

Have you ever wondered if many of the diseases raging through our society have a common cause? Many doctors, herbalists and nutritionists believe that the explanation may come down to three words:

Acid Alkaline Imbalance

Over acidity, which can become a dangerous condition that weakens all body systems, is very common today. It gives rise to an internal environment conducive to disease, as opposed to a pH-balanced environment which allows normal body function necessary for the body to resist disease. A healthy body maintains adequate alkaline reserves to meet emergency demands. When excess acids must be neutralized our alkaline reserves are depleted leaving the body in a weakened condition. An Acid Alkaline Balanced diet, according to many experts, is a vital key to health maintenance.

*The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...**too much tissue acid waste in the body!***

Theodore A. Baroody, N.D., D.C., Ph.D. **Alkalize or Die**

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14—the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7 which is neutral.

I recommend you do a simple internet search for "pH balance in the body," and do some research of your own. Go to any drug store to get a kit to measure your pH level. Learn what foods are the most alkaline and then adjust your diet accordingly. My advice of eating a **big salad** (dark greens/spinach) and a small entrée is very solid.

My advice on the CD's about fruit in the am before noon may be too acidic if you are eating too much of the lower alkaline fruits or acidifying fruits.

Follow the tips on the Get Switched On Energy Schedule.

Watch the Get Switched On Smoothie video [HERE](#)

Alkaline Foods		Acid Foods		
Vegetables Asparagus Artichokes Cabbage Lettuce Onion Cauliflower Radish Swede Lambs Lettuce Peas Red Cabbage Leeks Watercress Spinach Turnip Chives Carrot Green Beans Beetroot Garlic Celery Grasses (wheat, straw, barley) Cucumber Broccoli Kale Brussels Sprouts	Fruits Lemon Lime Avocado Tomato Grapefruit Watermelon (is neutral) Rhubarb	Meats Pork Lamb Beef Chicken Turkey Crustaceans Other Seafood (apart from occasional oily fish such as salmon)	Dairy Products Milk Eggs Cheese Cream Yogurt Ice Cream	
	Drinks 'Green Drinks' Fresh vegetable juice Pure water (distilled, reverse osmosis, ionised) Lemon water (pure water + fresh lemon or lime). Herbal Tea Vegetable broth Non-sweetened Soy Milk Almond Milk	Others Vinegar White Pasta White Bread Wholemeal Bread Biscuits Soy Sauce Tamari Condiments (Tomato Sauce, Mayonnaise etc.) Artificial Sweeteners Honey	Drinks Soda/Fizzy Drinks Coffee Tea Beers Spirits Fruit Juice Dairy Smoothies Milk Traditional Tea To lose weight quicker - do not drink your calories!	
	Seeds, Nuts & Grains Almonds Pumpkin Sunflower Sesame Flax Buckwheat Groats Spelt Lentils Cumin Seeds Any sprouted seed	Convenience Foods Sweets Chocolate Microwave Meals Tinned Foods Powdered Soups Instant Meals Fast Food	Fats & Oils Saturated Fats Hydrogenated Oils Margarine (worse than Butter) Corn Oil Vegetable Oil Sunflower Oil	
Fats & Oils Flax Hemp Avocado Olive Evening Primrose Oil Blends (Udo's Choice 3-6-9)	Others Sprouts (soy, alfalfa, mung bean, wheat, little radish , chickpea, broccoli etc) Bragg Liquid Aminos (Soy Sauce Alternative) Hummus	Fruits All fruits aside from those listed in the alkaline column.	Seeds & Nuts Peanuts Cashew Nuts Pistachio Nuts	
General Guidance: Stick to big, interesting salads, fresh vegetables and healthy nuts and oils. Try to consume plenty of raw foods and plenty of clean, pure water daily. Buy a quality Juicer and use it. Cut out the soda (regular and diet) and energy drinks and high sugar juices. Use a steamer for your vegetables NOT the microwave. Go for at least 50% of your food from the Alkaline list.		General Guidance: Steer clear of fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco. Packaged foods are often full of hidden offenders and micro-waved meals are full of sugars and salts. Over cooking also removes most of the nutrition from a meal! To lose weight do not to DRINK your calories!		