every meal. You should mix up the type of vegetables you eat at every meal to add variety and ensure that you won't get bored. After all, eating should be delicious and not just a way to nourish yourself. Or if you're the type who doesn't like eating vegetables, you

can turn them into smoothies using a blender to make them easier to take. You can even add some low-sugar fruits such as apples and pears for flavor.

Condiments. We have gotten so used to heavily salted or sweet foods that anything else seems bland to us. But there are healthy alkaline alternatives to condiments such as salt, catsup, mayonnaise and mustard. For example, you can replace them with herbs and spices such as garlic, ginger, onions and lemons. For healthy oils, you can use olive oil, grape seed oil and flaxseed oil. To enjoy the most benefits from them, you should use them as salad dressings rather than in cooking since heat will destroy the oil's nutritional components. One healthy way you can use these oils is to steam your food and then add the oils when you are serving them.

Proper hydration. Most people are chronically dehydrated without being aware of it. If you experience symptoms like dry mouth, a feeling of being thirsty, confusion and headaches. In fact, if you're feeling thirsty, you're probably already dehydrated without knowing it. Another sure sign that you are not drinking enough water is the color of your urine. If it is dark colored then you are dehydrated, since if you are taking enough liquid it should be light yellow or clear.

How much water should you be drinking in a day? Everybody's needs vary based on their particular physiology as well as their level of physical activity, but one guideline is that you should try to drink water equivalent in ounces to around half of your body weight. In addition to water you can also drink healthy beverages such as organic herbal teas and lemon water. Don't try to make up your fluid intake with sodas or other sweetened drinks since these will not count towards your daily water requirement and may deplete your body of nutrients. And if possible you should take alkaline water that has a pH of around 8 to 9.5.

To help jump-start your day you can drink a tall glass of lemon water to help provide you with more energy. You can make lemon water by taking a glass of filtered or spring lukewarm water and then squeezing in the juice from one-fourth of a lemon. Although lemons are acidic, once the lemon water has entered your body, it forms an

alkaline ash. Alternately, you can add a small pinch of Himalayan pink salt or Celtic sea salt to a glass of water to help boost alkalinity.

In addition, to avoid overeating, you can drink a glass of water before and after your meal; as much as possible, try not to drink much water during the meal since it might disrupt the digestion of your food.

Chapter 4: Doing a Green Juice Cleansing Fast

Why is it important to do a green juice fast after transitioning to an alkaline diet? Basically, it helps you to adjust to an alkaline diet faster by cleansing your body of toxins. In addition, cleansing through a fast will also bring other health benefits such as clearer skin and increased energy. And if you are trying to lose weight, a juice fast will help you get off to a good start.

When you are on a juice fast, you will not consume solid food but take juices instead, along with alkaline water. In order to avoid any possible ill-effects, you should consult with your doctor before starting any fast. In general, however, undergoing a fast has no negative effects to your health, although you may feel some weakness in the beginning. But this will pass as your body becomes used to taking in only green juice. Because of this possibility, however, you should try to undertake the fast when you are on vacation since it may affect your daily routine.

To ensure the success of your fast, it is highly recommended that you invest in a juicer. It is a worthwhile investment since you will still be able to use it even after you finish your fast, since you will want to include green juices as part of your regular diet. In addition, it will be useful if you want to undertake shorter-term fasts over two to three days, for example.

Here is the typical schedule for taking juices during your fast:

Upon waking – lemon water

Breakfast – green juice, one to two glasses

Mid-Morning – green juice, one to two glasses

Lunch – green juice, one to two glasses

Tea-time – herbal tea

Supper – green juice, one to two glasses

Before Going to Bed – herbal tea

If you are trying to lose weight, you can add exercise sessions throughout the day. However, since you are not taking in solid food, you should undertake only moderate exercise rather than more intense workouts. For example, you can do some brisk walking or low-impact aerobics. You can do twenty to thirty minutes in the morning and twenty to thirty in the afternoon or evening.

While you are doing your fast, you may experience symptoms such as lightheadedness, dizziness, weakness and occasional headaches. You may also experience loose bowels. These symptoms are natural since your body is cleansing itself of toxins. You should expect them to abate after a few days on the fast once your body has been cleansed. If you need to, feel free to take a nap. Once the symptoms have passed, you may experience a feeling of intensified well-being and be more energized. You may even feel better than you have ever felt before. Some people even report that their vision became clearer.

To ensure the success of your fast, you should drink enough juice to ensure that you are getting enough calories to sustain you. This means that you will have to prepare a lot of juice, which may take some time. You should prepare enough juice in the morning to see you throughout the day, which means the equivalent of around twelve glasses a day or even more depending on your requirements. You may also need to prepare some juice in the late afternoon or evening so that you can have some juice for supper and breakfast the next morning.

Here are some green juice recipes that you can use for your fast. You can alternate two or more of them throughout the day or you can take one for a whole day, then another one for the following day and so on. And feel free to experiment and change the recipes based on your taste.

Basic Green Juice

Ingredients:

- Celery or Romaine lettuce, one head
- Spinach, kale or parsley, five to six leaves
- Pears or apples, one to two pieces

- Lemon, one piece (you can include the peel)

Mean Green Juice

Ingredients:

- Cucumber, one piece
- Kale, one bunch
- Celery stalks, four pieces
- Lemon, half-piece (you can leave the rind on)
- Ginger root, one small knob
- Granny Smith apples, two pieces

Vegetable-Spinach Mix

Ingredients:

- Spinach, one cup
- Cucumber, half-piece
- Celery, two stalks including leaves
- Carrots, three pieces
- Apple, half-piece

Energizing Green Juice

Ingredients:

- Cucumber, half-piece
- Honeydew melon, small piece, one-fourth
- White grapes, seedless, small bunch
- Kiwi fruits, skinned, two pieces
- Spinach, large handful
- Mint, small sprig
- Lemon, one piece

Vegetable-Parsley Mix

Ingredients:

- Parsley, one cup
- Apple, half-piece
- Carrots, two pieces
- Celery stalk, three pieces

Broccoli-Cauliflower-Cabbage Mix

Ingredients:

- Broccoli, one stalk
- Cauliflower, one-quarter head
- Cabbage, one-quarter head
- Kale leaves, two pieces
- Lemon, half-piece (you can leave the rind on)
- Apples, two pieces

Watercress-Spinach Mix

Ingredients:

- Watercress, handful
- Spinach, handful
- Parsley, three sprigs
- Apples, three pieces

Carrot-Spinach Mix

Ingredients:

- Spinach, one handful
- Carrots, six pieces

Note: Remove the green carrot tops before juicing since they can be toxic.

