



## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 366th Newsletter, I want to give us a chance to consider the impact that **Alkalizing Your Body** can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my **1st Health Proposal** and my **2nd Health Proposal**. So if you haven't, please pause, go back and watch them. You can also read all of the articles in full **HERE**.

**DISCOVER the SECRET; the state of lack of ALKALINITY in our Bodies is an important Cause of most illness and disease... Learn to Alkalize yourself to Heal and Thrive !!**

In this Newsletter we will Gift you the SECRET: The **absolute** Importance of ALKALIZING your Body to its Proper PH Balance, its importance for Optimal HEALTH, for preventing and healing ILLNESSES and HOW to ACCESS that easy Health SOLUTION!!! Please don't assume you know ... even Health Experts get **shocked** at how much this is the BLIND Spot of the Century for our WELLNESS. Especially Article 3, even if you know a lot about this topic, will for sure give you SURPRISES and teach you things that are CRUCIAL and new to you.

Most of us know about or have even **experienced** conditions like acid stomach or acid reflux. Having what we think of as an acidic reaction is only a symptom of what may have been going on inside your body for

a very long time. Some of you even know about the concept of alkaline vs. acidic **balance** of the body and how the body is impacted. But there is so much more to this picture! A state of excess acidity in our bodies is a source of most illness and disease. Please read this whole newsletter so that you and those you love can **understand** how to balance your alkaline levels for a long and optimally healthy life!

Having what we think of as an acidic **reaction** is only a symptom of what may have been going on inside your body for a very long time. Most of us are walking around with an imbalance in our **acidic levels** right now! Very few people actually have bodies that have the proper alkaline and acidic balance and each day that we live that way we are a **serious** health problem waiting to happen. Keep reading and we will give you the information you need to prevent, heal and maintain a balanced body!

Research shows that unless the body's pH level is **slightly** alkaline, the body cannot heal itself. If your body's pH is not balanced, you cannot effectively assimilate vitamins, minerals and food **supplements**. Eating a diet rich in alkaline foods helps the body maintain the slightly alkaline balance it needs. An alkaline-forming diet also boosts the oxygen levels in the blood, making it impossible for bacteria, viruses, yeasts and other **pathogens** to survive and thrive.

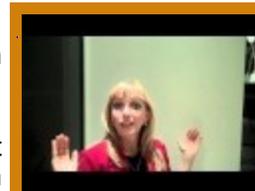
The body **maintains** a delicate acid-alkaline balance. Everything from



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healthy cells to cancer cells to soil quality and ocean life is affected by Ph. The term pH stands for "potential hydrogen" which is the measure of hydrogen ions in a **particular** solution. In our case, that "solution" refers to our body's fluids and tissues. The pH scale measures how acidic or alkaline a substance is and ranges from 0 to 14. Seven is **neutral**. Below 7 becomes increasingly acidic, above 7 increasingly alkaline.

As with most health-related barometers, balance is **everything**. Proper pH varies throughout your body for many reasons. For example, your bowels, skin and vagina should be slightly acidic—this helps keep **unfriendly** bacteria away. Saliva is more alkaline, while your urine is normally more acidic, especially in the morning. In addition, your body **regularly** deals with naturally occurring acids that (Cont. on next page)



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## DISCOVER the SECRET; the state of lack of ALKALINITY in our Bodies is an important Cause of most illness and disease... Learn to Alkalize yourself to Heal and Thrive! (Cont.)

are the by-products of respiration, metabolism, cellular breakdown, and exercise. So clearly the goal is not to think of acid as "bad" and alkaline "good". Again, it's a delicate balance.

By far the most important **measurement** is your blood. For optimal cellular health, your blood pH must be slightly alkaline with a pH between 7.365 and 7.4. The pH balance of the blood is very rarely disturbed because the body has so many backup systems that **regulate** the pH of the blood. The body places a high priority on balancing the blood pH since too much variation in the pH of the blood can be **fatal**. It will always balance the blood above all other things because, if not, it will mean death. Your body doesn't just "find" the balance it works extremely hard to create it. When we make poor lifestyle choices or are burdened by a toxic, chemical rich environment, our bodies have to work harder to create homeostasis.

When there's even the slightest chance that your **blood** could become overly acidic (due to food and lifestyle choices, environment, chemicals etc.) your remarkable body will mine alkaline minerals like calcium, magnesium, and potassium from your bones, teeth, and organs to **neutralize** the acids. This is fine every now and then. But pillaging your reserves over the long term can lead to osteoporosis and other health challenges. Many people are **bathing** their cells in an inflammatory acid bath multiple times per day with tons of sugar, processed foods, animal products, etc. creating this pillaging constantly.

Much more **common** than the rare pH conditions of the blood is a

situation caused by excess acids stored in the body tissues (such as muscles, joints, bones, connective tissue, kidneys, liver, brain and other organs) while the blood remains pH balanced. This overly acid **situation** happens to most people due to the nutrition and lifestyle. Acids accumulate in vital organs and attract calcium **deposits**. These calcium deposits show up as arthritis, bone spurs, gallstones, kidney stones and calcification of tumors (which are always very acidic areas).

Acid-forming diets are the major cause of a very unhealthy condition called **Acidosis** and are the leading cause of many diseases such as Crohn's, Diverticulitis, cancer, colon related diseases, strokes, diabetes, and many others. Acidosis occurs when there is a build up of too much acid in the body. There are **two types** of acidosis: Respiratory acidosis which develops when there is too much carbon dioxide in the body, and metabolic acidosis which occurs when the body produces too much acid or when the kidneys are not able to remove enough acid from the body. Most **disease states can't exist** when the body's pH is alkaline. **Bacteria, viruses and fungi** can't reproduce.

### **Some Symptoms of Acidosis are:**

- Osteoporosis: bone pain, tenderness, and fractures
- Compromised immune system
- Muscle weakness
- Candida/Yeast overgrowth
- Acid Reflex
- Rapid breathing
- Fluctuating weight with weight loss over a prolonged period
- Confusion and severe anxiety
- Low Energy
- Abdominal pain
- Hypotension: low blood pressure
- Chest pain

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To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way\*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

\*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click **here**: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com).

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

## DISCOVER the SECRET; the state of lack of ALKALINITY in our Bodies is an important Cause of most illness and disease... Learn to Alkalize yourself to Heal and Thrive! (Cont.)

