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# QUICK START GUIDE

**Kick Start Your Healthy  
Alkaline Lifestyle  
in 15 Minutes or Less!**

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***Congratulations*** on your recent purchase of The Alkaline Diet Program. Once you have downloaded your new report, you will see all the wonderful information in the manual. As it may be quite overwhelming to read the entire manual in one chunk, I've created this quick start guide so you can kick start your alkaline diet in the shortest amount of time.

You can start implementing the program one step at a time rather than all at one go. In fact, it is much easier for you to do so. Choose 2 to 3 principles to start with and be committed with sticking to it. Be comfortable with your own pace and only then you will achieve long term success.

## ***Preparation***

### **1. Preparation for Success**

Spend some time thinking what you want exactly for your health, your weight and your life. Visualize yourself with the beautiful body and health you always wanted.

**Know where you start from.** In order to reach your final destination, you need to know your current situation.

Measure and record down your height, weight, current conditions or health issues.

Write down your goals. Make it as real and vivid as possible. For instance, “I want to be able to fit into my favorite dress and weight 130 pounds”.

## **2. Keep a Food Journal**

In our Alkaline Diet Journal, write down everything that you consume for the past 24-48 hours. You want to be as detailed and exactly as you can be - the portion, the brand, and even the way you cook it. It would be advisable to include the sauce, the spices, and the liquids. It is a sure way to keep you on track with your new healthy plan.

## **3. Knowing Your Current pH level with pH Test Strips**

You can test your pH level by doing the saliva pH test or the urine pH test. Test your pH level during the process of your change in diet. Read the main manual for more details.

## **Principles of Alkaline Diet - Food Combination**

Here are the principles of Food Combination:

### **4. Eat Starchy food and Protein food separately**

- Eat only one kind of protein food at a meal

Different proteins would differ in their acidity and type, their timing and strength of secretions for different proteins. You want to avoid combining avocado with nuts, nor any of the following protein foods with each other: eggs, cheese, soy beans, nuts, avocado.

### **5. Eat proteins and fats at separate meals**

Food especially nuts contains over 50% of fats and this requires longer period of digestion. Fat in food is holding back the secretion of gastric juices through a small wall. Therefore, when taking food that is fat concentrated with protein food, gastric catabolism would decrease the degree of lipid concentration inside the stomach.

## **6. Skip the desserts**

Desserts contain large amount of sugar which would increase the acidity level in our body. By skipping the dessert, you will help to lessen the load of your body.

## **7. How to consume Fruits optimally**

Fruits do not combine well with other food. Always eat fruits first, wait for 15 to 30 minutes before you eat your meals.

## **8. Keep 20% of your stomach empty**

**Overeating is very harmful to your body** as a lot of energy will be wasted to digest the excess foods in your stomach.

## **9. Don't drink any fluid at meals**

Drinking fluids at meals would dilute the digestive juices and slows the digestive process. Avoid drinking soda, tea, wine,

juice and even water at meals. These drinks not only dilute the digestive process but also complicate the digestion process.

If you want to drink any fluid, do it at least an hour after your meal. Before your meal, if you want to drink any soup or fluid, make sure you do it 30 - 45 minutes prior to the meal as well.

## **10. Eat 5 or more servings of fruits and vegetables a day**

Five or more servings a day, is a good rule of thumb for fruit and vegetable consumption. The more you consume fruits and vegetables, the better it is for you. They are well-thought-out as bicarbonate precursors, thus, they have an alkalizing effect on our bodies.

If possible, always try to keep a stock of fruit bowl. Always keep baggies of celery, carrots, green peppers and other vegetables that you and your family may enjoy eating raw in your refrigerator.

## **11. Limit intakes of meat, eggs and other dairy products**

Meat, eggs and other dairy products do have an acidifying effect on the chemistry of your body. If possible, **Do reduce the consumption of these food groups.**

## **12. Fats to avoid**

- **Clear your kitchen of all the foods that contain hydrogenated oil or partially hydrogenated oil.** Food like butter, margarine and fast foods are some of the best examples. But other food like cereals, cookies, crackers, vegetable shortenings, candies, baked food, processed foods and the list goes on.

You would need to check the nutritional label in order to find out whether it contains hydrogenated or partially hydrogenated oil.

- Change your snacking habits from eating chips, candies or junk foods, to eating natural and healthy foods like fruits, nuts and avocados.

### 13. Fats to consume

- **Substitute your butter and margarine with Avocados.**

Avocados are healthy fats that can boost your health and provide vitamins and minerals for your body.

- **Eat organic nuts and seeds for snacks.** Snacks like almond, cashew, macadamia nut, flaxseeds, hemp seeds and you can refer to the alkaline foods chart list for more examples.

- Use **coconut oil** for cooking (organic). If you are using organic extra virgin olive oil should be used raw.

### 14. Salt

- Avoid using refined table salt.
- Use sea salt instead of processed salt.
- Remember our daily recommended intake for sodium is only 1,000 mg which is less than one teaspoon.

## **15. Drinking water**

- Alkalize your body with this easy tip - get some lemons or limes, cut into slices and squeeze into a glass of water to make some natural lemon juice.
- Caffeinated drink would dehydrate your body, hence reduce your intake of caffeinated drink would be beneficial to your body.
- Drink more than sufficient water for your daily body needs. Use our water drinking formula to calculate how much water you need to consume each day.

## **16. Sugar**

- Avoid sugar, artificial sweeteners, sugar derivatives like refined sugar, brown sugar, maple syrup and saccharin. Read the labels and avoid those foods with moderate or high sugar content. Sugar is acidic to our body and causes a lot of problems in our body.

- Avoid packaged fruit juice in whatever form.
- Use stevia as a natural form of sweetener.

## **17. Foods to Eat - The Golden Nutrition Formula**

Ideally, your meal must be allocated into the following proportions: Approximately 60 - 70% should comprise vegetables, 20% on fruits, 10-15% on grains and the last 5-10% on protein.

## **18. Vegetables**

It can be classified into land vegetables, root & tuberous vegetables, sprouts & sea vegetables, fungi vegetables.

- Have a variety of vegetables in one day or it can be spread out over a period of 1-2 weeks.
- However, do take note not to eat excessive amounts of mushrooms.

## **19. Fruits**

The best choices are **fresh organic fruits**, and depending on whether it is organic, you can choose to peel off the skin. It is best to retain the skins of organic fruits as there's no pesticide residues found on them.

## **20. Grains**

Choose grains like quinoa, millet and sprouted grains for your daily meal as they are alkaline. Even brown rice is slightly acidic.

## **21. Protein**

By eating a wide variety of nuts, seeds and vegetables, you'll have the daily protein needs your body required.

## **22. Exercise**

Swimming, jogging and jumping is the best for of aerobic exercises you should engage around 3 times a week.

- Try to practice these three best forms of aerobic exercises to improve and correct the way you breathe, and at the same time improve your stamina and overall health.
- Design an exercise plan for the next 30 days and for each exercise.
- Do make sure that it is at least 15 minutes not including the warm up and warm down.