Celery-Pineapple Mix

Ingredients:

- Pineapple, two rounds
- Celery, four stalks

Sweet Kale Juice with Asparagus

Ingredients:

- Kale, three leaves
- Asparagus, four stalks
- Spinach, half-cup
- Oranges, two pieces

Kale Energy Drink

Ingredients:

- Kale, half bunch or seven leaves
- Cucumber, one piece
- Fennel, two stalks with leaves
- Carrots, large, four pieces
- Ginger, one knuckle

Coconut Alkaline Juice

Ingredients:

- Thai coconut, young, one piece
- Carrots, eight pieces
- Celery, two stalks

Procedure:

Juice the carrots and celery, then pour in the juice from the Thai coconut. Then blend well.

Tips for Juicing

- Prepare the ingredients ahead of time. Doing this will make it easier for you to juice, particularly if you need to prepare some quickly for a meal. Simply cut up the ingredients and put them into a sealable bag. Keep them in the refrigerator until you are ready to use them. However, you should not keep them for too long since the vegetables will start to lose nutrients quickly.
- Before you start juicing, start the juicer for a few seconds, and then run it for a few seconds after you finish to ensure that all the juice is out. And rinse it out after using to remove the pulp and other residue.
- Drink the juice as quickly as possible after juicing. At most you should drink your juice within 24 hours after making it, although if necessary you can still take the juice within 48 hours. To ensure that your juice retains its nutrients, store in an airtight sealable jar in the refrigerator.
- Store juice in glass containers rather than plastic. There is a risk that the bottle might explode if you keep it in plastic too long. In addition, the plastic might leach chemicals into the juice.
- Make sure to remove the pits from fruits before you juice them. Not doing so can damage your juicer.
- For taste, you can add some banana to your juice when juicing it. Blend it as if you were making a milk shake since this will not only reduce the bitterness of the greens but also add some softness to the juice.
- To make leaves easier to juice, roll them into a cylinder lengthwise. And place them in a little at a time.
- You don't need to separate the hard stem from the leaves. Your juicer will have no trouble handling them.

Ending a Juice Fast

When you end your fast, make sure that you gradually transition into eating solid food again. Start by eating mainly vegetables and keep the portions small. Then slowly add back other foods in your normal diet.

Chapter 5: Maintaining an Alkaline Diet and Your Alkaline-Acid Balance

Once you finish your transition and your cleanse phases, it can be difficult to maintain a mostly alkaline diet. Admittedly, it takes a lot of work and it can be hard to keep up as a hectic schedule and the stresses of daily life make choosing the more convenient options more tempting. Here are some tips that you can use to make maintaining a mainly alkaline diet easier:

Drink more alkaline water. This is one of the easiest things that you can do to maintain your alkaline-acid balance. Make sure that you drink at least the recommended eight (8 oz) glasses a day of alkaline water, and then gradually build up to two or three liters a day, depending on your level of physical activity. And avoid drinks that can increase the acidity of your body such as caffeinated beverages like coffee and sodas; stick to healthy herbal teas.

Avoid processed foods. In addition to making your body more acidic, these foods are filled with preservatives as well as being high in salt and sugar. Instead, make your own alkaline snacks using some of our recommended recipes in the following section.

Chew your food thoroughly. Since we are so busy we have a tendency to wolf down our food and swallow it down with water or soda. But there are many health benefits that you can bet from chewing your food completely. These include:

- When you chew, you produce more saliva. Since saliva is alkaline, it helps reduce the acidity in your body. And saliva is essential in the digestion process. When you masticate your food, it is not only broken down into smaller pieces to make them easier to digest, they are also coated with enzymes that start the digestive process when you swallow and the food makes its way into your stomach.

- Chewing thoroughly helps your body absorb more nutrients from your food. Your intestines have an easier time to extract nutrients from food that has been thoroughly masticated. In addition, you avoid improperly digested food from entering your bloodstream and causing health problems.
- It helps you lose weight. The more thoroughly you chew, the longer it takes you to eat. This means that you will eat less and make it easier for you to avoid weight gain. In addition, when you eat slowly, there is enough time for your brain to receive the signals that indicate you are full.
- It helps promote good dental health. By masticating your food, you are helping to strengthen your teeth. In addition, chewing thoroughly ensures that less food particles are left in your mouth that can result in calories.

How do you chew your food more thoroughly? Here are some tips that can help:

- Cut your food into smaller pieces before you put it into your mouth.
- Chew it slowly until the food has lost its texture and become liquefied.
- Swallow completely and then take another bite.
- Avoid using water or other liquid to swallow your food.

Always have vegetables ready to eat in your refrigerator. In order to avoid giving in and eating acidic food, make sure that you always have some cut vegetables available. You can keep them in a zip-loc bag and then take them out and eat some when you have the munchies. Or as a convenience, you can buy pre-cut vegetables from the supermarket and take them to work or to the gym. And to add taste, you can also buy some hummus to serve as a dip.

As an alternative to vegetables, you can soak some alkaline nuts such as almonds, walnuts and hazelnuts. Rinse the nuts in cold water, and then fill a container with alkaline water that is enough to immerse the nuts. Keep the container in the refrigerator overnight.

The next morning, take the nuts out of the container and dry them with a paper towel. Keep them in an airtight container; they're good for as long as a week.

Learn to breathe more deeply to oxygenize your body. When you breathe deeply, you can reduce the acidity of your body, since oxygen helps remove acid from your system. In addition, deep breathing can help you lose weight more easily.