### The Dangers of Acidosis are:

- Lowers the body's ability to absorb minerals and other nutrients
- Acidosis over an extended time frame can result in rheumatoid arthritis, diabetes, lupus, tuberculosis, osteoporosis and high blood pressure.
- Lowers energy production in the cells
- Corrodes arteries, veins and heart tissue
- Risk of heart attack and stroke
- Slows the delivery of oxygen to the cells
- Dry and wrinkled skin due to free-radical acceleration
- Blood sugar fluctuations and diabetes
- Increased digestive problems and constipation
- Weight gain
- Weakened glands and organs
- Lowers the body's ability to repair damaged cells
- Decreases the body's ability to detoxify heavy metals
- Permits tumor cells to thrive
- More susceptibility to fatigue and illness
- Disrupts nerve and brain function
- Contributes to anxiety, diarrhea, dilated pupils, extroverted behavior, fatigue in early morning, headaches, hyperactivity, hyper sexuality, insomnia, nervousness, rapid heartbeat, restless legs, shortness of breath, strong appetite, high blood pressure, headaches, depression and warm dry hands and feet.

### The Impact of Acidosis on Your Organs:

**Heart** - The heart is one of the most alkaline-dependent organs. Acid wastes alter a proper heartbeat.

**Stomach** - Digestive difficulties may indicate production of acid residue in the system. Symptoms are belching, bloating, not eliminated intestinal gas, regurgitation, hiccups, lack or limitation of appetite, nausea,

vomiting, diarrhea, constipation and colic in children.

**Liver** - One of the liver's main functions, out of the over 300 functions, is processing acid toxins, and producing alkaline enzymes. The liver is your first line of defense against **poisons**. Nourishment from the gastrointestinal tract enters the blood via the liver. The load on the liver is much heavier when acid waste products are constantly floating in the blood and cause dysfunction of the liver.

**Pancreas** - The pancreas is highly dependent on a correct alkaline diet. To have proper blood sugar balance, you must maintain a primarily alkaline-forming diet.

**Kidneys** - Kidneys keep the blood alkaline and extract acid. Overstressed kidneys, with too much acidity, can create kidney stones. These are composed of waste acid cells and mineral salts that become gummed together into a waste acid substance.

**Colon** - It's important to keep the colon clean of accumulated acid wastes. These toxins can collect on the colon walls and harden in cases of diarrhea or constipation. They can sometimes get reabsorbed into the bloodstream.

**Lymphatic System** - Lymph fluid carries nutrition to the cells and removes acid waste products. It flows best in an alkaline environment. In an overly acidic body it slows down, creating chronic, long-term, life-threatening conditions. Decreased lymph flow increases tissue acid storage. Not drinking enough pure filtered "Living" water will also slow the lymph. **Improperly** digested waste products are reabsorbed via the lymphatic ducts of the small intestine.

Here is a list of many other **benefits** we receive from eating for our body and what it loves, to be in Ph balance!

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer colds, headaches, flu viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Won't support osteoporosis
- Increased mental acuity, mental alertness
- Legal natural high
- Less excess stomach acid
- Less Acid reflux, Gastritis and Ulcers
- Saliva being less acidic
- Stronger nails
- Skin less dry
- Less prone to have Corners of lips crack
- Hair healthy and shining
- Avoid hives
- Teeth less sensitive to hot, cold, or acidic foods
- Teeth less have a tendency to crack or chip, less sensitivity on gum, and less ulcers in mouth.
- Less infections in throat and tonsils
- Keep away from tooth nerve pain
- Headaches lessen
- Low body temperature (feels cold) shifts
- Tendency to get infections is supported
- Leg cramps and spasms are not so present

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- Eyes tear easily, conjunctivitis, inflammation of the eyelids and corneas
- High energy less fatigue
- Able to feel and express joy and enthusiasm, less depression
- Less nervousness and anxiety and experience happiness and how great being at balance can be in so many ways.

At first, when your body can't keep the right pH balance it can begin to become **exhausted** and show other symptoms. You might get acne, have sudden panic attacks, be irritable without reason, have no energy or just be hyperactive, be bloated all day, have a white coated tongue, **experience** dizziness, lose your sex drive, have heartburn, hot urine, constipation, have a metallic taste in your mouth, etc. Many of us are not alarmed by these symptoms because we think they are part of our life, due to the stressful **environment** we live in. So we may not take care of them, thinking they will transition. This is the beginning of a spiraling problem.

Then the conditions will **worsen** cause bronchitis, asthma, allergies, depression, decreased concentration and memory loss, insomnia, viral infections as the flu, colds, skin problem as Psoriasis, fungal infections as Candida, vaginal, athlete's foot and urinary problems, sinusitis, viruses (they adore acids to live on!). These are more **serious** matters, but only a really good and usually holistic or functional doctor who is making links will know he does not only have to treat the symptoms itself but look deeper to resolve the acidity as well.

If still not attended to the excess acid **continues** to multiply and now we begin to experience really devastating illnesses, conditions

and diseases such as: Leukemia, Lupus, Crohn's disease, schizophrenia, tuberculosis, cancers, Rheumatoid arthritis, Myasthenia Gravis and chronic diseases. Now **mostly** the disease itself will be treated. But the cause may very well stay there because there isn't enough attention to recognize what is keeping you ill, in spite of intense treatments. A much better route would be to start at the **root cause**: our daily diet and lifestyle and to alkalize our body.

You can test your pH with **inexpensive** pH strips that you can buy online or in health food stores to test your saliva or your urine. Most holistic health experts believe that testing your total body Ph through your urine is a little more **accurate**. This also should be done first thing in the morning. The first reading will usually be a little more acidic because the body is clearing out acid while you sleep at night. So for the most accurate reading utilize the **second** urine test of the morning.

All of the above reasons are why an alkaline lifestyle is an empowering choice. **Everything** we eat or drink affects **our body Ph**. Some foods make us more acidic while others make us more alkaline. In general, animal based foods such as **meat and dairy products are acidic**, while **plant-based foods like fruits and veggies are alkaline**. While we do need both acid and alkaline foods in our diet they can all be gotten from plant-based sources. Though processed and chemical laden foods we have become overly acidic. Surprisingly, even for those of us who are vegetarian or vegan we could use a little tweaking to optimize our nutrition in a balanced way.

