

COMPLIMENTS OF

 **SANTEVIA®**
Mineralized Alkaline Water

A KICK START GUIDE TO

ALKALIZE YOUR BODY

LEARN HOW AN ALKALINE LIFESTYLE
CAN IMPROVE YOUR HEALTH



SECOND EDITION

MICHELLE SCHOFFRO COOK, PHD, ROHP, DNM

INTERNATIONAL-BESTSELLING AUTHOR OF
60 SECONDS TO SLIM & THE ULTIMATE PH SOLUTION

A KICK START GUIDE TO

ALKALIZE YOUR BODY

MICHELLE SCHOFFRO COOK
PhD, ROHP, DNM

TABLE OF CONTENTS

- 5 FOREWORD**
- 6 RESTORE BALANCE**
- 7 WHAT IS pH & THE pH SCALE?**
- 8 THE BATTLE FOR BALANCED pH**
- 9 TESTING YOUR pH IS EASIER THAN YOU THINK**
- 11 STRESS, TOXINS AND THE STANDARD AMERICAN DIET (SAD)**
- 13 HOW ACIDITY DAMAGES THE BODY**
- 16 ACIDITY AND DISEASE**
- 27 5 KICK-ACID TIPS FOR BETTER HEALTH**
- 28 KICK ACID OUT OF YOUR KITCHEN AND RESTAURANT FOODS**
- 31 ALKALINE WATER: THE FOUNTAIN OF YOUTH AND HEALTH**
- 34 CHOOSING AN ALKALINE WAY OF LIFE**
- 35 REFERENCES**
- 36 ALKALINE FOODS TO FILL UP ON**
- 38 EASY ALKALINE RECIPES**
BY SHARISSE DALBY
- 43 HOME WORKOUT PROGRAM**
BY LUCAS PATRIQUIN
- 46 ABOUT THE AUTHORS**

FOREWORD

A Kick Start Guide to Alkalize Your Body is a work of passion by author Dr. Michelle Schoffro Cook, PhD. I had the pleasure of hearing Michelle share her story and I realized that this extraordinary woman had nurtured herself back to health using the science, philosophy and techniques that she shares with you in **A Kick Start Guide to Alkalize Your Body**. Michelle's desire is for each of us to achieve optimal health and fortunately for us, she has done the tough work of research, development of strategies and creation of simple recipes to make leading an Alkaline Lifestyle easy. Michelle has the gift of taking complex scientific concepts and communicating them in a way that is straight-forward and easy to understand. I have improved my own health and that of my family by implementing the Alkaline Lifestyle. I highly recommend **A Kick Start Guide to Alkalize Your Body** if you want to improve your health!



Yvonne Anderson,
CEO Santevia Water Systems Inc.
SANTEVIA.COM

RESTORE BALANCE

In the 1950s John Lennon said: “Life is what happens to you while you’re busy making other plans.” More than 60 years later, life is busier than ever and the stress of keeping up with the pace of change is revealing itself in our lives. The pace of life and the ongoing stress is especially evident in our health and wellbeing.

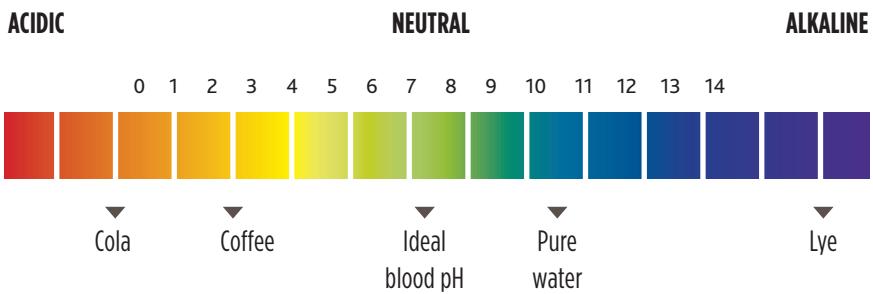
For many people, the goal of having it all—the great job, spouse, children, vacations and material goods—comes at the price of healthy lifestyle choices. We are jarred awake by our alarm clock. Breakfast consists of a muffin and coffee in the car. We skip lunch to work out—if we work out at all—and hit the drive-thru on the way back to the office. We eat fast food at our desk and work late. Dinner is delivered in the form of pizza or Chinese food with cola or beer. We get up the next day and do it all again. And the effects are evident in our health.

