

****Remember, one should always consult with a health care professional before taking nutritional supplements or altering dietary habits. The information contained in the following material is for educational and information purposes only. It is not meant to diagnose, treat, mitigate, or cure disease.**

The Alkalarian Diet

See your health in a whole new light!

Dr. Robert O. Young, a nutritional microbiologist, is a pioneer of analyzing living blood cells. Dr. Young has spent years researching diseased and healthy cells under the microscope. He found that unhealthy cells appear dark and mis-shapen, while healthy blood cells are round and vibrant in color, practically glowing in comparison. Dr. Young set out to find what caused this "inner light." He discovered the essence of life is derived almost exclusively through plants, and that every cell in the body needs the light derived from green plants. The greater the amount of green foods consumed in the diet, the greater the health benefits achieved.

Dr. Young also found that these plant foods are cleansing and alkalizing to the body, while processed and refined foods can increase unhealthy levels of acidity and toxins. Through his findings, Dr. Young concluded that over-acidification of the body is the underlying cause of all disease. Because many people consume a diet primarily comprised of acid-forming foods, (i.e. sugar, meat, dairy, yeast breads, etc.) rather than green plant foods, they are sick and tired.

Dr. Young and his wife, Shelley Redford Young, set out to help others understand the acid-alkaline theory. They are the founders of *InnerLight International*, the *Robert O. Young Research Center*, the *InnerLight Foundation*, and *Shelley Young's Academy of Culinary Arts*. In addition, Dr. Young is the author of *Sick and Tired? Reclaim Your Inner Terrain*®, and Shelley Young shares her alkalizing recipes in *Back to the House of Health*®. It is through these resources that one can learn how to overcome health challenges naturally and come into balance.

When the pH level in one's body is unbalanced, almost any area of the body can be affected; nervous system (depression), cardiovascular system (heart disease), muscles (fatigue), skin (aging), etc. Even obesity is a sign of over-acidity, a normal body response which protects vital organs from damaging acids and their effects. Conversely, in an alkaline environment, the body reaches an ideal weight and corrects negative health challenges naturally.

Dr. Young set out to harness the natural light and energy found in green plants and direct this energy to individual human cells. The result is a family of natural, plant and mineral-based supplements, in both capsule and liquid colloidal form. Colloids are tiny particles, absorbed in the mouth and throat. These products not only increase energy, but also help to destroy harmful organisms that decrease one's energy and vitality. The electric charge and frequency of these particles are designed to match that of the body's cells. In this manner, a new level of

health may be achieved; health problems, negative symptoms, illness, fatigue, and excess weight diminished.

According to Dr. Young's program, the nutrients found in supplements, alkalizing foods, and water can bring the body back into balance. These vitamins, minerals, and herbs infuse the body with new energy, adjusting less energized areas to a new level of light. Other products spotlight energy on the performance of specific organs. These "targeted" products offer a most prized possession...health.

Alkaline food and water must be consumed in order to provide nutrients the body needs to neutralize acids and toxins in the blood, lymph, and tissues, while strengthening immune function and organ systems. For this reason, the Alkalarian Diet was developed to guide those who wish to regain balance and vigor in the body. Some people may choose to follow the Alkalarian Diet completely, while others slowly transition themselves and their family. For many, the change is not an overnight event, but a process. Taste buds that have been jaded by the toxic effect of sugar, salt, and other artificial flavors may take some time to adjust and appreciate the subtler taste of vegetables. Some individuals opt to add an alkaline food and eliminate an acidic food each week, until reaching the goal of an alkaline diet. The following list shows examples of food transitions one might make:

Better Food Choices

From

Cow's milk
Beef, chicken, pork, shellfish
Cold cereal, oatmeal, pancakes
Baked potato with butter
Coffee, soda, alcohol, fruit juice
1 liter/quart of water per day
Pizza, hamburger, fried chicken
Iceberg lettuce salad
Vinegar/cream-based dressing
Pasta with alfredo sauce
Bread with jam
Potato chips and ranch dip
Candy, gum, cake, pie, donuts
Meat and starch meals
Cooked or microwaved meals

To

Almond, soy or rice milk
Fresh salmon or trout
Millet, buckwheat, quinoa
Basmati rice with olive or flax oil
SuperGreens with Prime pH in water
1 gallon or more of water per day
Sprouted wheat tortilla with veggies
Spinach/red leaf lettuce with avocado
Olive oil-based dressing with lemon juice
Buckwheat soba noodles with olive oil/tomato
Brown rice cake with almond butter
Wheat tortilla chips with hummus or salsa
Almonds, pumpkin seeds, raw veggies
Vegetables and low-carbohydrate meals
Raw, steamed or low-temperature meals

When making the change to an Alkalarian diet, one might feel confused or unsure about how to start and what kinds of foods to buy. A sample shopping list helps one to know what kinds of foods typically stock the fridge and cupboard of an Alkalarian.