Here are some deep breathing exercises that you should practice doing. Keep in mind that it may be difficult to change your normal breathing pattern, particularly if you have gotten accustomed to being a shallow breather. The best thing to do is set aside at least fifteen minutes a day in the morning or evening to practice the exercises. Remember that it is regularity that is more important so don't try to do them for too long or try to master them at once; instead, focus on doing them on a consistent basis.

Basic Breathing Exercise (Sitting Position)

Start by sitting upright in a comfortable chair. Slowly release all the breath from your body. Once you have completely exhaled, relax the muscles in your abdomen and then inhale. Keep inhaling until you feel you can no longer take in any air. Hold for a ten-count and then slowly exhale. Repeat this exercise continuously for five minutes, making sure that you keep your abdominal muscles relaxed.

Basic Breathing Exercise (Lying Position)

Start by lying down on the floor or other firm surface. Make sure you are relaxed with your arms at your sides. Start by breathing deeply and slowly through your nostrils. To gauge how deeply you are breathing, place a hand on your abdomen; you should feel it moving up and down as you are inhaling and exhaling. Do this exercise continuously for around ten minutes.

Breathing Exercise for Relaxing at Work

Here is a quick exercise that you can do while at your desk that will help you release tension. Start by moving your chair away from your desk so that you have room to move. Inhale deeply and relax, allowing your chin to touch your chest as closely as possible. Exhale and slowly move your head upward. Repeat this exercise as often as required. In between or afterwards, you can also do some head rolls to relax your neck. Simply relax your neck muscles and allow your head to fall forward. Then roll it clockwise, and then counterclockwise. Repeat several times until you feel your neck muscles relax and release tension.

The next step of the exercise is some simple stretching to release the tension in your back and shoulders. Start by taking a deep breath and then raise your arms over your head. Hold your breath for a few counts while stretching upwards as far as you can. Then relax and let your arms down slowly. Repeat the same process, but with your arms stretched out in front of you. Repeat the exercise several times until you feel relaxed and have let the tension out of your body.

Breathing Exercise for Getting a Good Night's Sleep

If you are having trouble sleeping because of tension and stress, this exercise can help you relax.

Start by lying down in bed and turning down the lights. Then close your eyes and breathe deeply three times. As you inhale, imagine you are taking in pure air, and then as you exhale, think of dirty air leaving your body.

Next, focus your attention on your toes. Mentally visualize them. As you continue to breathe deeply imagine that pure air is going into your body and then relaxing. After you feel your toes relaxing, move up to your feet, and then your ankles, and then your knees, and then your thighs. Move up your body slowly until you are completely relaxed and ready to go to sleep.

If you feel your attention wandering, don't worry. Gently move it back to your toes and start again. Alternately, you can with the part of the body you were focusing on before your attention wandered.

Chapter 6: Alkaline Miracle Diet Cooking Tips

Adopting the Alkaline Miracle diet strategy would imply modifying your approach to cooking and eating. A lot of people can make the transition very easy, although there are some who find it hard to transition to fresh vegetables and vegetarian sources of protein.

There is an endless supply of alkalizing recipes online. A few alkalizing recipes are also available on this book. You will never run out of meal ideas if you can only take time to search for new recipe ideas every week. While the methods and meals may seem to be very uncommon at first, they will eventually become second nature with practice.

A lot of individuals who start out on the Alkaline miracle diet method of eating do not really know where to start. Their diets used to be composed mainly of meats, packaged foods and other acid forming alternatives. While it is alright to consume these foods on occasions, the vast majority of meal selections and recipes are now a thing of yesterday.

While it may seem to be overwhelming at the start, you only have to search for 10 types of recipes that you love and can make very well. That's really all that individuals and families use. If you alternate 2 or 3 lunch recipes, you will most likely feel burned out on the program very fast. Try a couple of new recipe ideas every week and from there, start building your "portfolio" of alkalizing meals until you have about 10 types of different meals that you and your family love to eat.

Search for a list of alkalizing foods and determine which among the food items you and your family will enjoy. Then start looking for more recipes that include those textures and tastes. This will be a lot easier and satisfying for your family if you begin with foods that they already like, then abruptly introducing dandelion root, kale, tofu and other unfamiliar food choices.

An alkalizing broth is one of the first recipes that you must try. There are a lot of variations that you can try but primarily, the broth is made from distilled water and alkalizing vegetables. The broth contains a lot of essential minerals that can help to bring back the pH balance to your body. It also helps to promote internal cleansing of all the organs and tissues of the body. The alkalizing soup may be utilized as a basis for more complex soups or it can be served as a first course prior to any meal during the day.

A lot of Alkaline Miracle diet followers rely on juices to help rid their bodies of excess acidity. There are a lot of popular juice recipes that could spice up your new approach to eating healthier. These juices may be taken as a quick breakfast or as a snack substitute through the entire day. You really do not need to have a fancy juicer as most of these juice recipes can be made in a blender.

If you have kids at home, you may be concerned on finding recipes that they will love. There are a lot of kid's vegetarian cookbooks that you may try in line with the principles of the Alkaline Miracle diet. A lot of delicious fruits such as strawberries, raspberries and apples are on the alkaline list. Sweet potatoes, that are loved by a lot of kids are highly alkalizing and are best choices especially during the winter season. During the summer time, fresh vegetables such as celery are great snacks and can be dipped into homemade dip made from lemon juice and mayonnaise or hummus.

Preparing alkalizing meals will eventually become a second nature to you and your family with just a little practice and research.

Chapter 7: Sample Alkaline Miracle Diet Recipes

Breakfast

Vegan Pancakes

Ingredients:

- Organic light spelt flour, one cup
- Baking powder, aluminum-free, two tablespoons
- Fine Himalayan salt, 1/8-teaspoon
- Almond milk, one cup
- Cold-pressed sunflower oil, two tablespoons
- Alcohol-free vanilla, 1 ½-teaspoon
- Coconut oil
- Maple syrup, one tablespoon or alcohol-free stevia, three to four drops

Procedure:

- Place all wet ingredients in one bowl and all dry ingredients in another.
- Stir both bowls and then combine until thoroughly mixed.
- Put aside for around five minutes or until batter rises.
- Place ¼-teaspoon of coconut oil in a pan on low heat. Cook the pancakes for around three to four minutes each or until the underside is brown and bubbles start to appear on surface. Flip and then remove from pan.
- Serve with maple syrup or stevia.