A Kick Start Guide to Alkalize Your Body will help you restore balance in your life and transform your health by making some simple changes to how you eat, drink and approach each day. It might amaze you that the simple act of balancing your body chemistry with alkaline food and water can clear up nagging health problems and prevent serious disease. Conversely, it may alarm you to discover how acidic foods and beverages, as well as toxins in our environment, may be harming your health. Balancing your body chemistry doesn’t have to be difficult or time-consuming, as you will soon discover. And you certainly don’t need a biochemistry degree to reap the rewards. Follow the recommended diet and lifestyle suggestions and your body will thank you with the gift of energy, vitality, balanced weight, healthier skin, and many other health benefits.

WHAT IS pH & THE pH SCALE?

Nature is all about balance. When nature is out of balance, we see the results in the form of extreme weather events, ecosystem damage or the extinction of plants and animals. We are part of nature too so it's no surprise that our bodies, like nature's ecosystems, strive for balance and harmony. This is one of the important ways our body creates health—by maintaining a balanced pH.

Scientists tested and measured the chemical properties of different solutions. They determined that different solutions have different concentrations of hydrogen ions that affect the level of acidity or alkalinity of the solution. To capture these readings, they developed a scale to measure the “potential of hydrogen” or “pH” ranging from zero to 14, with zero defining extremely acidic and 14 defining extremely alkaline or basic. Seven is the mid-point of the pH scale and is defined as neutral. In other words, this is the point at which there is a balance between acid and alkaline.



Scientists also discovered that our cells, organs, tissues, glands, and organ systems all strive to find a balance between acid and alkaline to keep us healthy and functioning at our best. Most cells and tissues work best in a slightly alkaline range. Blood, for example, needs to be maintained at 7.365, which is slightly alkaline. Our bowels, saliva and urine tend to be slightly acidic – yet still close to the mid-point of the pH scale (seven). A fraction of an increment on the scale is a significant change in pH so minor fluctuations can have severe repercussions. Each point on the scale is a tenfold increase in acidity or alkalinity, although it is extremely rare that our bodies become too alkaline thanks to a variety of mechanisms in place in our bodies to keep the balance. But these systems can become overburdened and even damaged over time preventing us from enjoying the great health we were destined to experience. The important thing to remember is that a swing in either direction can be harmful and that it is important to maintain or restore balance.

THE BATTLE FOR BALANCED pH

Most people tend to be acidic. Our acidic diets and lifestyles tend to push us further out of balance in that direction. We'll talk more about diet and lifestyle later. Think about the battle for balanced pH as a tug of war. Ideally we need to be slightly alkaline and the body puts its energy into bringing us back to 7.365 on the pH scale. The foods and beverages we eat and drink, our day-to-day stresses, and our lifestyle choices frequently pull us back below 7.365, creating a more acidic environment within our cells, tissues, and organs. Increased acidity makes us more vulnerable to a host of diseases and illnesses.

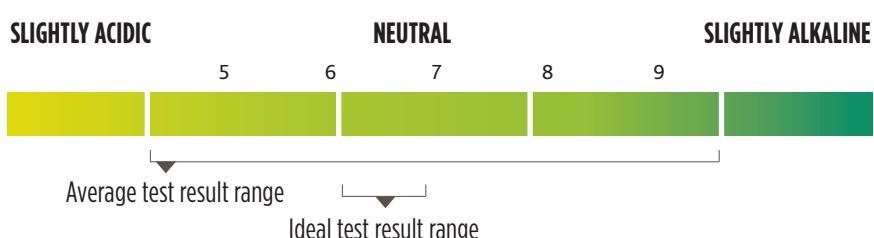
“ Think about the battle for balanced pH as a tug of war. Ideally we need to be slightly alkaline at 7.365 on the pH scale.