Shopping List

Produce

Avocado
Beets
Bell peppers
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Chard
Cucumber
Dark lettuce
Eggplant
Garlic
Herbs (fresh)
Jicama
Kale
Leeks
Lemon
Lime
Onion
Parsley
Red, new potatoes
Seasonal fruit
(when in balance)
Spinach
Squash
Tomato
Zucchini

Refrigerated

Section

Borage Oil
Fresh salsa (no vinegar)
Flax seed oil
Hummus
Sprouted Wheat Tortillas
(by Alvarado Street)
Tofu
Udo's Choice- Perfected
Oil Blend

Freezer Section

Boca burgers
(vegan)
Manna bread
(Sun seed or Whole
Wheat)

Sefood/Meat

Section

Salmon
Trout
Free range turkey
(to be eaten on rare
occasions)

Water

Distilled water
Reverse-osmosis

Spices

Spice Hunter Brand
All Purpose Blend
California Pizza
Cowboy BBQ Rub
Curry Seasoning
Deliciously Dill
Garam Masala
Herbes de Provence
Italian Spice
Jamaican Jerk
Mexican
Pasta Seasoning
Spicy Garlic Bread
Szechwan
Thai Seasoning
The Zip
Cinnamon
Cumin
Garlic
Ginger
Onion
Parsley
Thyme

Health Food Section

Almond butter
Almond milk
Amaranth
Basmati rice
Brown rice cakes
Buckwheat
Dulse flakes
Flours (spelt, millet,
amaranth, etc)
Grape Seed Oil
Hummus
Kamut
Millet
Olive oil
Quinoa
Rotini (quinoa, spelt)
Soba noodles (rice
or buckwheat)
Spelt
Soy milk
Sprouts (any)
Sun-dried tomatoes
(in olive oil)
Tahini
Vegetable broth
(yeast-free)
Wild rice

Salts

Bragg's Aminos
Sea Salt
Real Salt Brand

Legumes

Adzuki
Black
Black-eyed
Cranberry
Garbanzo
Kidney
Lentils
Mung
Pinto

Nuts/Seeds

Almonds
Brazil nuts
Flax seeds
Filberts
Macadamia nuts
Pecans (seasonal)
Pine nuts
Pumkin seeds
Sesame seeds
Sunflower seeds
Walnuts (seasonal)
*all nuts/seeds should be
raw and unsalted

**Remember to read all
labels!! Watch for citric
acid, mushrooms, yeast,
vinegar, peanut products,
corn products, etc.

Transitioning to an alkaline diet requires a shift in one's attitude about food. It is helpful to explore new tastes and textures while making small changes and improving old habits. The following guidelines help one to understand why these changes are necessary.

The Guidelines

1. Don't let breakfast slow you down.

An energizing breakfast for many people new to the Alkalizing diet is millet or brown, basmati rice with fresh avocado, tomato slices, soaked almonds, sunflower sprouts and flax oil. In contrast, most foods and beverages people choose to begin the day do not increase energy. breakfast cereals, sweet rolls, toast, pancakes, waffles, muffins, oatmeal, maple syrup, honey, coffee, orange juice, etc., contain huge amounts of sugars and simple carbohydrates which over-acidify the blood and tissues. Even high-protein breakfast foods like eggs, sausage, bacon, omelets, etc., compromise the terrain and ultimately promote the growth of yeast and fungi.

2. Go for the green!

SuperGreens is one way of adding 49 different greens to your daily diet. Fresh vegetables and grasses are very cleansing, high in fiber, an excellent source of alkaline salts, and are anti-yeast, anti-fungal, and anti-mycotoxic as well. Vegetables should be included with breakfast, lunch and dinner, in addition to three teaspoons of *SuperGreens Powder* mixed with *at least* 3 quarts of water per day. Although fruit is also a source of nutrients and fiber, the high sugar content (fructose) of fruit stimulates yeast and fungal growth. It may be eaten between meals (as a snack) when in season, and when one is "in balance" - all symptoms have subsided.

