



A BEGINNER'S GUIDE TO THE ACID ALKALINE DIET

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INTRODUCTION

The age-old expression says it best: “you are what you eat.” Anyone interested in holistic health, as a consumer, a practitioner, or an educator in holistic health schools, understands the deeper truth in that phrase. As taught in many natural health courses, the Acid Alkaline Diet takes it one step further, showing that it’s not just what we eat, but what we are able to assimilate through proper digestion that promises to help build strength and vitality. The Diet is a key foundation for practicing a holistic lifestyle and restoring or maintaining each individual’s optimum health.

This book will review principles and dynamics of the Acid Alkaline Diet, along with its benefits. We will explore which foods to eat and which to avoid, how to combine foods, and how to adjust to a raw food diet. Then, we’ll offer some recipes to get you started on the road to improved, total health.

CHAPTER 01

UNDERSTANDING
TERMS: WHAT IS ACID
VS. ALKALINE?



In order to understand the nature and value of the Acid Alkaline Diet, it is helpful to know more about these terms. In chemistry, a substance is considered alkaline if it has a pH greater than 7, which means there is a relatively low concentration of hydrogen ions.¹ An alkaline solution is able to neutralize an acid. Anything that is predominantly acidic, on the other hand, has an excess of hydrogen atoms, and a pH of less than 7.

What is the Acid Alkaline Diet?

Foods tend to fall into one or the other category, that is, acid or alkaline. All foods affect the human body in part through the by-product left, known as ash, after they have been consumed. Acidity-alkalinity is measured on a scale from zero to 14, with 0 being highly acidic, and 14 being highly alkaline, almost acid-free. When we digest food and it enters our bloodstream, acid foods leave behind acid ash, whereas alkaline foods leave alkaline ash in the body. In a naturally healthy state, the bloodstream should have a balance, with a pH level in the range of 7.35 to 7.45, which is slightly more alkaline (a pH level of 7 is neutral).²

Knowing how important the acid vs. alkaline balance is in the system, you can now understand why it matters to manage your diet to achieve the best possible balance between these two basic food groups. It is generally recommended that we consume about 80% alkaline foods, and 20% acid foods in order to maintain balance.³

CHAPTER 02

WHAT ARE THE BENEFITS
OF BEING ON THE ACID
ALKALINE DIET?

Holistic nutritionists state that pH balance directly affects food enzymes. If the pH is out of balance due to an overly acidic system, the body may become more sensitive and vulnerable to disease states, like Low Chronic Acidosis.⁴

Acidosis

Holistic nutrition experts define acidosis as the condition resulting from acid indigestion, caused by an overly acidic diet. It is believed to limit cell access to oxygen, which can trigger a range of serious illnesses and compromise immune system function. An overly acidic diet becomes too difficult to digest, acidifying body tissue and leading to Low Chronic Acidosis. The result is a weakened, drained body with low energy and poor health.⁴

Question: who can benefit from a well-balanced Acid Alkaline Diet?

Answer: anyone! It is especially helpful for athletes who need to keep up their strength in the face of extremely demanding activity, but everyone deserves more energy and a less tired feeling throughout the day, every day.

Maintaining a more alkaline internal environment leaves the body better able to fight off disease and convert food to available energy for an active life. Eating more alkaline-forming foods will contribute to a more alkaline environment in your bodily fluids, avoiding the damage that can occur with an overly acidic diet.⁵

Cellular health

The benefits of an Acid Alkaline Diet are all about cellular health and maintaining the energy level of every cell in the body. The dangers of a high acid diet as described above, primarily Low Chronic Acidosis, all result from acidified body cells that cannot quickly access the oxygen needed to ensure a strong immune system. It becomes more difficult for body cells to repair and regenerate the necessary energy and strength to maintain healthy muscles and bones. Your body is deprived of important minerals like calcium and magnesium, leaving you at risk for a host of health issues.



The healthy cell uses metabolic and digestive enzymes, part of the trio required by the body. They are produced within the body, and they control many cell functions. Food enzymes are provided by plants themselves, and help, in effect, “predigest” foods so that you can more readily digest them. If foods are cooked at temperatures exceeding 112 degrees, these enzymes are lost, making digestion much more difficult.

A healthy, raw, plant-based Acid Alkaline Diet is the best way to consume a full variety of vitamins and minerals, along with some proteins, and the right dose of enzymes that will promote good digestion.