Simply put, an alkaline diet involves eating a whole lot more vegetables, which are the main source of alkaline foods and **eliminating** the things that ferment and rot in our bod-

ies. Foods that ferment include yeasts, fungus and molds that many people eat regularly in the form of vinegars, soy sauces, mushrooms, meats, cheeses, dairy, and breads, to point out just a few. These foods that become toxins inside our bodies need to be eliminated from our **bodies** and our diet for optimal health. Optimally 70-80% of your intake should be vegetables and raw for that matter if possible. The other 20-30% can be an assortment of whole grains, proteins like hemp protein, healthy oils, nuts & seeds etc.

**Food Combining** - Is key to creating an alkaline environment. Proper food combination can reduce putrefaction, therefore acidity and create a more alkaline condition. IN our next article we will go into more detail about nutrition so that you can understand the right food to each and combine to optimally balance your alkalinity vs. acidity.

Also, products for our environment and self-care are important factors in looking at alkalinity. **Household cleaning products** like soap, detergent, air fresheners, glass cleaners and other various cleaning agents all contain chemicals that are toxic to the body and **contribute to acidity**. It's the same with **conventional** bath and body products that contain not-so-friendly chemicals and toxins in them as well. If they go directly onto your skin, which is your body's biggest organ, then they can be some of the biggest offenders. Try switching over to more natural, organic, vegan and safe products.

We also want to limit **exposure** to toxins in our world (exhaust, paint fumes, gas fumes, pesticides, etc.) However, it is nearly impossible (Cont. on next page)

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ble to completely avoid everything since even the rain can even be toxic for us but knowing how to counter balance this with diet along with ways to eliminate the toxins we can from our body **provides** for an incredible start.

### Here are the basics to an alkaline lifestyle:

- Eat a diet full of nutritious, organic and alkaline vegetables and fruits. Many fruits seem acidic but are actually **very alkaline!** The more plant based and raw the better.
- Stay away from all processed foods and fried foods, which are extremely acidic.
- **Avoid refined sugar!** Fresh fruits are okay when balanced in your diet.
- **Drink quality water** such as pure filtered "Living" water.
- **Use natural household cleaning agents** such as diluted apple cider vinegar.
- **Use natural bath and body products** such as shampoo, conditioner, body wash, soap, toothpaste, mouthwash, lotions, facial creams and make-up. Commercial ones are made with chemicals that have a toxic load to the body and make you acidic.

**Detoxing** is a great way to remove toxins, pathogens, overgrown yeast (candida) and parasites that have built up in our body over time. Ever-increasing air pollution, chemicals, drugs prescription and too much of the "wrong" food **contribute** towards free radical damage and acidosis. There are several ways to detox, however a natural and safe way to remove toxins is achieved by simply **focusing** on creating a pH balance in your body. By alkalizing the body through diet and also by simply drinking alkaline water, your body will remove those harmful toxins.

Stress in your life? You can eat a perfectly alkaline diet and yet still

**struggle** with health issues if you do not have a healthy way to deal with stress in your life. Stress alone causes an acidic reaction in your body and could be the sole cause of cancer or sudden death if it is extreme. If you're **stressed** all the time and upset, angry, frustrated and worried, you're literally pumping out adrenaline through your body and that reacts with normal hormones and can create an acid condition. We will discuss more about our mental, emotional and spiritual **impact** on our acidity in our last article.

A Raw VEGAN Living Foods DIET including pure dark cacao chocolate, plenty of **Leafy GREENS**, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

Below are some great resource links to find out more about acidic vs. alkaline lifestyle:

<http://kriscarr.com/blog-video/ph-balance-alkaline-foods/> - pH 101: Acid-Alkaline Balance & Your Health

<http://www.onegreenplanet.org/vegan-health/the-acid-alkaline-balance-and-the-raw-food-diet/> - The Acid Alkaline Balance and the Raw Food Diet

<http://www.naturallifeenergy.com/alkaline-vs-acidic-foods/> - Alkaline Versus Acidic -The Body Should Be Slightly Alkaline

<http://bottomlinehealth.com/is-your-body-too-acidic/> - Is Your Body Too Acidic?

<http://www.mywellnessolutions.com/#/Your-body-and-Acid-vs-Alkaline-foods/c177m/47C2A9B1-419B-4659-991C-0DAC6B6D6F8A> - Your body and Acid vs. Alkaline foods

<http://blogs.mycentraljersey.com/holistic/tag/acid-vs-alkaline/> - Acid Vs. Alkaline

<https://drbenkim.com/ph-body-blood-foods-acid-alkaline.htm> - The Truth About Alkalizing Your Blood

<http://ravishingraw.com/alkalize-your-body> - Alkalize Your Body

<http://articles.mercola.com/sites/articles/archive/2010/09/11/alkaline-water-interview.aspx> - Alkaline Water: If You Fall for This "Water Fad" You Could Do Some Major Damage

<http://www.chrisbeatcancer.com/alkalize-it-or-why-your-bodys-ph-matters/> - "Alkalize It" or Why your body's pH matters

<http://hippocratesinst.org/alkaline-water-helps-improve-many-health-challenges> - Alkaline Water Helps Improve Many Health Challenges

<http://liveenergized.com/alkaline-diet-resources/alkaline-diet-questions-with-gareth-5/> -

<http://www.hippocrateshealthlifestyle.com/3177/intestinal-parasites-alkaline/> - Intestinal Parasites & Too Alkaline?

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<http://www.budwigcenter.com/acid-ph-dangers/> - pH Balancing is a Must to Regain Your Health

<http://www.healthline.com/health/acidosis#Description1> - Acidosis

<http://healthwyze.org/index.php/component/content/article/361-the-relationship-between-body-ph-and-disease-and-other-facts-youre-not-supposed-to-know.html> - The Relationship Between Body pH and Disease (and other facts you're not sup-

posed to know)

[http://www.excelexgold.com/about\\_alkaline\\_body\\_ph/about\\_alkaline\\_body\\_ph\\_maintext.htm](http://www.excelexgold.com/about_alkaline_body_ph/about_alkaline_body_ph_maintext.htm) - The Internal pH of the Human Body Is One of the Key Factors in Maintaining Organic Balance

<http://www.rainbowcrystal.com/crystal/acidalkalineph.shtml> - The Acid Test

<http://www.pureinsideout.com/crucial-acidic-alkaline-balance.html> - The Crucial Acidic/Alkaline Balance: How Acidic Is Your Body

<http://www.joyfulalternatives.com/becomingtooalkaline.html> - Becoming Too Alkaline

<http://www.investorideas.com/LOHAS-Investing/Christina-Grant/news/8131.asp> - Why Create an Acid-Alkaline Balance in Your Body?