3. Less carbohydrates, more vegetables.

Good, low carbohydrate vegetables include asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, spinach, kale, lettuce, okra, onions, garlic, parsley, radishes, and squash. About 80% of all meals should be fresh, raw, alkalizing vegetables. Complex carbohydrates are highly acid-forming in the body and should not exceed 20% of the diet, so eat them in moderation. Starchy grains and legumes may become moldy when stored and contain fungus, so try to eat them fresh. Amaranth, spelt, quinoa, buckwheat, and millet, are the best choices of grains, especially when sprouted.

4. Sprout it out.

Some of the best foods to eat are sprouts. Sprouted seeds become more alkaline as they grow. They are live plant foods that are "biogenic," which means they transfer their life energy to us. Sprouts can easily be grown in your kitchen during any season, or purchased at the market. Be sure to check the bottom for brown or soggy stems as they should be eaten only when fresh.

5. No more acid-forming foods!

Acid-forming foods you should avoid are animal products (which include meat and milk products), refined grains, yeast products, and most fruits. Also: pork, veal, most fish, beef, organ meats, chicken, turkey, eggs, shrimp, lobster, oysters, hot dogs, corned beef, pastrami, pepperoni, rice, potatoes, pasta, breads, cheeses, milk, buttermilk, sour cream, yogurt, ice cream, butter, margarine, mushrooms of all kinds, algae, corn products, peanut products, coffee, tea, wine, beer, soda pop, cider, soy sauce, ketchup, mayonnaise, vinegar, tempeh, sugar, artificial sweeteners, candy, gum, pies, cakes, donuts, and chocolate – just to name a few.

6. Try meatless protein.

The average American consumes one and a half to four times the amount of protein required by the body. These protein-rich diets are comprised primarily of meat, cheese, milk, ice cream, and other products that contain not only protein, but saturated fat and cholesterol. Our bodies are only 7% protein and human mother's milk is only 5% protein (i.e., better suited to the body's protein requirements than protein-rich cow's milk). The American Dietetic Association states that a vegetarian diet can provide the

sub-cellular units and the amino acids to make protein in amounts that are congruent with the body's needs.

7. Don't forget to hydrate.

Drink one gallon (4 liters) or more of a good quality water each day. Distilled or reverse-osmosis (purified) water are more neutral and can be brought into the alkaline range with 8 drops of *Prime pH per liter/quart*.

8. Cut out the yeast.

Baked goods such as bread, muffins, pies, cakes and pastries should be avoided. According to the American Cancer Society, one out of nine American women will develop breast cancer by age 80. Research links it with the ingestion of baked goods and bakers or brewers yeast. Research also correlates diets containing yeast or fermented breads to gall stones, kidney stones and arthritis.

9. It doesn't do a body good.

Dairy products should not be eaten because of their lactose (milk sugar) content as well as the presence of yeast and fungus, molds, and their by-products. Also, due to the high sugar and fat content of dairy products, the fact that dairy cows are fed stored grains and fungal-based antibiotics, and the fermentation process of cheese and yogurt, all dairy products should be eventually eliminated from the diet. Calcium can be obtained from green leafy vegetables, green drinks, calcium-fortified tofu and soymilk, collards, broccoli, okra, salmon, etc.

10. There is no such thing as a good mushroom.

Mushrooms of all kinds; morels, algae, and truffles are all acid-forming foods. They contain mycotoxins which poison human cells and lead to degenerative diseases. Mushrooms in all forms are extremely poisonous whether eaten whole or in teas. The mushroom is not a vegetable, but rather the fruiting body of a yeast or fungus. Also, note that corn and peanut products have a high fungal content and should be avoided as well.

11. Just say no.

Wine, beer, whiskey, brandy, gin, rum and vodka are purely mycotoxic. Alcohol is a fungus-produced mycotoxin made by yeast that causes direct injury to human health.

12. Avoid smoking or chewing tobacco.

Tobacco leaves are coated with yeast, fungus, and mycotoxins, which poison the cells and tissues of the body. Research clearly reveals the pathway that the fermentation of the tobacco creates with yeast and sugar. When using tobacco, you are directly introducing dried fungus and wastes into your body.