TESTING YOUR pH IS EASIER THAN YOU THINK

There are different tests to help you to determine whether your body is acidic, ranging from laboratory assessments to do-it-yourself tests. They use different bodily fluids: saliva, blood and urine, for example. For the sake of convenience, time, and expense a do-it-yourself saliva test gives you the information you need to keep your pH balanced. A simple saliva test can help you see the acid-alkaline state of your body and how it changes day-to-day and week-to-week. You can purchase pH paper (also known as litmus paper) from most natural health stores or pharmacies. The packaging includes an illustrated, colour-coded scale for comparing the results of your test with the standard measurements on the package. The pH paper roll works like a tape dispenser. You simply pull off a strip as you need it.

ALKALINE TIP:
pH testing kits are available at most health food stores and pharmacies. Look for one at a store near you.

The best time to test your saliva is in the morning prior to eating and drinking. Pull off a three to five centimeter (or one to two inch) strip and place the end under your tongue where saliva has pooled. Try to keep the strip from touching your lips, gums and tongue while you keep it in place for two or three seconds. Immediately upon removing the strip, hold it up



to the colour-coded scale to determine the best colour match. The longer you delay the less likely you will obtain a reliable assessment.

Most people will have a result between 6.0 (acidic) and 8.0 (alkaline) and the bulk of these results will be on the acidic side below 7.365. Don't worry too much if you are slightly low. Saliva pH should be between 7.0 and 7.4. Keep testing each morning before you eat or drink any food and, ideally at the same time, for multiple days and watch for trends. Think about what you ate on these days and how it may be affecting your readings. For example, if you test acidic regularly (like most people) and suddenly test alkaline without any change in your eating habits, there is a good chance that you are very acidic. This interpretation may seem counter-intuitive but it may actually be the result of your body dumping alkaline minerals from bones, muscles and organs to compensate for your chronically acidic state. If that is the case, your body is "robbing Peter to pay Paul" as the old adage states...and that can be harmful for your health.

If you consistently test alkaline or highly alkaline (8.0 for example), there is a slim chance that you are alkaline; however, based on the composition of the standard American diet (or SAD as I call it), these alkaline results are probably attributed to your body's ongoing release of minerals from your bones or muscles to offset excessive acidity. Alternatively, it may be linked to testing too soon after eating or drinking. Foods and beverages stimulate alkaline digestive juices in the mouth and can give a false alkaline reading. Don't worry: once you try testing your saliva a few times you'll find it easier than it may seem.

STRESS, TOXINS & THE STANDARD AMERICAN DIET (SAD)



Today, more than ever, the population is subjected to stress, toxins and a questionable food supply—all factors that contribute to acidity in our bodies. Stress has become a way of life for most people. It is insidious and permeates our work and home life. We have become so attuned to stress, we brag about how busy we are, how much time we spend at work and how many commitments we are juggling. But we may not realize the negative impact of chronic stress on our body and mind. To further complicate things, many people have adopted the adrenaline junkie persona, piling more stress on the body in the name of fun and adventure.

Whether you are negotiating a deal that could make or break your company, or diving off a cliff into unknown waters, your body is releasing hormones to help you deal with the stress. Your body doesn't distinguish between modern job stress and more primitive physical stress. Remember: we used to flee from wild animals as part of our original job which was to keep ourselves fed and alive. It is the “fight or flight” scenario that has been with humans since the beginning. Stress hormones queue the body to send blood to our limbs (even lessening flow to our brain) and quicken our breathing as we prepare to stand our ground or run for our lives.

In the modern world, this process doesn't serve us well in the boardroom or in a car full of screaming children. Yet our body continues to produce these hormones to deal with stress, which is now commonplace throughout each day. Once secreted, these hormones acidify our bodies. People in a state of chronic stress, which is quite common now, tend to breathe faster and shallower or conversely, hold their breath. Both of these also contribute to increased acidity.

Our bodies are also subjected to an onslaught of toxins in the air we breathe, the products we use, the food we eat and the water we drink. Research shows that there are over 80,000 industrial chemicals in use today and the vast majority of these (over 80 percent) have not been studied or tested to determine their effects on humans. They are released into the water, air, or soil in amounts measured in billions of pounds each year.