<http://www.chicagohealers.com/library/acid-vs-alkaline-acidity-leads-all-sickness-and-disease> - Acid Vs. Alkaline: Acidity Leads To All Sickness And Disease

### The Right NUTRITIONAL Plan and Appropriate EXERCISE Routine, to ALKALIZE your Body, will help you PREVENT, Heal and ENHANCE your WELLNESS !!

All foods are either acid-forming or alkaline-forming. The body requires approximately 20% of the diet to be **derived** from acid-forming foods that can be properly digested to help maintain pristine health. High acid-forming foods and high acid-forming diets, however, that cannot be properly digested acidify body tissue and eventually lead to **Acidosis** that will **drain** and weaken the health and energy of every cell in the body.

When food is properly **combined**, the digestive abilities are accelerated, and the nutrients are quickly absorbed for optimum nutrition, which provides you with health, power, strength and **endurance** physically, mentally and emotionally. When foods are not properly combined the result is that the proteins putrefy, and starches and sugars ferment. This poisons the body down to a cellular level. For our cells to gain and maintain **optimal** health it is important to maintain a high level of cellular energy, which is handled in an alkaline system.

Here are some **nutritional** guidelines to alkalize and balance your body pH through nutrition:

- Eat only **organic** whole foods that are GMO-free to avoid pesticides, chemicals and other contaminants
- Eat alkaline foods like most fruits and vegetables so that you body is alkalized on a **daily** basis.
- **Combine** highly alkaline foods in a meal with foods that are acidic to create better balance and maintain alkaline Ph.
- Begin your day with fresh **organic lemon** or lime mixed into pure filtered "living" water at room temperature or slightly warm (Do not warm your water in the microwave oven.) This helps to clear the body of excess acids and create an alkaline-forming state.
- Drink one or two glasses of organic apple cider **vinegar** mixed with and pure filtered "living" water daily. (Approx. one to two tablespoons of vinegar to eight ounces of water).
- Consume foods high in **potassium** like lemons and bananas.
- Drink lots of pure filtered "living" water daily to flush the system of waste. Consume, in ounces, at least **50 percent** of your weight in water every day.
- Eat lots of raw vegetables, particularly **sprouts** since they are filled with enzymes to help balance the body's pH and overcome acido-

sis. The pancreas is responsible for producing most digestive enzymes, including bicarbonate. If your pancreas is not functioning properly, the quantities of natural enzymes can be less than optimal.

#### • **Eat Whole, Unprocessed Foods:**

- Fruits, vegetables, whole grains, nuts, seeds, nut butters, nut milks, seed butters, and seed milks.
- Fresh organic raw foods should be included in the daily diet since they place the least amount of strain on the **digestive** organs, are the most alkaline, and contain the most vitamins and minerals. The more raw the better.
- The most highly alkalizing foods are leafy green vegetables, algae (**spirulina**, chlorella, etc.), cereal grasses (wheat grass, barley grass, alfalfa) and lemons. Although lemons are acidic when they are tested outside of the body, when they are consumed, they have an alkalizing **effect** on the body. Most herbs also have an alkalizing effect on the body (except for stimulant (Cont. on next page)

## The Right NUTRITIONAL Plan and Appropriate EXERCISE Routine, to ALKALIZE your Body, will help you PREVENT, Heal and ENHANCE your WELLNESS !! (Cont.)

and caffeine-containing herbs).

- **Start Juicing** - Doing your own juicing can greatly improve your health, and can sometimes work faster than **herbs** when used as part of your daily diet. Be careful with too much fruit and high carbohydrate veggies such as carrot and beets as they are high in sugars and could cause a rise in blood sugar. You can **dilute** them in half with water to reduce the natural sugar content.
- **Sweeteners** should be as close to nature as possible. Including some fresh fruit in the diet during the day can sometimes stop cravings for sweets later on in the day. Coconut sugar also seems to have less of an effect on the blood sugar than any other kind of sweeteners.
- Eliminate **caffeinated** beverages as they causes a loss of water from the body; therefore, if one consumes coffee, black tea, caffeinated green tea, etc, they should drink extra water to make up for the dehydrating effect of caffeine. Caffeine also turns up the **metabolism**, which creates slightly more acid in the body, and this increase in metabolism can also cause anxiety and heart palpitations. Caffeine is a **vasoconstrictor** - it tightens up blood vessels and consequently raises blood pressure. If you have high blood pressure, **limit** your intake of caffeinated products and see how it affects your blood pressure.
- **Minimize or Eliminate Processed Foods.** Foods that are highly processed are more acidic. They include white sugar, enriched flour, white rice, pasteurized and homogenized dairy products, luncheon meat, artificial sweeteners, foods that contain artificial colorings and flavorings, monosodium glutamate (MSG), canned foods, and processed foods containing ingredients that can't be pronounced.

- **Minimize or Eliminate Meat and Meat by Products:**

- Meat includes red meat, white meat, chicken and fish.
- If meat is to be eaten, it should only be eaten once or twice a week.
- The average American diet contains about **3 times** more protein than what is recommended for a healthy adult. Protein can easily be gotten from a balanced plant-based diet.
- The regular **consumption** of meats of all kinds (even organic or free-range meats) has been proven time and time again in research study after research study to cause many health problems from acne to cancer. All meats, even if organic and free range, are still very high in protein, and because of this, they are still acidic in the body.

- **Minimize or Eliminate Dairy Products:**

- Dairy products (especially homogenized, pasteurized cow's milk) are not as acidic as meat, but they are acidic in the body and can aggravate colitis, asthma, childhood ear infections, sinus infections, COPD, emphysema, cystic fibrosis, lung diseases, psoriasis, acne, eczema, and many skin and colon diseases. Replace cow's milk, which is highly acidic and **mucus forming**, with nut, seed and grain milks such as rice milk, oat milk, almond milk, pecan milk, and cashew milk.
- **Milk allergy** is a very common food allergy and many people are lactose intolerant- including people who are Blood Type B - supposedly the Blood type that can digest dairy products. I've never found a person who had a Type B blood type that did well

on dairy products.

- High **calcium** foods can be substituted such as beans (*all* beans are high in calcium - soy beans are not the only beans that contain calcium!), seaweeds, kale, broccoli, almonds, and carrot juice.

The following lists go over the acid or alkaline **values** of the foods we eat. The accurate way to measure the alkalinity of food is how the food changes the pH value of the tissues of the body. Once food is **digested**, an "ash" is formed. The pH of this ash is different than the pH value of the actual food itself. Lemons for example are very acidic by themselves however when **digested** they have an alkalizing effect in the body!