Cleansing

Once the basics of the diet are understood, one is ready to take control and make positive changes. It is time to begin the process of detoxification and cleansing. The most effective way that many individuals begin the healing process is with a "cleanse."

Cleansing is a holistic approach to allowing the body to heal itself, naturally.

The first step to correcting the pH imbalance is to remove the debris that has built up in the body and provide the raw materials, or building blocks for repair.

The Cleanse can be accomplished without taking additional supplements, however there are some which will aid in the process, making it more effective (i.e. *InnerLight's Balance Pack*). It is very important to provide nutrients that will aid in repair and give the body energy it needs during the cleansing process; this is not a fast! Vegetable juices and soups, water with *Prime pH*, essential oils, and *SuperGreens* are recommended.

The protocol for the InnerLight Cleanse follows this section (see below).

It is important to understand that during cleansing, the blood is actually "dirtier" than when one began. This can result in feeling *worse* before one can feel *better*. Some "detox symptoms" may occur, such as: nausea, dizziness, headaches, fatigue, runny nose, etc. Some call these flu-like symptoms a "healing crisis." It's a good sign! It shows that the cleansing process is effective; toxins are being expelled from the body and eliminated through wastes, mucus, etc. The most important thing to do when one exhibits these symptoms is to hydrate the body with water and green juices. This will allow the toxins to exit the body and help to decrease some of the discomfort of side effects. Don't give up! Cleansing will put one *years* ahead in the healing process according to some.

Granted, each individual's body responds differently to various stimuli. Therefore, one must decide how many days to follow the Cleanse, individually. Generally, a seven to ten day cleanse is recommended. This ensures that the body has rid itself of harmful toxins, adequately cleansed the system, and weaned itself off sugar and other acid-forming foods which are difficult to eliminate from the diet.

Upon termination of the cleanse, one will find it is much easier to avoid the types of foods that are not recommended on an alkaline diet, like sugar, meat, coffee, etc. It may be a challenge to pass up these foods during the start of the Cleanse, but once completed, the body has almost "forgotten" the sweet taste of these foods and finds enjoyment in subtler, more natural tastes. Many people comment on the way their "taste buds have changed" since doing the Cleanse and continuing on the maintenance diet. It's surprising how *sweet* fresh, lightly steamed vegetables or salad tastes!

The InnerLight Cleanse

During the Cleanse, your intake should consist of the following:

- 1. Freshly juiced, green vegetables** – Kale, spinach, parsley, celery, cucumber, broccoli, wheat grass, cabbage, barley grass, collard greens, okra, etc. If this is one's only intake, drink 8-12, 8 oz. glasses per day, in addition to 64 oz. to one gallon of water. If using *SuperGreens* in addition to fresh juice, drink 2-3 glasses a day. If juice is not available, try the soup recipes listed below. It is vital that enough energy and nutrients are provided so that the body can heal itself. An example serving of juiced greens: 1 cucumber, 1 stalk celery, 1/3 bunch parsley, a handful of alfalfa sprouts, and some spinach or kale leaves.
- 2. InnerLight's *SuperGreens* Powder (and *Prime pH*)**- This green juice powder consists of 49 different vegetables, grasses and herbs, combined to increase energy, detoxify the system, decrease appetite, and strengthen immune function to prevent disease and illness. *SuperGreens* is highly alkalizing, a great source of vitamins and minerals each day. During a Cleanse, one should drink a *minimum* of 3 quarts of distilled water, a teaspoon of the powder in each quart per day. Another quart or more of pure water should be consumed each day, with additional *SuperGreens* added if desired. All water, even distilled or reverse-osmosis, should have *Prime pH* drops added to increase oxygen and alkalinity. Approximately 3 drops of *Prime pH* to 8 oz. water, 6:32 oz., 12:64 oz., and 24:1 gallon of water should be added. In summary, one should drink at least a gallon of water, adding at least three teaspoons of *SuperGreens* and 24 drops of *Prime pH* each day.