VEGETARIAN AND VEGAN DIETS

A vegetarian, or better yet, vegan diet, will put you safely within the range of a balanced Acid Alkaline Diet. To be sure you maximize your health, read on below for ideas on which fruits and vegetables help tip the scale away from acid, toward alkaline. A vegan diet, meaning avoiding all animal products, is highly recommended for keeping to the Acid Alkaline Diet. The result is a largely plant-based menu that leaves out meat, eggs, fish, and dairy.

The human digestive system is not naturally acidic enough to quickly digest meat. As a result, eating meat means it remains in the digestive tract too long, giving it time to putrefy. Instead, our longer human intestines give plant-based foods the right amount of time to be digested naturally, as needed in order to break down into fats, complex carbohydrates, and proteins.⁵

CHAPTER 03

TIPS FOR STARTING A RAW FOOD DIET

It can be a drastic change switching to an all-raw food diet, so here are a few steps that will make for an easier transition:



Make a list of your favorite foods to eat raw, such as certain fruits and vegetables. Start by adding just a few raw foods each week, and give yourself a chance to become accustomed to the change.



Write down everything you eat currently, for a week or so. You may start to notice certain symptoms that are tied to eating specific foods.



If you recognize that certain foods cause allergic or sensitivity reactions, eliminate them from your diet, eating only the mildest foods that agree with you. Known as the "elimination diet," this practice should continue for 7 to 10 days. You can then reintroduce the suspect foods one at a time, and clearly notice which foods cause which kind of reaction. As a result, you can avoid a lot of discomfort and head off potential health problems that may have plagued you for years.



You can gradually increase the number and variety of raw foods until you achieve the full raw food diet. If you are comfortable and have no concerns or difficulties with eating totally raw foods, then why hesitate? Go for it!

FOOD COMBINING WITHIN THE ACID ALKALINE DIET

Properly combining the right mix of foods enables better digestion, leading to faster, easier absorption of nutrients in the system. If the wrong foods are combined, proteins sit in a fermenting stew of starches and sugars that are indigestible. Cells are starved for the right nutrients, and they can become acidified and weak. This leads to a lack of minerals needed for cell function, and makes you vulnerable to diseases like arthritis, cancer, osteoporosis, and others.

Combining the right foods for maximum digestibility and healthy nutrients leads to healthier cell function and greater energy levels. Those who feel overwhelmed at the prospect of devising a new, healthier diet can consult a certified holistic nutritionist for help developing a good plan, based on your individual needs.

It is not enough to simply eliminate some foods and eat only healthy, alkaline foods. Healthy outcomes require combining the right foods to achieve a healthy pH balance. Raw foods are full of all the nutrients needed to maintain health.

CHAPTER 04

FOODS TO EAT AND
FOODS TO AVOID



Eating more alkaline foods is easiest and most effective with a vegetarian or vegan lifestyle. There are a great many raw, alkaline foods to choose from when trying to establish a healthier diet. The top choices are mostly fruits, nuts, and vegetables.

Alkaline metabolizing foods³:

Apples, apricots, avocados, bananas, beans, beets, blackberries, blueberries, broccoli, Brussels sprouts, buckwheat, cabbage, cantaloupe, carrots, cauliflower, celery, cherries, coconut, dates, figs, grapefruit, grapes, lemons, lettuce, limes, millet, molasses, mushrooms, onions, oranges, peaches, pears, peas, pineapple, potatoes, radishes, raisins, raspberries, rutabagas, sauerkraut, spinach, strawberries, tangerines, tomatoes, watermelon

It is equally important to know which foods to avoid or limit (totaling no more than 20% of your overall diet). These include foods in the following categories:

Acid foods to avoid³:

Flours (except buckwheat and millet), carob, cranberries, all dairy, all fish, all meat, most nuts, peanut butter, plums, all poultry, prunes, squash, barley, corn, honey, lentils, oatmeal, pasta, rice

Additional foods and non-food items to ban from your diet³:

Alcohol, coffee, soda, all overcooked food, salt, sugar, spices, condiments, fried foods, drugs, tobacco

CHAPTER 05

RECIPES TO GET
YOU STARTED



Converting to a plant-based, raw food vegan diet may sound drastic, but it should actually be a fun, rewarding change of lifestyle. There is a huge variety of flavors and textures to choose from, some of which will become your favorites. As you grow accustomed to the foods available, it will be easier all the time to create your own recipes. Check out the recipes below for easy ways to make sure you get plenty of nutrition and feel satisfied at every meal.