We often point our fingers at heavy industry and corporations when we read these statistics. While big business is often the culprit, we need look no further than our homes for countless toxins that stress our bodies and increase our acidity. Laundry detergents, fabric softeners, air “fresheners,” perfumes, cosmetics and hair care products are frequently the source of numerous chemical toxins that damage our health. The fragrances, foaming agents, preservatives and other “selling features” take a serious toll on your body. To learn more about getting these toxic products out of your body and your life, check out my book **Weekend Wonder Detox** (DaCapo).

Reducing stress in our lives will help us decrease the acidity in our bodies. Reducing chemical exposures by choosing natural skin care and body care products also supports our bodies’ efforts to maintain a healthy pH balance. And, if we clean our house, dishes and clothes with truly natural cleaning products, we further reduce our exposure to toxic chemicals, the vast majority of which are acidic once inhaled or absorbed.

HOW ACIDITY DAMAGES THE BODY

The single greatest contributor to an acid-alkaline imbalance is our acid-forming diet. Even the most health-conscious person will have a tough time maintaining a constant and healthy pH balance if the foods and beverages she or he chooses are acid-forming. It is hard to avoid all processed, packaged and prepared foods. Grocery stores are overflowing with canned goods, meats and “mystery meats,” trans fats, chemical additives, white sugar, white flour, white salt, artificial flavourings and colours—all of which are acidic and cause our bodies to work extra hard to restore balance.

Adding insult to injury, most of these acidic foods are often the least nutrient-dense choices. They lack the vitamins, minerals, fibre, enzymes and other key components that help us build and repair our organs and tissues from the cellular level. These missing ingredients are often critical in helping the body restore pH balance. Many of these foods that we eat on a daily basis are not only acid-forming, they hinder our bodies’ ability to correct the problem.

Some scientists and doctors still maintain that eating a highly acidic diet does not affect or alter blood pH in any way. They believe that the built-in mechanisms we possess to maintain our blood pH within that very narrow



The Standard American Diet or SAD acid forming foods

range mentioned above are all we need. In other words, what we eat, drink, breathe or absorb through our skin on a regular basis cannot cause noteworthy changes in our pH balance. They believe that the body has the resources to overcome SAD eating habits and these resources are unlimited or infinite. That simply is not the case.

More recent research, however, reveals that our bodies have the tools and intelligence to correct the minor pH imbalances that humans may have experienced up to the last century or two. The body's acid-controlling mechanisms were not designed to handle an onslaught of sugar, food additives, chemicals, soft drinks, unhealthy processed fats and massive quantities of meat, and acidic tap or bottled water that most people eat or drink today.

We now know that our bodies handle acidity in multiple ways. The kidneys and liver attempt to filter acidic toxins and act as a first line of defence against excessive acidity. The bones and muscles act as alkaline accounts from which the body can withdraw alkaline minerals like calcium and magnesium to counteract excessive acidity. You can probably imagine what can happen when we constantly eat and drink acidic foods and beverages and lead a stressful life: the kidneys and liver can become overburdened and our bones and muscles can become depleted of the valuable minerals they rely on to maintain their own integrity. Combined with the other stresses of modern life mentioned above, the body is frequently fighting a losing battle to maintain a healthy balance. The result is health problems and disease... disease as a result of the constant acidic state of your body or resulting from your body's inability to overcome the acid load that is taxing its organs and systems and depleting its reserves. There are many great ways that you can restore alkaline balance to your body, which we'll discuss momentarily.

Here are some of the conditions and symptoms experts have linked with excessive acidity in the body:

- Allergies
- Brain diseases (Alzheimer's disease, ALS—Lou Gehrig's disease, or dementia)
- Bone fractures and breaks
- Breathing disorders
- Cancer
- Candidiasis
- Chronic Fatigue Syndrome (CFS)
- Depression
- Diabetes
- Fatigue
- Fibromyalgia
- Frequent colds & flu viruses
- General, unexplained aches & pain
- Headaches
- Heart disease
- High blood pressure or high cholesterol
- Hormonal imbalances
- Immune deficiencies
- Indigestion
- Inflammation
- Muscle weakness or cramping
- Obesity
- Osteoporosis
- Sinus problems
- Skin irritations

But first, how do you know if your food and lifestyles choice are affecting your pH balance? If you eat SAD food choices, you need not look any further. If you believe you make healthy food choices but frequently suffer from the symptoms or health problems discussed over the following pages, you may be experiencing an acid-alkaline imbalance.