3. **Raw, pureed soups-** These soups help the body combat toxins and can be very anti-fungal. Ingredients like garlic, onion, green vegetables, and vegetable broth are detoxifying and increase the effectiveness of the Cleanse. (Sample recipes follow) Raw soups supply energy in a form that is easy for the body to utilize; it doesn't have to *expend* energy to obtain it during digestion. One to two bowls/day during a Cleanse is suggested.
4. **Essential Oils-** These high-quality oils may be added to juices, soups, or taken in gelcap form. Among the most highly recommended are: Primrose, Flax Seed, Borage, Olive Oil, or a blend such as *Udo's Choice, Perfected Oil Blend*. About 2-3 Tbsp./day is recommended.
5. **Nutritional Supplements-** As previously mentioned, it is not absolutely necessary that one take supplements during a Cleanse, but it is recommended. *Dr. Young's Complete Pack*, which contains the *Balance Pack* and *Basics Pack*, is available through *InnerLight International*. It contains various products, in capsule and liquid colloidal form, that will help to detoxify, as well as strengthen and build the system. Typically, one would simply follow the recommended dosage on each bottle, take until all capsules/liquid is gone. (Note: *SuperGreens* and *Prime pH* are included in the *Balance Pack*) Other than the products mentioned above, one may choose to take the vitamins/minerals one normally takes while doing the Cleanse. Liquid colloids should be taken about a half of an hour before meals, while capsules can be taken at the same time as juices and raw soups.

A Typical Day on the Cleanse

7:00 a.m.	1 quart water with <i>Prime pH</i> and lemon juice
7:30 a.m.	Liquid colloidal supplements
8:00 a.m.	Freshly juiced greens and capsules
9 - 12:00	1 ½ quarts water with <i>SuperGreens/Prime pH</i>
12:30 p.m.	Liquid colloidal supplements
1:00 p.m.	Capsules with soup or juice
2 – 5:00	1 ½ quarts water with <i>SuperGreens/Prime pH</i>
5:30 p.m.	Liquid colloidal supplements
6:00 p.m.	Capsules with soup or juice
7 – 9:00	Water with <i>Prime pH</i> and lemon juice as desired

The previous schedule is just an example of what a typical day on the Cleanse might be like. This model is given to help one understand how simple it is to consume all the water and liquids that the body requires in one day while doing a Cleanse. One needs to be sensible during this time; do not attempt to limit one's intake too much. Hydration is essential.

Following are raw soup recipes taken from Shelley Young's recipe book, *Back to the House of Health*®. Generally, one to two bowls per day are recommended while on the Cleanse. However, if one is feeling lethargic, they are a good source of energy and may be increased as needed.

AsparaZincgusto Soup

12 stalks Asparagus, trimmed
1 Avocado
5-6 large Tomatoes
1 cup fresh Parsley
3-5 Sun-dried Tomatoes
¼ cup dried Onion
4 cloves fresh Garlic
1 Red Bell Pepper
Bragg's Amino's, to taste
1-2 tsp. *Herbes de Provence*
2 tsp. *Deliciously Dill*
2 Lemons or Limes, cut in thin slices

Blend all ingredients (except lemon/lime) in a food processor or blender until smooth. Warm in skillet until just warmed, not cooked, or serve cold. Garnish with lemon or lime slices.

Green Raw Soup

1-2 Avocados
1-2 Cucumbers, peel and seed
1 Jalapeno pepper, seeded
½ Yellow onion, diced
Juice of ½ Lemon
1-2 cups Water or Veggie stock
3 cloves roasted Garlic
1 Tbsp. Cilantro
1 Tbsp. Parsley

Puree all ingredients (except onions) in a food processor or blender. Add more or less water to desired consistency. Top with diced onions for garnish.

Maintenance Program

After the Cleanse, one should stay "green" for about 3 weeks. Eat raw and lightly steamed vegetables; salads with lemon-based dressing, steamed broccoli or asparagus, etc. No complex carbohydrates, including high-carb veggies, grains, and starchy legumes should be eaten. One must slowly add more complex foods and carbohydrate back into the diet. Continue to drink a gallon of water each day, with 3 teaspoons of *SuperGreens* and 24 drops of *Prime pH*.

Some people, with more severe health challenges/goals, may need to stay "green" for 2-3 months before adding non-green alkaline food choices. These individuals should continue juicing green vegetables each day, drinking at least 1 gallon of *SuperGreens* with *Prime pH*, and eating lightly steamed, green vegetables or salads. They may also choose to take one or two more of *Dr. Young's Complete Packs* as well. For more information and consultation, these individuals should seek guidance from a trained individual of choice.