THE FIVE FLAVORS

Keep in mind the five basic flavors, and have fun experimenting with different combinations. Often, the most satisfying, tasty foods are dominated by one or two of these flavor groups, and accented with other, stronger ones to bring out milder flavors. Using all five flavors in one dish creates a complex, contrasting experience that reacts with all the different types of taste buds on your tongue.

Here are the five flavors, and a partial list of the most characteristic foods in each one⁶:

SWEET

Examples:
apples, oranges,
bananas, honey,
stevia

SOUR

Examples:
berries, lemons,
limes, oranges,
tomatoes

BITTER

Examples:
cayenne pepper,
celery tops,
dandelion greens,
endive, lettuce,
most greens

SPICY

Examples:
cayenne pepper,
cinnamon, garlic,
ginger, mustard
greens, onion

SALTY

Examples:
celery, lemons,
parsley, sea
vegetables,
Himalayan pink salt

SMOOTHIES AND JUICES

Smoothies

Smoothies are a satisfying way to enjoy fruits, greens, or a combination of the two groups. They make a great breakfast or snack to maintain energy all day.

Basic smoothie recipe: add 2 cups liquid to a blender, then fill with your preferred mix of green veggies and fruits. Blend until it achieves the right consistency.

Now, you're ready to try different mouth-watering combinations to satisfy every craving. Go for the green to create the healthiest recipes. Combine your favorite greens with citrusy tropical fruits, tangy berries, or a dessert-like blend that resembles a rich milkshake.

All smoothie and juice recipes derived from Raw-Food-For-The-Beginner.com.

PINEAPPLE DELIGHT SMOOTHIE

Ingredients:

2 cups orange juice
½ small pineapple
1 cup strawberries
2 or 3 handfuls loose spinach
3 cups of raw almond milk

Blend and enjoy, and chill the rest (makes about a quart) for later.

A BERRY GREEN SMOOTHIE

Ingredients:

2 cups tangerine juice
1 cup water
1-2 collard green leaves
1-2 kale leaves
2 cups raspberries, strawberries, or blueberries
2 cups peaches

Blend well, to make 2 quarts.

BANANA DATE SMOOTHIE

Ingredients:

3 cups almond milk
2 bananas
2 peaches
8 pitted dates

Blend well for a rich, sweet, dessert shake loaded with nutrients. Makes about 2 quarts.



Green Juices

On an all-raw vegan diet, it is important to introduce a wide variety of vegetables to your menu every day. Green juices make it easy to combine your veggies with some delightful flavorings that will have you coming back for more.

GREEN GIANT JUICE

(Recipe derived from Raw Food Revolution, by Sora, Davis, and Melina)

Ingredients:

1 bunch kale
1 cucumber
½ head romaine lettuce
1 apple
4 stalks celery

Process all through the juicer.
Makes about 3 cups.

THE TRIO JUICE

Ingredients:

1 bunch kale leaves
1 bunch celery
2-3 apples (sweet)

Process all ingredients through your juicer,
pour into container. Makes about 1 quart.



CHAPTER 06

LIVING LIFE TO LIVE
IT LONGER



So how may we materialize our lofty and healthy goals to life longer and in peace and health?

“REMOVE CAUSE & THERE ARE NO SYMPTOMS®” TO BE TREATED

First, we must learn how to “remove the cause” of most diseased conditions which have developed as the result of self-generated toxins created by undigested foods. This simply means we must stop eating “acid-forming diets” that acidify our body tissue, thereby choking off the oxygen within our body cells. Acid-forming diets are, for the most part, the #1 underlying cause of most diseases. Therefore, we need to first learn the principles of how to **“Remove Cause & There Are No Symptoms®” required to be treated**. Learning how to remove the cause or causes that cripples your immune system’s ability to protect and defend itself from all causes and conditions of disease will stop them from taking hold within your body due to poor quality, toxic body cells. Learn to STOP eating acid-forming diets and learn how to **“Eat The AAA Diet® Way,”** including how to live a toxic-free lifestyle overall.

SET YOURSELF TOXIC FREE IN MIND, BODY & SOUL

Second, we must support our healthy eating habits with toxic-free thoughts and attitudes that will support living a complete symbiotic and healthy lifestyle. This will allow us to **spiritually, mindfully, mentally, and physically prosper** and live longer with a peace and happiness that will satisfy our very soul.

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