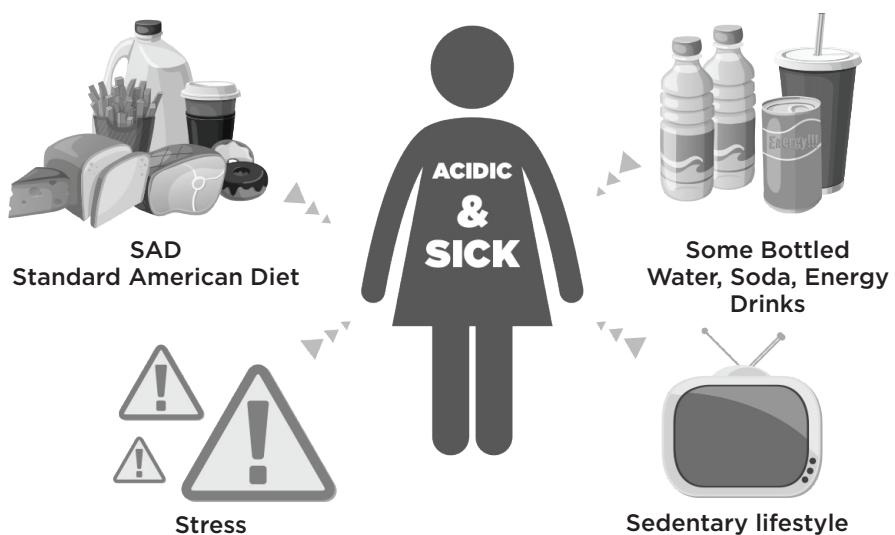
Even well-meaning doctors may tell you that these symptoms are linked to other factors or health concerns but the underlying cause is frequently related to the pH imbalance in your body. Without correcting the underlying problem, your symptoms can worsen. Left unchecked, acidity begins to affect organs like the liver, as well as glands like the adrenal and thyroid glands. If your pH becomes chronically acidic, the oxygen levels in the body drop and cells can die, potentially leading to serious chronic illnesses like asthma, arthritis or cancer.

ACIDITY AND DISEASE

As you already learned the old adage, “you are what you eat” is true. It goes hand in hand with the computer acronym GIGO—short for “garbage in, garbage out.” You learned about many of the foods that qualify as the “garbage in” part of the expression, this even includes tap and bottled water. The “garbage out” is the toxic havoc wrought on our bodies when we keep making SAD choices. The excess sugar, salt, flavourings, colours, preservatives and chemicals are not recognized by our organs and cells as food. The body does not know how to process these substances in its usual efficient manner and draws on additional resources to try to manage what it views as invaders or threats. The body attempts to process and eliminate these invaders or, in some cases, stores them in fat.

Unhealthy and damaged cells caused by acidity are ripe for the development of damaging pathogens, which release additional acidic wastes as they multiply. This unhealthy cycle starts to reveal itself in negative symptoms which can become more serious and can eventually be diagnosed as specific

diseases. Remember that cells are the building blocks of every tissue, organ, gland, and organ system in our body. When we try to build healthy systems from unhealthy cells, illness is the result. Regardless how the medical community chooses to label illness, disease is often the visible result of a long-term, underlying pH imbalance. And as we just learned, when we are diagnosed with some kind of germ (a cold or flu, for instance), that germ can be present in our body because it thrives in an acidic environment. When we are eating a diet that supports a healthy, balanced pH, it is much harder for germs to gain traction in our bodies.



Research links many diseases to a pH imbalance but let's explore some common ones. Many of these diseases have reached epidemic proportions over the last century in conjunction with the increasingly acidic nature of our food and water.