Following completion of the Cleanse, most individuals who are taking *Dr. Young's Complete Pack* finish it within a few weeks. Unless otherwise recommended or desired, one can then move on to maintenance products, such as: *Alkalizer Pack*, *Mega-Multi plus Cell Salts*, *Mega-Min plus Cell Salts*, *Silver Plus*, etc. Other products, like the *Ortho Pack* or the *Women's Pack*, are geared toward more targeted healing. One may choose which products to take, or follow the advice of a health care professional. Nutritional counseling and phone consultations are available at the Robert O. Young Research Center, (801) 756-7850.

When one completes the three week "green" period following the Cleanse, it is time to add more complex foods. One may add a serving per meal of: peas, winter squash, sweet potato, pumpkin, split peas, chick peas, and other legumes. Grains of choice should be: millet, spelt, buckwheat, kamut, quinoa, brown rice, and wheat – as long as they are free of sugar, honey, maple syrup, brown rice syrup, yeast, or any other additive which inhibits good digestion. Buckwheat and spelt are the best, being alkaline-forming and non-mucoid forming. Spelt also has valuable nutritional factors.

As one transitions to an alkaline diet, it may seem time-consuming or cumbersome. There are many simple ways which one can save time and money. On the run, take storage baggies with chopped veggies, sprouts, nuts and seeds, or baked tofu to snack on. Planning ahead this way will help when one is faced with the drive-thru or a luncheon. When ordering out, most restaurants will happily substitute extra veggies for meat. Try stir-fry dishes with steamed rice or spinach salads with veggies instead of ham and cheese. It is easy to carry a small bottle with olive oil to use for dressing. It's fun to open yourself up to new restaurants like Indian, Chinese, or Thai, which usually offer vegetarian dishes.

At home, use spare moments to prepare ahead of time. One can make a big salad at the beginning of the week to save time. Store it in an air-tight container with paper-towels lining the bottom. Keep chopped veggies and toppings in small containers, ready to add to the salad at the last minute. There are many food processors and small, hand-held choppers available to make the process of salad preparation more convenient. More meal ideas follow.

Some people who have been on the Alkalarian Diet for a few months complain that they are not losing weight at the same rate they did initially. It is possible that one's body is still adjusting to recent dietary changes. It may take a few more weeks or months to overcome this so-called "plateau", and begin losing weight and toxins again. When one experiences such challenges, evaluate diet habits *honestly* - 80% alkaline and 20% acid are the guidelines. Alkaline foods should be raw, uncooked green vegetables. Acid-forming foods might be red, new potatoes, brown basmati rice, or lightly steamed/warmed foods. This 20% allowance should not include candy, cake, beef, cheese, ice cream, yeast breads, etc. Following these recommendations is the best way that one will achieve positive health goals and reach one's optimal weight.

Menu Suggestions

Menu suggestions are interchangeable for any meal. Shelley Young's recipe book, *Back to the House of Health*®, is a great source for new experiments in the kitchen. It is full of energizing, delicious recipes for Alkalarians to enjoy.

BREAKFAST:

Hot Millet Salad is a satisfying, tasteful combination of hot and cold. For each serving, bring one cup of water and ¼ cup of millet to a boil, then cover and simmer for 25 minutes. Remove from pot and place in a soup bowl. Cut ½ a tomato and ½ an avocado over the top of the millet. Add *Bragg's Aminos*, Flax Seed Oil, sliced almonds, and spices as desired.

Vegetable Soup can be made with green beans, celery, zucchini, yellow squash, carrot, bell peppers, leeks, onions, garlic, cabbage, etc. Simply heat vegetable broth or water, add chopped vegetables, flavor with spices (oregano, basil, parsley), and simmer until vegetables are slightly cooked/soft. Add *Bragg's Aminos* or *Real Salt* for flavor. Garnish with flax seeds, almonds or sunflower seeds.

Buckwheat Cereal with almond milk is quick and filling on a cold morning. Buckwheat groats, cracked buckwheat, and cream of buckwheat are available at most health food stores.

Steamed Broccoli is a very energizing choice for breakfast. Lightly steam broccoli for 5 minutes. Add chopped onion, slivered almonds, or sunflower seeds on top. Top with lemon juice and olive oil, or *Bragg's Aminos* if desired.