### Highly Alkalizing Foods

Fruits & Vegetables: artichokes, arugula, asparagus, avocado, baking soda, barley grass, beet greens, beets, cabbage, cabbage lettuce, cantaloupe, carrots, cauliflower, celery, celery root, chard, chicory, chives, cilantro, **coconut** (fresh), collards, comfrey, cucumbers, dandelion greens, dates, **eggplant**, endive, fennel, figs, garlic, ginger, wheat grass and its juice, kamut grass, green beans, jicama, kelp, kohlrabi, leeks, lemon, lime, lettuce, lima beans, lime, lotus root, mustard greens, nectar (Cont. on next page)

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## The Right NUTRITIONAL Plan and Appropriate EXERCISE Routine, to ALKALIZE your Body, will help you PREVENT, Heal and ENHANCE your WELLNESS !! (Cont.)

ine, onions, papaya, parsley, peas, **peppers**, persimmon, pineapple, pumpkin, radishes, raspberry, rhubarb, rutabaga, sea salt, sea vegetables, sea salt, seaweed, seedless grapes (sweet), sorrel, spinach, sprouts, sprouted beans-grains-seeds in all varieties, sprouted lentils, squash, **sweet potatoes**, tangerine, taro root, tomatoes, tomatillos, turnips, wasabi, watercress, watermelon, wheatgrass, zucchini.

### Moderately Alkazing Foods

**Nuts & Seeds:** Raw Almonds, Borage oil, brazil nuts, buckwheat groats, burdock root, caraway seeds, chia seeds, cumin seeds, dasheen, fennel seeds, **flax seed oil**, flax seeds, hazelnuts, herbs, millet, nigella seeds, parsnip, poppy seeds, pumpkin seeds, sesame seeds, raw organic stevia, sunflower seeds, tofu.

**Vegetables & Fruits:** Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), carrots, currants, dates, figs (fresh), garlic, grapefruit, herbs (leafy green), kale, kombucha, kiwifruit, leafy green lettuce, mustard green, nectarine, peaches, pears, peas (fresh, sweet), pumpkin (sweet), olive, oranges, **passion fruit**, peaches (less sweet), peas (less sweet), pineapple, potatoes (with skin), pumpkin (less sweet), raisins, radishes, strawberries, squash, sweet Corn (fresh), turnip, umeboshi plums, vinegar (apple cider).

**Spices:** pepper, parsnip, garlic, asparagus, parsley, endive, arugula and ginger root.

### Low Alkazing Foods

Vegetables & Fruits: Amaranth, black-eyed peas, Bragg liquid aminos™, apples, apricots, bananas, blackberry, black currants, blueberries, cantaloupe, cherries, cold pressed oils, **collard greens**, currants, dates, eggplant, evening primrose oil, fava beans, figs, flax seed oil, gooseberries, grapes, grapefruit, head lettuce, kamut, kiwi, leeks, mandarin oranges, mangos, marine lipids, **nectarines**, okra, olive oil, oranges, papayas, peaches, pears, pecans, pineapples, plums, pomegranates, quinoa, raspberries, red currants, rice (brown and basmati), rosehips, sunflower oil, spelt, strawberries, string beans, tangerines, tomatoes (sweet), ugly fruit, walnuts, **watermelon**, and wax beans. (Note: High sugar fruits are acidic in an imbalanced body and are best in season and for cleansing purposes in moderation.

Most **herbs**, green tea, mu tea, apple cider vinegar, primrose oil, mushrooms, ginseng,

### Neutral Foods

Fresh coconut meat and water

### Low Acidic Foods

Azuki beans, Agave nectar, almond oil, brown rice syrup, dried fruit, farina, honey raw, **lentils**, olives, pinto beans, navy beans, red beans, rye bread, safflower oil, seitan, semolina, sesame oil, sprouted-grain bread, tapioca, white beans, white rice, whole grain bread and meal.

### Moderately Acid Foods

Barley, **beans**, Bran, cereals (unrefined), carob, cashews, corn, cottage cheese, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), egg whites, eggs whole (cooked hard), fructose, granola, ketchup, lard, **legumes**, maple

syrup (unprocessed), Milk protein, mustard, oat bran, pasta (whole grain), pastry, peanuts, pecans, pistachios, rye, turbinado sugar, vanilla, wheat, stored potatoes, soy sauce, tamari, tapioca, and wheat bread (sprouted organic).

### Highly Acidic Foods

Bacon, Barley malt sweetener, biscuits, butter, bread-white bread, chicken, cheese, eggs, **fried foods**, cakes, carbonated soft drinks, cereals (refined), corn, corn meal, crab, lobster, meats (pork, poultry, fish, seafood), mushrooms, organic cheese, oatmeal, oats, ocean fish, pasta, pastries, pork, rice, sausages, shrimp, sugar, turkey, veal, **Alcohol** of all kinds, artificial sweeteners, candy, cheese (including processed), cocoa, coffee and black tea, cottonseed oil, refined oils, both raw milk and cow's milk that has been homogenized and pasteurized, fried foods of all kinds, game birds, hydrogenated oil, ice cream, jam, jelly, hops, malt, margarine, milk chocolate, MSG, **processed foods**, pudding, refined sugar, white sugar, table salt (NaCl), vinegar of all kinds, yeast, soft drinks, candy, processed foods of all kinds.

**Beneficial enzymes** (proteins that aid in necessary chemical reactions in the body) in food are destroyed when you cook them. Some of these crucial enzymes are obtained from outside the body, so if they are destroyed, our bodies then struggle to digest and cannot absorb the maximum amount of **nutrients** required to thrive. Raw fruits and vegetables, on the other hand, promote alkaline balance. Not only that but cooking at high temperatures alters the pH of vegetables from alkaline to **acidic** and breaks down starch, (Cont. on next page)

## The Right NUTRITIONAL Plan and Appropriate EXERCISE Routine, to ALKALIZE your Body, will help you PREVENT, Heal and ENHANCE your WELLNESS !! (Cont.)

therefore increasing sugar content in foods. Blending, sprouting, fermenting and dehydrating are the primary preparation techniques used by raw foodies. The act of **sprouting** increases a foods enzymatic activity, and thus its nutrient value; because of this, sprouted foods are quite often referred to as "living" or "live" foods.