Allergies

There are many common allergens found in nature, such as pollen, ragweed and animal dander. The healthier our bodies, the better we are able to prevent allergies or to deal with the congestion, itchy eyes and sneezing these allergens cause. We learned earlier that an overly-acidic environment creates a breeding ground for harmful micro-organisms to flourish. These harmful bacteria, fungi and viruses excrete metabolic wastes that are also acidic and toxic, creating a vicious cycle of acidity. They stress our immune system, which adds further acidity to an already acidic body. A chronically weakened immune system can result in severe sensitivities to food, pollens, chemicals, artificial flavours and fragrances, and other foreign substances that nature never intended for us to ingest. This is the real reason for the proliferation of allergies today.

Brain Disease

Increased exposure to heavy metals and pesticides (often present in our drinking water and food) as well as the unhealthy oils and fats found in most processed, prepared, and packaged foods, increase acidity in the body. These substances can persist in our bodies even as we expend energy to metabolize, neutralize or eliminate them. They create inflammation and increase the formation of free radicals, which attack healthy tissues, including the brain. Inflammation and free radicals are linked with brain diseases like Alzheimer's. The **European Journal of Nutrition** links aging and age-related disorders to acid-alkaline imbalances. The journal **Neurological Research** also published a study that found blood cells in the brain were heavily damaged by an acidic state in the body. Researchers concluded that acidity may be an important factor in the development of dementia and Alzheimer's disease.

Arthritis

We have been led to believe that arthritis is an inevitable result of aging and decline; however, we are now seeing alarming growth in the number of young adults and teens diagnosed with arthritis. There are 143 joints in the human body and they rely on a slightly alkaline environment to maintain strength and flexibility. If our joints are subjected to an acidic environment on a continual or even frequent basis, they will begin to deteriorate and become more vulnerable to injuries, pain and illness like arthritis.

There are many different types of arthritis, including: fibromyalgia, gout, lupus, rheumatoid, osteoarthritis, and scleroderma. Acidic conditions in the body can complicate all of these disorders. Arthritis that causes the joint pain described above is called osteoarthritis. Rheumatoid arthritis is an autoimmune disease that damages the body's connective tissue and joints when the body mistakenly attacks healthy tissues in the same way it attacks pathogens in the body. High fat diets like the SAD have been linked to increased severity of rheumatoid arthritis. Most high fat diets are highly acidic as they tend to focus on meat and dairy products rather than vegetables and other alkaline food options. And if you think you can tough it out by taking pain killers and anti-inflammatory drugs, think again. Pain drugs often cause additional acidity in the body.

Bone Weakness and Osteoporosis

In his book, **Beautiful Bones Without Hormones**, Dr. Leon Root concluded that “Even a small drop in the body’s pH can cause a dramatic increase in bone loss.” A number of medical publications, including the **European Journal of Nutrition**, also link acid-base imbalances to bone disorders and fractures. Acidity can contribute to osteoporosis, a disease that afflicts over 30 million North Americans, 80 percent of whom are women. The United States Surgeon General stated that by 2020, one in two Americans over the age of 50 will be at risk for fractures from osteoporosis or low bone mass.

Osteoporosis and bone fractures become more prevalent as our bodies draw alkaline minerals from existing bone stores to return our acidic systems back to a balanced state. Bones are living tissue in our bodies. They protect the bone marrow from which blood cells are manufactured. They are storehouses for calcium, phosphorus and magnesium which are critical minerals for hundreds of different functions in our bodies. When the body has a shortage of a required nutrient its innate intelligence seeks a source for that nutrient. That source is often the bones, which can hold essential elements in addition to the minerals mentioned above.

Think of your bones as calcium bank accounts. Like any bank account, if all you do is withdraw from the account, you will eventually exhaust your resources. If you keep withdrawing calcium from your bones to neutralize

“ Even a small drop in the body’s pH can cause a dramatic increase in bone loss. ”

acid, you will create a mineral deficit in your bones, weakening them and increasing the risk of fractures and osteoporosis. And if you think eating and drinking more dairy products is the answer, think again. Dairy products are highly acidic due to the concentrated proteins they contain. Scientists have already linked high protein diets based on meat and dairy consumption with bone demineralization. Consuming dairy products actually pulls more calcium out of your bones than they can replace despite all those advertisements touting dairy products for strong bones and teeth.