LUNCH:

Salads are a wonderful choice for any meal. Spinach or dark, leafy lettuce is best for salads. Be sure to add lots of delicious, alkaline vegetables like: avocado, tomato, sprouts, cabbage, jicama, green or purple onions, cucumber, celery, bell peppers, etc. For taste and variety, try salsa, hummus, or the following dressing.

Basic Salad Dressing can be made ahead of time in a cruet, and stored in the cupboard. Mix 1/3 cup fresh lemon juice, 1 cup virgin olive oil, ½ tsp. oregano, ½ tsp. cumin, ½ tsp. garlic powder, ½ tsp. cayenne or *The Zip* (by Spice Hunter), and 1 Tbsp. *Bragg's Aminos*. This is great on wraps, salads, steamed vegetables, or as a dip for plain tortillas.

Veggie Wraps make a quick meal that is filling. *Alvarado Street Bakery* has a nice wrap made of sprouted wheat. Begin with pesto or hummus spread, add sliced avocado, tomato, cucumber, spinach, sprouts, black beans, or any vegetable of choice. Top with *Bragg's Aminos*, garlic powder, *The Zip*, salsa, or other spices as desired.

Madrid Gezpacho Soup can be made in the blender. Mix 3 large tomatoes, 2 cucumbers, 1 red pepper, and 1 small jalapeno pepper. Add 1 quart of water, 3 Tbsp. Olive Oil, juice of 2 lemons, 1 tsp. ground Cumin, and 2 tsp. *Real Salt*. Add garlic to taste. Blend in portions until smooth. Chill in refrigerator until ready to serve. Garnish with celery, green onion, and avocado.

DINNER:

Stir-fry can be completed in 20 minutes, start to finish. Boil one package of Buckwheat Soba Noodles according to directions. While cooking, stir-fry 1 chopped red pepper, 1 chopped onion, 1 cup broccoli or asparagus, and other vegetables desired. Add a little *Bragg's* and vegetable broth for seasoning. Stir fry 5 minutes, then add drained noodles. Add some olive oil, sesame seeds, garlic powder, and *Stir Fry Ginger* by Spice Hunter. Stir together and eat!

Salmon, Trout, Sole, or Halibut may be eaten sparingly. Garnish grilled fish with sliced lemon and serve with a generous portion of fresh vegetables or salad. Basmati or wild rice might be served on the side, topped with sliced almonds.

Beans and Rice make a classic combo. Soak and cook dried pinto, kidney, garbanzo, lentils, or black beans, and drain. In a pan, season beans with ground cumin, chilli powder, *Real Salt*, and garlic. Pour in vegetable broth until beans are covered. Season with fresh parsley, chopped onion, pepper, and grated carrot. Simmer until onions are cooked. Remove, then place each serving in a bowl with a scoop of basmati rice. Top with fresh, chopped tomatoes and serve with salad.

SNACKS:

Raw, soaked nuts can be prepared overnight. Simply place desired amount of nuts in a container, covered with distilled water. Keep in refrigerator overnight. Drain the next morning and enjoy throughout the day. Rinse twice a day with fresh water.

Sprouted Tortilla Chips are made from whole tortillas. Cut up one package of *Alvarado Street* brand tortillas into pie-shaped pieces. Place on two lightly-oiled baking sheets and toast at 350 degrees for 10-15 minutes. They can be dipped in salsa, hummus, or almond butter for a snack.

Broccoli/Tomato Salad is a lettuce-free salad quickly prepared. Just chop 1-2 cups of broccoli in a bowl. Add 1 tomato and 1 avocado, sliced. Top with slivered almonds, *Bragg's Aminos*, *Real Salt*, and *The Zip* for an energizing snack or meal.

Rice cakes with almond butter are a crunchy treat. Spread raw almond butter on an unsalted brown rice or multi-grain cake for a speedy snack.

Hopefully, the aforementioned menu ideas will be helpful when one lacks creativity or time! Do not be discouraged or intimidated by thinking an alkaline diet demands too much change. Take time to become familiar with new foods. Wander around the health food store and produce section in order to become more familiar with new things.

**Remember, the closer one adheres to the recommended foods and guidelines, the greater the results one will experience. Choose to be successful!!!