If desired, the pancakes can be dried on a wire rack and then frozen or chilled to be eaten later. When ready to eat, you can simply heat them in a toaster oven. You can also add some frozen berries to the batter before cooking or add them to the pancake before you flip.

Scrambled Tofu

Ingredients:

- Regular firm tofu, one 285 gram piece
- Coconut oil, one tablespoon
- Tomatoes, two pieces
- Brown or red onion, half-piece
- Red pepper, half-piece small
- Turmeric
- Black pepper, freshly-ground
- Sea salt or Himalayan salt
- Basil leaves, torn

Procedure:

- In a bowl, crumble the tofu into small pieces.
- Slice the onion and pepper and fry in a pan using the coconut oil.
- Dice the tomatoes and throw in with the tofu. Add a pinch of turmeric and grind in the salt and pepper.
- Place the mixture in the pan and cook for a few minutes until the tofu is warm. Just before removing from heat, toss in some basil leaves. Serve.

Quick-Cook Quinoa Porridge

Ingredients:

- Organic quinoa, 60 grams
- Coconut/soy/almond milk
- Raw cocoa nibs, 10 grams
- Optional: frozen fruit or chopped banana

Procedure:

- If the quinoa is not pre-washed, wash it first. Boil the quinoa for some fifteen minutes.
- Add the milk and the cocoa nibs
- If desired, serve with chopped banana or frozen fruit

Warm Quinoa and Apple

Ingredients:

- Quinoa, half-cup
- Apple, one piece
- Lemon, half-piece
- Cinnamon
- Optional: Raisins

Procedure:

- Prepare the quinoa based on the directions on the packet.
- While the quinoa is simmering, grate the apple and add. If you would like to add raisins, put them in before you grate in the apple.
- Grate the lemon's zest and add. Squeeze in some lemon juice to taste.
- Serve with cinnamon.

Flaxmeal-Yoghurt Breakfast Bowl

Ingredients:

- Organic Flaxmeal, two to three tablespoons
- Frozen strawberries/blueberries/blackberries
- Organic Soy Yoghurt
- Optional: Almonds or other alkaline nuts/ Banana

Procedure:

Place the ingredients in a bowl and mix thoroughly. If desired, add chopped bananas and nuts.

Almond Milk

You can drink this on its own or use it as an ingredient with other recipes such as the soy pudding.

Ingredients:

- Fresh raw almonds, four cups
- Alkaline or fresh water
- Nylon stocking for straining

Procedure:

- Put fresh almonds in bowl and add enough water to immerse. Set aside and allow to soak overnight.
- Drain the almonds and place around two cups in a blender. Add fresh or alkaline water in the proportion: one-third almonds, two-thirds water.
- Blend the mixture on maximum setting until it becomes creamy.
- Repeat with the remaining almonds.
- Strain the almond milk through the strainer into a bowl.

Soy Pudding

Ingredients:

- Fresh almond milk, one cup
- Avocados, two pieces
- Juice from one lime
- Stevia, one package
- Ice cubes, six to eight pieces

Procedure:

Remove the flesh of the avocado and place with the other ingredients in a blender. Mix until it has achieved the consistency of a pudding.

Lunch and Dinner

Buckwheat Broccoli Pasta

Ingredients:

- Buckwheat pasta, 500 grams
- Extra-virgin olive oil, cold-pressed, four tablespoons
- Garlic, two cloves, diced into small pieces
- White onion, one piece middle-sized, sliced into half-rings
- Red bell pepper, one piece cut into strips
- Broccoli head, one big piece, separated into florets
- Tomatoes, three pieces middle-sized, diced
- Carrots, three pieces, peeled and sliced
- Fresh lemon juice, one tablespoon
- Oregano, one teaspoon
- Vegetable broth, yeast-free, one teaspoon
- Sea salt and fresh ground pepper

Procedure:

- Prepare vegetables and put aside.
- Cook buckwheat pasta in salt water following the package directions.
- Cook broccoli in a separate pan.
- Heat two tablespoons olive oil in a pan under medium heat. Sauté garlic and onions until translucent. Remove from pan and set aside.
- Put remaining olive oil in pan and heat. Cook vegetables until tender or firm when bitten, putting them in the pan in this order: carrots, bell peppers, tomatoes.
- Remove pan from heat and add onions and garlic, then the broccoli. Season with the sea salt and pepper, lemon juice,

- oregano and vegetable broth.
- Stir well and use to top of the buckwheat pasta. If desired you can add basil.

Stir-Fried Vegetables with Tofu

Ingredients:

- Firm tofu, one pound
- Zucchinis, three pieces medium-sized
- Tomatoes, three pieces
- Red bell pepper, one piece
- Green bell pepper, one piece
- Green beans, half-pound
- Fresh coconut milk, one cup to one and one-half cups
- Extra-virgin coconut oil, cold-pressed, two tablespoons
- Curry powder, half-tablespoon
- Ginger, one-fourth tablespoon
- Sea salt and fresh-ground pepper

Procedure:

- Dice tofu. Chop tomatoes, bell peppers, zucchini and beans into bite-sized pieces.
- Heat olive oil in pan. Stir-fry tofu. Add the vegetables (except the tomatoes) and beans and stir-fry for another few minutes.
- Add tomatoes and coconut milk, stir well and cook for another couple of minutes.
- Season with sea salt and pepper. Add your favorite herbs if desired.
- Serve with wild rice or soba noodles.

Stir-Fry Chili Lime Vegetable Mix

Ingredients:

- Pak Choi, one bunch (or you can substitute the Asian green of your choice)
- Tuscan kale, half-bunch
- Spring onions, three to four pieces
- Sugar Snap peas
- Beansprouts, half packet
- Broccoli, eight florets
- Cabbage, half-head
- Zucchini, one piece
- Lime, one piece juiced
- Hot chili, two pieces finely chopped
- Coriander, half-bunch
- Vegetable stock, 100 ml
- Wild or brown Basmati rice (you can substitute Quinoa if desired)
- Coconut oil, one teaspoon

Procedure:

- Pulp the coriander and the chili with a mortar and pestle, adding the lime juice during the process. Set aside.
- Prepare the rice or quinoa.
- Chop the vegetables and stir fry in a pan with the coconut oil. Gradually add the vegetable stock until the vegetables are completely cooked.
- Place over the rice or quinoa and top with the coriander mixture. Serve.