Harvey Diamond, the pioneering natural expert and author of the classic **Fit For Life** said it best when he stated, “In the same way we have been conditioned to think of meat whenever the word ‘protein’ is mentioned, we have also been taught to believe that dairy products are the finest source of calcium, and the best means by which to prevent osteoporosis. That is precisely what the dairy industry, which makes billions of dollars selling dairy products, wants you to believe, and once again, it is patently untrue.”

Scientists and food researchers have confirmed this over and over by finding that countries with the highest intake of dairy products have the highest rates of osteoporosis. Low incidences of osteoporosis are found in countries where dairy products are not part of the traditional diet. Rather than ask yourself if you’ve “got milk?” ask yourself if you’ve “got alkaline water?” and make it your goal to drink plenty of healthy alkaline water each and every day.

Rather than ask yourself if you've "got milk?"
ask yourself if you've "got alkaline water?"
and make it your goal to drink plenty of
healthy alkaline water each and every day.

Cancer

The cold, hard reality of cancer is this: an estimated 95 percent of cancers are linked to lifestyle, diet and environment. That means that they are largely preventable. The other five percent of cancers, according to researchers, are inherited or genetic. Entire books have been written on the link between acidity and cancer. Acidity in the body disrupts the electromagnetic state of cells, causing positively charged cells in an acidic, oxygen-deprived state to bind with negatively-charged healthy cells. The high acidity and low oxygen state provokes the growth of damaged cells that can create a mass of unhealthy tissue. The body attempts to isolate the mass to prevent it from spreading. Using cancer terminology, this is called a tumour.

Cancer can also form when the DNA and/or RNA of normal cells mutates, as a result of external interference from radiation, pathogens, chemicals, other toxins and poor quality food and water. When this is combined with a weakened immune system which we discussed earlier, cancer cells can proliferate and overpower our defences. Without alkaline food and water to fuel our bodies, we reduce our chances to fight off these threats to our health. Our body robs our cells of nutrients and minerals to maintain a pH around 7.365. These cells become acidic and their capacity to take up oxygen—a critical process known as cell respiration—is compromised. Rather than using oxygen to create energy, cells revert to a fermentation process to convert glucose to energy. The by-product of fermentation is additional acid that further lowers the pH of the cells. Cancer, unlike healthy cells, can flourish with the energy created through the fermentation process.

Researchers at Oxford's Centre for Mathematical Biology found that both acidity and lack of oxygen are implicated in the progression of non-malignant tumors to invasive cancers. Scientists at the University of Thrace Medical School in Greece discovered very low pH in the veins of cancer tumors in the gastrointestinal tract, suggesting that these tumors are extremely acidic. Even the cells in most solid tumors are surrounded by acid, unlike healthy cells.

Cancer probably tops the list of terrifying diseases for most people but so much can be done to prevent cancer simply by eating an alkaline diet and drinking alkaline water.

An estimated 95 percent of cancers are
linked to lifestyle, diet and environment.
That means that they are largely
preventable.

Diabetes

Diabetes is another disease that has skyrocketed. According to the World Health Organization, over 30.3 million Americans and 3.5 million Canadians will suffer from diabetes in 2030. That is approximately 10 percent of the population. In 1995, diabetes affected just over five percent of the population.

There are two types of diabetes: Type 1 diabetes is a life-long illness in which the pancreas produces little or no insulin on its own and the individual must depend on insulin injections for life. Insulin is a hormone that moves blood sugar into cells to produce energy. Type 2 diabetes is frequently an outcome

of poor eating habits that leads to decreased insulin production and an impaired ability to effectively use the insulin that is produced. Both types of diabetes require individuals to carefully manage their glucose levels and to avoid blood sugar fluctuations.

Interestingly, the pancreas not only produces insulin but another fluid loaded with digestive enzymes that is the most alkaline fluid in the body. In an acidic environment, the growth of harmful fungi, yeasts, and molds can compromise the pancreas' function and reduce the body's ability to process sugar into energy. Eating a diet rich in alkaline foods and drinking plenty of alkaline water goes a long way to preventing Type 2 diabetes and has shown promise in managing or reducing symptoms in both Type 1 and Type 2 diabetes sufferers.