Our bodies are **70% water**. Water, which is considered neutral (neither acidic nor alkaline), has a pH of 7. Pure water means water that is filtered, distilled water or reverse osmosis. Water that is too acidic or too alkaline can be detrimental to human health and lead to nutritional **disequilibrium**. Your body simply was not designed to drink highly alkaline water all the time. There is a lot of controversy over alkalized water. If we were designed to drink water that occurs naturally, that would exclude many man made alkaline **waters** with pH levels of 8 and above. What you want is pure water - water that is clean, balanced, and healthful, neither too alkaline nor too acidic. Ideally, the pH of your water should be somewhere between 6 and 8. And some of the healthiest waters in the world - that which **emerge** from mountain springs - are actually acidic in the range of 6.5.

**Living water** is water that is living in the same way that **raw food** is "living food." Natural "live" water is (like raw food) filled with biophotons. **Biophotons** are the smallest units of light, which are stored in and used by all biological organisms - including humans and animals. **Vital energy** finds its way into your cells from the biodynamic foods you eat. Possibly the best way to alkalize would be to utilize the highest quality water possible, which is obtained from fresh organic juiced vegetable juice. Green vegetable juices will help your body normalize your body's pH **naturally**.

Getting healthy and balanced does not have to be complicated. The right nutrition, **adequate** rest and sleep, stress reduction and regular exercise constitute a healthy alkaline lifestyle. Since we have looked at nutrition above let's take a look at the other elements of this lifestyle.

### Exercise

The body is the vehicle through which we journey in this lifetime, and it is intended to move. Our physical body becomes unhealthy due to lack of movement when you live a sedentary life. In addition to all of the amazing **balancing** benefits of exercising, working out and stretching these activities are also proven to calm the mind and balance the emotions. **Hormones** are release during exercise that helps us focus better, and brings us more balance. People who exercise daily also sleep better and have a stronger immune system. **Exercise** helps normalize your glucose, insulin, and leptin levels by **optimizing** their receptor sensitivity. Sweating is also a great way to support acid excretion.

Get the toxins out and get the body moving. The **best exercise** is generally the exercise you like the best. Consider, though, the benefits of mixing aerobic exercise with movement that's mostly stretches, such as yoga, chi kung, or tai chi.

### Deep Breathing

Deep breathing makes the blood more alkaline. Get fresh air every day. Conscious breathing allows us to stop, to let go of our thoughts and to relax. Our breath is what **continues** to sustain us and give us life, our breath excites and calms us, carries toxins out from the body, and renews us. By doing simple breathing exercises a few times a day you give your body a

huge helping hand in removing acids.

### Sleep

The quality and quantity of your sleep are very important, this is the time when our body regenerates and heals. Our bodies need about **eight hours** of rest every night. Because our bodies are tuned into the natural rhythms of life, they have inner clocks that rest and rejuvenate the organs in sync with the natural world.

### Grounding

The earth's surface has a negative charge; the space has a positive charge and the air in between acts as an insulator. The earth's surface is full of negative hydrogen ions. We are able to utilize these ions by bare skin contact with the earth, or via a **conductive** element linked to the earth. Get outside and walk barefoot on the ground to alkalize your body!!!!

### Get Some Sun

Sunshine is the main source of vitamin D in the human body, which is needed to alkalize the body. Whenever our systems are too acidic, one of the major buffers our bodies use to reduce that acidity is calcium. Vitamin D, among other **functions**, causes increased (Cont. on next page)

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calcium absorption.

Keep in mind that our windows, sunscreen, sunglasses, glasses and contact lenses, clothes, and make-up block UV light and thus vitamin D. Although you should not stay in the sun long enough to burn, you also should ensure some UV light on your bare skin and eyes every day.

### Other Holistic Practices

There are many holistic healing practices that can contribute to an alkaline lifestyle. It is always important that you listen to your body and find methodologies that align with your needs, and trust yourself when choosing what works for you. There are many other **complimentary** therapies that can support you in this journey. Yoga, Reiki, Bach flower, Homeopathy, Herbs, Acupuncture, Deep tissue muscle release, Breath work, Energy Freedom Technique, and other energy **psychology** release work can be useful to achieve inner and outer balance in our lives. In our next article we will talk about how our emotional, mental and spiritual states **impact** the alkalinity of our body so please keep reading so you know about this critical component!

The following research links will give you a lot more details specifically about alkaline foods and nutrition:

<http://www.alkalinesisters.com/our-story-2/109/> - Why Alkaline and not just vegetarian or vegan?

<http://www.acidalkalinediet.net/acid-alkaline-diet.php> - Acid Alkaline Balance Diet

<http://www.vegan-raw-diet.com/alkalinefoods.html> - List of Alkaline Foods

<http://www.geniraw.com/raw5.html> - Alkalinizing Raw - Alkalinizing Raw

<http://vegancrunk.blogspot.com/2013/06/eating-alkaline-way.html> - Eating the Alkaline Way

<http://www.alkalizingforlife.com/page/page/5128908.htm> - Alkalinizing for Life

[http://www.edgarcayce.org/are/holistic\\_health/data/thdiet3.html](http://www.edgarcayce.org/are/holistic_health/data/thdiet3.html) - ACID-FORMING & ALKALINE-FORMING FOODS

<http://vidyacleanse.com/2013/03/acid-vs-alkaline-the-science-behind-balancing-your-ph/> - Acid vs. Alkaline: The Science Behind Balancing Your pH

[http://www.drfostersessentials.com/store/ph\\_bal.php#sthash.Ad24DK2P.dpbs](http://www.drfostersessentials.com/store/ph_bal.php#sthash.Ad24DK2P.dpbs) - PH Balanced Diet

<http://www.holisticwellnessproject.com/blog/alkaline-diet/alkaline-foods-wellness/> - Alkaline Foods vs Acid Foods

<http://www.rense.com/1.mpicons/acidalka.htm> - Acid and alkalize

<http://www.doctoroz.com/article/25-alkaline-promoting-foods> - 25 Alkaline-Promoting Foods

[http://www.naturalnews.com/038749\\_alkalize\\_pH\\_balance\\_disease\\_prevention.html](http://www.naturalnews.com/038749_alkalize_pH_balance_disease_prevention.html) - 12 easy ways to remove acid build-up from your body, alkalize your pH and beat disease

<http://www.onegreenplanet.org/vegan-food/healthy-shots-to-alkalize-your-body-in-the-morning/> - 5 Healthy 'Shots' To Alkalize Your Body in the Morning