Tofu Chili Burger

Ingredients:

- Firm tofu, 500 g
- Green bell pepper, 100 g
- Onions, 100 g
- Organic chili sauce, six teaspoons
- Organic salt or sea salt, half-teaspoon

- Olive oil, extra-virgin, two teaspoons
- Fresh ground pepper

Procedure:

- Chop tofu, onions and bell pepper into small pieces
- Stir-fry onions and bell pepper in olive oil for around five minutes
- Add the tofu and stir-fry for another fifteen minutes
- Add salt, pepper and chili sauce and mix well. If the mixture is still too dry, add some water.
- Mold into patties and eat as a sandwich with alkaline bread or serve as a side dish.

Sweet and Spicy Thai Rolls

Ingredients:

Filling:

- Raw almonds, $\frac{3}{4}$ -cup
- Lime juice, $\frac{1}{4}$ -cup
- Agave juice, two tablespoons
- Fresh grated ginger, one tablespoon
- Nama Shoyu, two tablespoons
- Sesame oil, $\frac{1}{2}$ -tablespoon
- Chili flakes, one teaspoon
- Garlic, one clove
- Celtic salt, $\frac{1}{2}$ -teaspoon
- Carrot, $\frac{1}{2}$ -cup shredded
- Red cabbage, $\frac{1}{2}$ -cup shredded
- Banana, one piece, cut into 1-inch pieces
- Cilantro, two tablespoons, chopped
- Basil, two tablespoons, chopped

Sauce:

- Tamarind, ½-cup, shredded and soaked
- Nama Shoyu, ½-cup
- Agave juice, one tablespoon
- Sesame oil, ½-tablespoon
- Flax seed, ½-tablespoon

Lettuce leaves, large, eight to twelve pieces

Procedure:

- To make the sauce, mix all the ingredients together in a blender until it achieves a smooth texture
- To make the filling, add the ingredients from the almonds to the Celtic salt in a food processor. Process until the mixture achieves a smooth texture.
- Add the remaining ingredients and pulse until the ingredients have been mixed thoroughly. The mixture should be chunky in texture.
- Place some of the filling on a lettuce leaf and roll. Eat with the sauce.

Sprouted Grain Wraps

Ingredients:

Filling:

- Parsnip, one piece, diced into half-inch pieces
- Beets, two pieces medium-sized, diced into small pieces
- Sweet potato, one piece, large size, diced into small pieces
- Yellow beet, one piece, diced into small pieces
- Olive oil, three to four tablespoons
- Sea salt, one teaspoon
- Mixed greens
- Fresh pea shoots

Chipotle Dip:

- Raw almonds, one cup, soaked for thirty to sixty minutes if possible
- Chipotle pepper spice, ¼-tablespoon to ½-tablespoon
- Smoked paprika, 1 ¼-teaspoon
- Garlic, one clove crushed
- Lemon juice, fresh squeezed, three tablespoons
- Filtered water, half-cup
- Olive oil, two tablespoons
- Celtic sea salt, ½-teaspoon

Sprouted grain tortilla wraps, four to six pieces

Procedure:

- Preheat oven to 350-degrees.
- Toss all vegetables except for the red beets in a bowl, along with the sea salt and olive oil.
- Spoon vegetable mixture onto a baking sheet lined with parchment, then sprinkle red beets on top.
- Bake for around twenty to twenty-five minutes. Remove and let cool to room or lukewarm temperature.
- Spoon mixed greens onto a piece of tortilla wrap. Place baked vegetables on the top. Top with chipotle dip and then pea shoots. Roll up the wrap and serve with remaining dip.

To make Chipotle dip:

Combine all the ingredients in a blender and mix until it achieves a smooth consistency. If necessary, add one to two tablespoons of water. You can also use this as a salad dressing if you thin it out by adding more water or some almond milk.

Spanish Bean Salad

Ingredients:

- Pinto beans, one can (15 oz), drain and rinse
- Chick peas, one can (15 oz), drain and rinse
- Cannellini beans, one can (15 oz), drain and rinse
- Red bell pepper, one piece, chopped
- Carrots, two pieces, peeled and chopped
- Celery, two stalks, chopped
- Olive oil, half-cup
- Fresh lime juice, two tablespoons
- Lemon juice, two tablespoons
- Agave syrup, two tablespoons
- Sea or Celtic salt, half-tablespoon
- Minced garlic, one to two cloves
- Fresh cilantro, ¼-cup chopped
- Ground cumin, half-tablespoon
- Ground black pepper, one teaspoon
- Chili powder, one teaspoon
- Cayenne pepper for seasoning

Procedure:

- In a large bowl, combine beans, green onions and chopped vegetables.
- Whisk remaining ingredients together to make dressing.
- Pour dressing over bean-veggie mix and toss gently to mix without mashing beans.
- Serve over a bed of fresh greens. If desired season with cayenne pepper

Raw Vegetable Soup

Ingredients:

- Carrots, two cups, roughly chopped
- Fresh or frozen (defrosted) peas, half-cup
- Chopped shallot, one tablespoon
- Ginger, half-inch piece
- Lime juice, one-eighth cup

- Filtered water, two cups
- Avocado, one small or half of large avocado
- Celtic sea salt, half-teaspoon
- Cilantro, chopped
- Hazelnut oil

Procedure:

- Place all ingredients in blender and process at low setting. Gradually increase to high and run for around three to four minutes. Pour into warmed bowls and serve.
- Alternately, you can use a food processor. Process until the mixture is smooth. If desired, strain before serving. Serve warm.

Snacks:

Banana Cookie Bar

Ingredients:

- Raw oats, two cups
- Raisins, two cups
- Pecans, one cup
- Flax seeds, cut ground, half-cup
- Bananas, very ripe, two pieces
- Agave nectar, three tablespoons
- Cinnamon

Procedure:

- Blend the mixture in a food processor. Dehydrate until it reaches the desired texture.
- Form into bars or other desired shape. Serve.

Avocado Shake

Ingredients:

- Cucumber, one piece
- Tomatoes, two pieces
- Avocado, one piece
- Spinach leaves, handful
- Lime, one piece
- Red pepper, half-piece
- Vegetable stock, half-teaspoon

Procedure:

- Chop the cucumber, tomato, avocado and red peppers.
- Melt the vegetable stock in 50 ml of warm water.
- Place the avocado and vegetable stock in a blender and mix until it reaches the consistency of a paste.
- Add the cucumber, tomato and pepper. Blend until the mixture becomes more liquid.
- Add the spinach and lime. Blend until thoroughly mixed.
- Serve cold in a tall glass.

Jalapenos Fingers

Ingredients:

- Pine nuts, one cup
- Avocado, one piece large size
- Lemon juice, one tablespoon
- Apple cider vinegar, two tablespoons
- Celtic sea salt, one tablespoon
- Pitted dates, six pieces medium size
- Garlic, half-clove
- Jalapeno peppers, sixteen pieces

Procedure:

- Mix the pine nuts, dates and garlic in a food processor to a smooth consistency. Add the avocado flesh, lemon juice and sea salt. Blend lightly.
- Slice off the tops of the jalapenos. Remove the seeds.
- Fill the jalapenos with the mixture. Place in a baking pan and dehydrate at 105-degrees F until they become soft (around five hours).
- Serve.

Pumpkin Pie

Filling:

- Organic canned pumpkin, one cup
- Medjol dates, soft pitted, three pieces
- Honey, two tablespoons
- Coconut oil, two tablespoons
- Pumpkin spice, $\frac{1}{4}$ -tablespoon
- Sea salt, $\frac{1}{4}$ -teaspoon

Crust:

- Almonds, finely ground, half-cup
- Medjol dates, pitted, half-cup (soak in water for an hour)
- Coconut oil, one tablespoon
- Honey, one tablespoon
- Sea salt, half-teaspoon

Pecans

Procedure:

- Prepare the crust by blending together all the ingredients in a food processor. Press the mixture onto a four-inch pie plate. Refrigerate.
- Prepare the filling by blending in the food processor until it reaches a smooth consistency. Pour into the crust. Refrigerate

- for around an hour.
- Top with pecans and some honey.

Red Potato Salad

Ingredients:

- Red (new) potatoes, 600 g
- Broccoli, two cups
- Cauliflower, one cup
- English cucumber, half-piece, small
- Red or green pepper, one piece, small
- Red onion, one piece
- Dill, two tablespoon
- The juice from one lemon
- Olive oil, cold-pressed, three tablespoons
- Vegenaïse, one tablespoon
- Sea salt

Procedure:

- Steam potatoes until they become slightly soft.
- Steam cucumber and broccoli for around two minutes. Don't overcook until they become soft; they should still be crunchy.
- Slice potatoes with the skin in a big bowl. Add the vegetables.
- Put the vegenaïse, olive oil and lemon juice in another bowl and mix until it achieves a soft consistency.
- Toss the potato-vegetable mix with the dressing until thoroughly mixed. Set aside for a couple of hours to allow the dressing to be absorbed by the potatoes and vegetables.

Mashed Sweet Potatoes

Ingredients:

- Sweet potatoes, six large pieces
- Fresh coconut milk, one to one-and-one-half cups

- Extra virgin olive oil, cold-pressed, one tablespoon
- Sea salt, one tablespoon
- Fresh-ground pepper
- Curry powder, half-tablespoon

Procedure:

- Wash the sweet potatoes then chop them into pieces. Boil for around twenty-minutes to soften.
- Mash to desired consistency. Add the remaining ingredients plus the curry powder and season with sea salt and pepper.

Pumpkin Fries

Ingredients:

- Pumpkin, one piece
- Extra-virgin coconut oil, cold-pressed, one-fourth cup
- Organic salt or sea salt, one teaspoon
- Cayenne pepper, half-teaspoon
- Curry powder
- Cumin powder

Procedure:

- Preheat the oven to 350-degrees F.
- Cut pumpkin into sections, scooping out seeds and strings. Wash each section then peel. Cut the pulp into strips.
- Place the pumpkin on a baking tray. Spray with olive oil or pour it carefully on the pumpkin strips. Season with the salt, pepper, curry and cumin powder.
- Bake for thirty to forty minutes, tossing the fries occasionally.
- Serve immediately with your choice of alkaline dip.

Almond-Red Pepper Dip

Ingredients:

- Red bell pepper, 10 oz
- Almonds, 2 oz
- Garlic, two to three cloves
- Extra-virgin olive oil, cold-pressed, one tablespoon
- Sea salt
- Cayenne pepper

Procedure:

- Cook garlic and red pepper in olive oil until tender.
- Put the pepper and garlic in a blender and add the almonds. Mix until the mixture becomes creamy and smooth.
- Season with pepper and salt.

Chapter 8: Six Frequently Asked Questions on the Alkaline Miracle Diet

Question No. 1: Can the Alkaline Miracle diet help individuals suffering from severe treatment-resistant GERD?

Answer: Of course. Firstly, it is important to note that the primary organ which is responsible in alkalizing the food and liquid ingested is the stomach, and not the digested food or the liquid ingested. When we eat food or drink liquid, the salivary glands in our mouth start producing sodium bicarbonate to increase the pH of the liquid or the food while we are chewing. The teeth are responsible in breaking down the food particles. It is very essential to liquefy the food and mix the liquid and food in the mouth with the sodium carbonate being produced by the salivary glands.

When the mouth commences the alkalizing process of the food while you chew, this signals the stomach to secrete sodium bicarbonate in order to further raise the food's pH to an ideal level of 8.4. Gastro Esophageal Reflux Disease or GERD is brought about by the overproduction of sodium bicarbonate because of a constant ingestion of severely acidic foods and liquids. As you boost the body's alkalinity with an alkaline lifestyle and diet, you eventually lessen the body's requirement for more sodium bicarbonate. The stomach can now take a rest on its production of sodium bicarbonate.