<http://www.livestrong.com/article/342872-how-to-alkalize-your-body-quickly/> - How to Alkalize Your Body

<http://ravishingraw.com/alkalize-your-body> - Alkalize Your Body

<http://www.canceractive.com/cancer-active-page-link.aspx?n=2733> - How to alkalize your acid body

<http://amirahhall.com/Healing-Tools/secrets-to-alkalizing-your-body.html> - Secrets To Alkalinizing Your Body

<https://feelgoodchallenges.wordpress.com/2013/09/13/dr-brian-clement-on-digestive-disorders-and-alkaline-diet/> - Dr. Brian Clement on Digestive Disorders and Alkaline Diet

<http://www.healthextremist.com/top-7-alkalizing-foods-and-all-about-alkalizing-your-body/> - Top 7 Alkalinizing Foods and All About Alkalinizing Your Body

<http://healthwyze.org/index.php/component/content/article/382-quick-tip-using-lemon-and-pineapple-to-quickly-shift-body-ph-in-your-favor.html> - Quick Tip: Using Lemon and Pineapple Juice to Quickly Shift Body pH in Your Favor

<http://www.johnhankey.com/487/> - Alkalize Your Body

<https://dralvitasoleil.wordpress.com/2014/12/15/living-the-alkaline-lifestyle-one-day-at-a-time/> - Living the Alkaline Lifestyle

## Alkalize yourself Physically, Mentally, Emotionally and Spiritually for Holistic Wellness!!!

Diet and exercise alone is not enough to maintain our health and keep us away from acidity and disease. Our body is a complete **holistic** system, and in order to have balance, we need to work not only on our physical health, but also our mental, emotional and even spiritual wellness. The right exercise and nutrition are **fundamental** to alkalinity and good health, but to really create an alkaline body and lifestyle we need to attend to our thoughts and emotions.

Thoughts and emotions have a direct effect on our internal **chemistry**. Studies have shown that anger, fear, resentment, jealousy and other “negative” emotions produce acidic body fluids and that love, laughter, joy, etc. produce alkaline **conditions** throughout the body. Studies have also proven that happy people have longer and healthier lives while it has also been observed, in studies, that people with **mediocre** diets may be become healthier when they change their outlook to one that is more “positive”.

Some of the scientists who have studied the effects of emotional and mental energies say that our thoughts and emotions have a greater effect on the body than the most alkaline food available. Adding **additional** acidity from negative emotions to the combined results of acid foods and physical stress can put a body at critical mass, triggering any of the inevitable consequences of acidosis. Of course, to have optimal health you would want to have an **entire** alkaline lifestyle.

Alkalizing emotions such as Love, Joy and Happiness produce expansion in our heart, which allows it to work better and easier. **Emotions** of Fairness, Openness, and Trust constitute the stability in our system, supporting the healthy function of organs like our spleen, stomach and pancreas. As most studies have

now shown, health begins in the gut, both good and bad health. **Courage** allows us to breathe deeper and better, fueling our body and our cells with oxygen and clean energy. The emotions of Kindness and **Generosity** have regeneration effects in our body, which allow us to maintaining youthful organs.

Feelings of Hate, Cruelty and Impatience have been shown to cause heart palpitations, high **blood pressure**, and chest pain. The emotions of Worry, Anxiety and Mistrust cause our **digestion** to not work properly, and impair our ability of disposing of waste and toxins. This is terribly acidifying because it becomes a downward spiral as indisposed waste creates more toxins and then more waste. Sadness and Depression impacts our **breathing** and when we do not breathe well we provide less oxygen to our system. This has an aging effect, in our organs, and also affects our digestive system producing constipation and toxic buildup also.

Fear is very acidifying in our system as it **stresses** our entire body and causes us to lose life force. Some experts believe that fear is the root cause of most diseases. We may fight against fear by getting angry, a strongly acidic emotion. The feelings of Anger, Frustration, Jealousy or Envy – all derived from fear - make us produce more **cholesterol**, and create an imbalance in our internal organs, affecting our digestion and our ability to detoxify. When anger remains unexpressed, in the form of resentment, it has even stronger effects. Resentment is literally poisonous to your body.

In the book *Power Vs. Force*, Dr. David R. Hawkins tested and rated the **energy level** of basic human emotions on a scale of 1 to 1000.

The following are some tested examples from Hawkins work: Shame – 20, Guilt – 30, Apathy – 50, Greif – 75, Fear 100, Desire 125, Anger 150, Pride 175, Courage 200, Neutrality (no judgment) – 250, Willingness – 310, Acceptance – 350, Reason - 400, Love - 500, Joy - 540, Peace - 600, Enlightenment - 700 – 1000. As you move up this scale you are also more **alkaline**.

To lead a alkaline **lifestyle** the goal would be to focus living your life among the higher-ranking and more Alkaline feelings on the scale. Not only will that help us and improve our alkalinity but it will also help others around us when as our state impacts theirs. This does not mean to repress our feelings, we can fully experience our **feelings**, however, not linger on the ones that do not serve us. Remember, thoughts are just energy, so you don't need to believe everything you think. Thoughts have no power. The power is if you say yes or no to them.

Here are **some** ways you can take care of yourSELF emotionally, mentally and spiritually and create a more alkaline lifestyle:

**De-Stress:** Stress is a part of life, but we can learn to choose how to respond differently to stressors. Stress affects the neuron-endocrine system, causing higher levels of the stress hormone cortisol tending towards anxiety. **Cortisol** breaks down tissue (particularly the protein that makes up muscle) as a source of energy. This process releases a large amount of acidic waste into the blood. Try to avoid stress, learn to respond differently to stressors, and control negative  
(Cont. on next page)

## Alkalize yourself Physically, Mentally, Emotionally and Spiritually for Holistic Wellness!!! (Cont.)

emotions by meditating, thinking positively, and **smiling** more often.

Obviously most of Us LIVE in a Society and with a Life Style that make it **almost** IMPOSSIBLE to avoid STRESS, so the ADVICE to avoid stress is almost laughable. Never the less please DO whatever you CAN to **avoid** as much Stress as you are able to avoid.

But lets get real, a lot of it is **impossible** to avoid, and in those cases, there are many things to do to PROCESS and channel that stress in a HEALTHIER WAY, for example EXERCISING Daily and more intensely when stress levels are higher. Another way to channel stress in a healthier way than the Negative Stress is by JOURNALING; **leaving** on paper all the emotions that could make your body acidic. Even by screaming in an open air space, which may seem strange but it works. Some people PUNCH a pillow or practice BOXING with a Punching Bag and it makes a total difference for them...