When this takes place, there would be low production of hydrochloric acid in the stomach as a by-product of sodium bicarbonate. When the stomach produces lesser hydrochloric acid due to the body's lesser need for the sodium bicarbonate, then the signs of GERD are reversed. Excess acid of the stomach, which also leads to nausea and vomiting, is always an indication of the body's requirement for more sodium bicarbonate or alkalinity.

Question No. 2: What is the best way to determine the pH balance?

Answer: The best way to determine pH balance is through obtaining the urine pH, which is a measure of fluids that surround the cells. Urine pH should not be considered as a measurement of blood pH but of tissue pH, and that urine is not a product of blood but of the tissue. The ideal pH of tissues is over 7.2. Tissue acidosis is indicated by a urine pH lower than 7.2, which can lead to ulceration, indurations, inflammation, irritation and ultimately degeneration of the acid from the tissue which is not flushed out of the body through the skin pores, urination or bowels.

To test your pH levels, you will need to buy a testing kit that includes testing strips. All you have to do is dip one end of the strip into your urine. Once the strip changes color, compare it to the provided color chart. The best time to test your urine is first thing in the morning when you wake up. Take a small sample of the urine in a cup for testing. However, your urine tends to be more acidic during this time, and you would probably get a reading of around 6.5. You can also test your urine periodically throughout the day to check your pH balance and confirm that your diet is on the right track.

Question No. 3: How can alkaline water be prepared?

Answer: The easiest method to prepare functional structured water or alkaline water is to take distilled or purified water and place 5 drops per liter of sodium chlorite and/or potassium hydroxide at 5 percent dilution. You can also make alkaline water using either baking soda or lemons. If you are using baking soda, add around 600 mg or some 1/8-teaspoon to an eight-oz glass of water, then stir or mix vigorously to ensure the baking soda is completely dissolved. However, if you are on a low-salt diet you should not use baking soda since it is high in sodium. If you are using lemons, take one pitcher (64 oz) of filtered water (tap water is okay if filtered water is not available) add a lemon that has been cut up into pieces; don't squeeze the lemon but simply put it in the water. Cover and let sit overnight for at least eight hours.

Alternately, alkaline water can also be made by using a water ionizer, a machine sold through online stores. The best water ionizer machines utilize 99.9 percent titanium plates that release electrical

charges, creating 2 kinds of water – an acidic water and an alkaline water. Once you have separated the two types of water, keep the acidic water as an anti-bacterial wash, since acid kills many kinds of bacteria.

You can also use an ionizing filter that you simply pour water through and let sit for five minutes. You can also use a regular water distiller in conjunction with pH drops. Simply distill the water and then add pH drops afterwards.

Question No. 4: Can acne be reduced with the Alkaline Miracle diet? Are there particular types of foods or practices that can be recommended to those suffering from acne?

Fact: When you alkalize, you also hyper-perfuse the tissues with alkalinity which buffers metabolic and dietary acids that cause all skin issues such as acne. The skin is the largest elimination organ and is considered as the third kidney. When you alkalize the blood, the tissues are also alkalized from excess acidity which causes acne. To prevent acne, the best way is to hyper-perfuse the tissue with alkaline water with a pH of 9.5 or higher. To alkalize the tissue, one must drink at least a liter per 30 pounds of body weight.

Question No. 5: Is using a chlorophyll product or supplement recommended for people with anemia?

Answer: Chlorophyll's molecular structure is very similar to the blood's main molecule called hemoglobin, except for its center atom. Recent studies have indicated that the intake of 250ml of chlorophyll for 2 weeks has raised the red blood cell count, hematocrit count and hemoglobin count by 25 percent. Pure chlorophyll from nettle or alfalfa without stevia or glycerin is recommended for people with anemia.

Question No. 6: Is the use of sodium bicarbonate to alkalize the body acceptable?

Answer: Sodium bicarbonate is by far the best alkalizing compound which is naturally produced by the stomach in order to maintain the alkaline design of the organs, tissues and blood. The fastest way to restore alkalinity in the organs, tissues, blood and alimentary canal is

by using elemental sodium bicarbonate without aluminum. It is recommended to take 3 grams of sodium bicarbonate combined in alkaline water with a pH of 9.5 first thing in the morning and before bedtime.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to have comprehensive information on Dr. Robert Young's latest diet program: The Alkaline Miracle Diet.

The next step is to follow the tips and suggestions in preparing your meals while doing the Alkaline Miracle diet and say hello to a healthier you.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. We do our best to reach out to readers and provide the best value we can. Your positive review will help us achieve that. It'd be greatly appreciated!

Thank you and good luck!



No...I insist...Thank You!

[Click here to leave a review on amazon.com](#)

As promised for downloading this book, I would like to give you this bonus gift free of charge!



[Click The Essential Link To Get Your Free Essential Oil Products Today!](#)

Thanks again for downloading this book and follow through to my book preview on the next page!

Preview Of ‘Coconut Oil For Easy Weight Loss: A Step-By-Step Guide For Using Virgin Coconut Oil For Quick And Easy Weight Loss’.

Chapter 1: What is Virgin Coconut Oil?

Conventional thought used to consider different fats such as coconut oil to be just as unhealthy as animal fat and that consuming it would eventually lead to heart disease. However, we have since discovered that this is not true at all, and that coconut oil is actually very healthy for our cardiac system. It is quite unique, right? So what sets it apart from other oils? From food products such as butter and lard, which are also used for cooking but carries with it major health risks.

So what’s in a coconut?

Coconuts, despite their humble appearance are actually excellent sources of nutrition. It can also be considered as a complete food with its healthy meal, oil and juice. Did you know that there are people who survive on nothing but the coconut? That’s how great this often overlooked fruit is. Arguably, it’s the oil that is the most nutritious and beneficial part of the fruit. With over 90% saturated fat content along with antifungal, antimicrobial and antibacterial properties, it’s no wonder people use it from the inside to the outside.

How does Virgin Coconut Oil differ from other types of coconut oils?

What you must first know is that most commercial grade coconut oils are actually derived from copra or dried coconut meat. This can be made through various means such as sun drying, kiln drying as well as smoke drying. If dried coconut meat is used for the base material, the unrefined oil from it would not be fit for human consumption, at least not after it has been purified—or refined. This is because dried coconut meat can be very unsanitary considering the process

through which it is made. The standard product derived from copra is called RBD coconut oil. RBD stands for refined, bleached and deodorized. There are chemicals used to make it.

On the other hand, virgin coconut oil is derived from fresh coconut meat; hence, it retains the scent and taste of the actual coconut. In fact, this is one of the ways through which you'd be able to differentiate it from an RBD. Because of the fact that it hasn't been processed and was derived through a sanitary manner, virgin coconut oil is considered to be much healthier and safer when it comes to human consumption. It must also be noted that it also retains far more of the good, healthy stuff that has made coconut oil a popular functional food by the medical community as well as health-conscious people all over the world.

More recently, however, it's being recognized for its effectiveness when it comes to hastening weight loss in people as well as lowering risks of heart disease development.....

[Click here to check out the rest of Coconut Oil for Easy Weight Loss on Amazon.](#)

Or go to <http://amzn.to/1i5f45p>

Check Out My Other Books

Below you'll find some of my other popular books that are popular on Amazon and Kindle as well. Simply click on the links below to check them out. Alternatively, you can visit my author page on Amazon to see other work done by me.

[Click here to check out Coconut Oil for Easy Weight Loss on Amazon.](#)

Or go to <http://amzn.to/1i5f45p>

[Click here to check out Essential Oils & Aromatherapy on Amazon.](#)

Or go to <http://amzn.to/1ouuZTx>

[Click here to check out Superfoods that Kickstart Your Weight Loss on Amazon.](#)

Or go to <http://amzn.to/1eyHdku>

[Click here to check out The Best Secrets Of Natural Remedies on Amazon.](#)

Or go to <http://amzn.to/1gmHd7y>

[Click here to check out The Hypothyroidism Handbook on Amazon.](#)

Or go to <http://amzn.to/1emWfyR>

[Click here to check out The Hyperthyroidism Handbook on Amazon.](#)

Or go to <http://amzn.to/1kqLQCp>

[Click here to check out Essential Oils & Weight Loss For Beginners on Amazon.](#)

Or go to <http://amzn.to/Q83bFp>

[Click here to check out Top Essential Oil Recipes on Amazon.](#)

Or go to <http://amzn.to/1ISrhSC>

[Click here to check out Soap Making For Beginners on Amazon.](#)

Or go to <http://amzn.to/1fkmYwr>

[Click here to check out Body Butters For Beginners on Amazon.](#)

Or go to <http://amzn.to/1fWjwJe>

[Click here to check out Homemade Body Scrubs & Masks For Beginners on Amazon.](#)

Or go to <http://amzn.to/1jjLRIO>

[Click here to check out Carrier Oils For Beginners on Amazon.](#)

Or go to <http://amzn.to/1sbqUQP>

[Click here to check out Natural Homemade Cleaning Recipes For Beginners on Amazon.](#)

Or go to <http://amzn.to/1izDB2m>

[Click here to check out Essential Oils Box Set #1 \(Weight Loss + Essential Oil Recipes on Amazon.](#)

Or go to <http://amzn.to/1qIYWWP>

[Click here to check out Essential Oils Box Set #2 \(Weight Loss + Essential Oil & Aromatherapy on Amazon.](#)

Or go to <http://amzn.to/1qIYWWP>

[Click here to check out Essential Oils Box Set #3 Coconut Oil + Apple Cider Vinegar on Amazon.](#)

Or go to <http://amzn.to/1oIFZJw>

[Click here to check out Essential Oils Box Set #4 Body Butters & Top Essential Oil Recipes on Amazon.](#)

Or go to <http://amzn.to/1jSxURJ>

[Click here to check out Essential Oils Box Set #5 Soap Making & Homemade Body Scrubs on Amazon.](#)

Or go to <http://amzn.to/RAvJYo>

[Click here to check out Essential Oils Box Set #6 Body Butters & Body Scrubs on Amazon.](#)

Or go to <http://amzn.to/RAvSel>

[Click here to check out Essential Oils Box Set #7 Top Essential Oils & Best Kept Secrets Of Natural Remedies on Amazon.](#)

Or go to <http://amzn.to/1gvsRCq>

[Click here to check out Essential Oils Box Set #8 Homemade Cleaning Recipes & Essential Oil Recipes on Amazon.](#)

Or go to <http://amzn.to/1gxFAVb>

[Click here to check out Essential Oils Box Set #9 Essential Oil and Weight Loss & Carrier Oils on Amazon.](#)

Or go to <http://amzn.to/1jmcEPP>

[Click here to check out Essential Oils Box Set #10 Hyperthyroidism Manual & Hypothyroidism Manual on Amazon.](#)

Or go to <http://amzn.to/1nHgJU4>

[Click here to check out Essential Oils Box Set #11 Carrier Oils for Beginners & Coconut Oil for Easy Weight Loss on Amazon.](#)

Or go to <http://amzn.to/1nHfy6X>

[Click here to check out Essential Oils Box Set #12 Essential Oils Weight Loss & Essential Oils Aromatherapy & Natural Homemade Cleaning Supplies & Top Essential Oil Recipes & Carrier Oils on Amazon.](#)

Or go to <http://amzn.to/1nHfy6X>

[Click here to check out Essential Oils Box Set #13 Superfoods & Essential Weight Loss & Essential Aromatherapy & Body Butters & Soap Making on Amazon.](#)

Or go to <http://amzn.to/1nUds6v>

[Click here to check out Essential Oils Box Set #14 Weight Loss & Apple Cider Vinegar & Body Butters & Homemade Body Scrubs & Coconut Oil for Beginners on Amazon.](#)

Or go to <http://amzn.to/1i1qYOd>

If the links do not work, for whatever reason, you can simply search for these titles on the Amazon website to find them.