I suggest to find whatever will work for YOU to process the Negative STRESS in a way that the Body absorbs the stress the least **possible!**

**Laughter:** The saying that laughter is the best medicine is very accurate. Laughter works for everybody, regardless of age, gender, or medical condition. It boosts the immune system, lowers blood pressure, improves heart and respiratory functions, regulates blood sugar, and improves physical appearance, and so much more... all of which create an alkaline system.

**Creativity:** Find a creative activity that absorbs you. The pleasure, enjoyment and sparking of new ideas will generate new brain

cells into action. **Music and art** have the ability to create a shift in thoughts and emotions and have alkalizing and healing powers. Physically, creativity has an **alkalizing effect** in our body that allows our body functions to work properly, maintaining health and preventing disease. Expand the idea of creativity to include any activity that makes you glad to be alive.

**Cultivate Appreciation:** Life is meant to be appreciated. Counter negative emotion by deliberately think of-and maybe even writing down things you appreciate about your home, your spouse, your children, your job, your body, etc.

**Experience Gratitude for yourSelf and others:** Feeling grateful for who we are, what we have, the infinite gifts in our life, the things that are working, the simple pleasures, our gifts and talents, and those we love is an amazing force in our lives. Gratefulness allows us to be **joyful**, to be aligned with our own source, and to let go of our focus on what seems to not be working. Gratitude is the **thankfulness** for just being, it connects us with the essence of ourselves, and we feel a sense of love, peace, and healing through gratitude.

**Mindfulness:** Our mind is also not only capable of non-stop thinking – it is also capable of mindful awareness – a way of relating to all experiences – positive, negative, and neutral in an open, receptive way. This awareness allows us **freedom** from the stress. Mindfulness is a practice that encourages focusing attention on the present moment. It is a way of bringing us physically, mentally, emotionally and spirituality into the now. It is a foundational way of being that helps us to regain and stay in balance. Mindfulness practices such as **meditation**, yoga and Qi Gong are great ways to alkalize

your body.

**Compassion:** Compassion is an emotion that allows us to expand. “When you begin to touch your heart or let your heart be touched, you begin to discover that it’s bottomless, that it doesn’t have any resolution, that this heart is huge, vast, and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space.” PemaChödrön

**Self-Love:** Poor self-esteem is another big cause of an acidic condition. Self-love is something that needs to be demonstrated, not just talked about. By placing importance on taking positive, nurturing actions, which bring us fulfillment, we tell our self (and others) that **our needs** and wellbeing are important and **that we matter**. The more I am able to love and accept myself exactly as I am, the easier it is for me to love and accept others, and feel and experience balanced wellness.

Some other actions to take to bring yourself to a alkaline balanced lifestyle are:

**Yoga:** There are so many amazing physical, mental, emotional and spiritual benefits to having a regular Yoga practice either alone or by attending classes. The **practices** relax and still the mind, relax, stretch and balance the body, and calm the emotions. Even though Yoga is often thought of today as merely an exercise (and it is great for that) allow yourself to investigate yoga in a deeper way.

**Breath:** Our breath is what continues to sustain us and give us life, our breath excites and calms us, it carries toxins from the body, and renews us. Through the practice of (Cont. on next page)

## Alkalize yourself Physically, Mentally, Emotionally and Spiritually for Holistic Wellness!!! (Cont.)

being **mindful** of the breath you can become aware of patterns and emotions, thoughts and beliefs. By being more in tune and aligned with our breath we become more peaceful, more accepting, more loving and present to what is.

**Meditation:** There are many forms of meditation, from many different traditions, using visualization, breath, mantra, movement, silence, and quiet mind and active. Finding a type of **meditation** or practice that supports you, will allow you to come into a more centered, relaxed, aware and peaceful state. A 20 minute period of time will give your body the value of 3 hours of REM sleep.

**Journaling:** Some people find that through writing, they can let go of negative thoughts and patterns. It can be helpful to allow you to simply get it down on paper, let it out and release negativity and then discard it so it is no longer swirling through the mind.

Spirituality supports basic principles that encourage positive thinking and emotions and promote Love over Fear. We each individually decide

how we want to feel each day and our personal connection with our own Source is always **available** to us. When we understand that we are an energy being first and foremost, and if our dominant intention is to tune in and align with the frequency of the Source within us, we can then provide the perfect **foundation** for the cells of our physical body to thrive inside of us. This all is about creating a life of balance.

The following research links will help you explore the emotional, mental and spiritual aspects of alkalinity:

[http://artof4elements.com/entry/24/acid-or-alkaline-foods/mindful-eating\\_-Acid or Alkaline Foods](http://artof4elements.com/entry/24/acid-or-alkaline-foods/mindful-eating_-Acid or Alkaline Foods)

[http://www.cheap-health-revolution.com/alkaline-acid-foods.html\\_-Alkaline & Acid Foods - Clearing Out Confusion](http://www.cheap-health-revolution.com/alkaline-acid-foods.html_-Alkaline & Acid Foods - Clearing Out Confusion)

<http://eatalkalinefoods.com/alkalize-your-soul-and-mind/> -Alkalize Your Soul and Mind

<http://eatalkalinefoods.com/alkalizing-emotions/> - Alkalizing Emotions

<http://phkillscancer.com/emotions-and-alkaline-diet-for-cancer-body-chemistry-must-change/> -Emotions and Alkaline Diet for Cancer: Body Chemistry Must Change

<http://scienceblogs.com/insolence/2012/03/15/fighting-the-acid-of-negative-emotions/> -Fighting the "acid" of negative emotions?

<http://www.phmiracleliving.com/t-faq-emotions.aspx> -Questions on Emotions Causing Acidity

<http://ph-n.com/02-alkaline-stress.htm> -"Acid/Alkaline Balance: Physical and Mental Stress"

<http://livingalignment.com/2012/07/22/living-in-alignment-acid-alkaline-balance-part-2-emotions-thoughts-and-beliefs/> - Living in Alignment- Acid / Alkaline Balance – Part 2 : Emotions, thoughts and beliefs

<http://articlesofhealth.blogspot.com/2012/03/can-positive-or-negative-thoughts-and.html> -Can Positive or Negative Thoughts and Emotions Affect Your Body, Mind and Spiritual Health?

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)

### SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together em-

power our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.



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