Infections and Candidiasis

We've learned that an acidic environment is a breeding ground for unwanted microorganisms, including harmful bacteria, viruses, yeasts, fungi and mold. When we make diet and lifestyle choices that help us maintain a balanced pH, these microbes have a difficult time gaining a foothold in our bodies. We are better able to fight them off and avoid colds, flu, respiratory illnesses, and infections in general.

One of the most common infections resulting from an acidic diet is candidiasis, an overgrowth of the naturally-occurring **Candida albicans** in our gastrointestinal tract. While it is often referred to as a yeast infection, candida is a fungus that, in the right amount, helps keep us healthy. Excess acidity causes **Candida albicans** to multiply out of control, leading to a host of health problems like fatigue, headaches, bloating, indigestion, allergies and thrush.

Candida is a living organism—it feeds and produces waste that is toxic and acidic. Too much of this toxicity can break down body tissue like the mucous membrane in the gut. This can cause perforations in the walls of the gastrointestinal tract, known as "leaky gut syndrome," leaking undigested

proteins, toxins, and other harmful substances into the blood stream and contributing to food sensitivities, allergic reactions, or autoimmune disorders such as rheumatoid arthritis and fibromyalgia.

Replacing acidic foods with nutrient-rich alkaline choices and drinking more alkaline water will make your body more resistant to these diseases and disorders, as well as a host of other health problems.

Weight Problems

We learned earlier that the body takes excess toxins that accumulate from bad food choices and other exposures and stores them in fat. It is our body's effort to protect us by containing acidic toxins and creating a buffer against acidity in the form of fat stores. You may not like that bulging belly or dimpled thighs but they are serving a purpose.

Eating a pH-balancing diet is the best approach to achieving the right weight for your body. Programs that guarantee amazing weight loss by eating high quantities of protein or some other fad are not the answer. Any weight you lose early on will come back to haunt you, as will the excess acidity these diets form in your system. And remember, excessively skinny people may be as acidic as overweight people. In many cases, their fat-buffering mechanisms are not working properly. If they are not eliminating the acidity or storing it in fat, their bodies may be breaking down its muscles, bones and organ tissue to deal with the acidity. This type of malfunctioning system can lead to disease states. Being skinny can be as dangerous as being overweight.

Eating an alkaline diet and drinking plenty of alkaline water gives your body a chance to eliminate acid in a controlled and healthy way. You will restore balance at the cellular level, break down fat stores, and effectively eliminate toxins and weight without stressing your body.

Moderate exercise is the perfect supplement to an alkaline diet. The health benefits you gain from walking, cycling, yoga, tai chi or gardening can

be more beneficial than training for a marathon or climbing a mountain. Extreme sports strain our bodies and can lead to a proliferation of stress hormones that acidify our systems. Pushing ourselves to our physical limits also leads to free radical damage; we are literally tearing the body down and forcing it to use valuable resources to rebuild itself. Free radicals react with healthy cells, causing inflammation, wrinkled skin and premature aging.

The results of an acid-alkaline imbalance in the body are clear. Over time, occasional digestion issues, allergic responses, skin disorders, colds and



A Healthy, Alkaline Diet. More options available on page 36.

mood swings evolve from mild discomfort to ongoing illness, infection or injury. It sounds like a bad news story but the great news is that you can avoid many of the serious health conditions mentioned earlier with a minimal commitment and a few simple changes in your lifestyle. The return on investment for your efforts will be great in the form of health and vitality.

5 KICK-ACID TIPS FOR BETTER HEALTH

- 1** Drink plenty of alkaline water to increase toxin removal by up to 35 percent. Not only will you flush out toxins from your body faster, you'll be flushing out fat as well.
- 2** Explore the world of alkaline vegetables. Nearly all vegetables are alkalinizing and easily become the star of any dish, from soups to stews, and curries to fajitas. I recommend loading up a bed of organic greens with cucumbers, tomatoes, almonds, pumpkin seeds and sprouts. Add a healthy vinaigrette or a drizzle of olive oil and lemon juice and you have a salad that is a full-blown main course. Top it with a small portion of organic chicken or wild salmon if you want; however, remember that these are acid-forming foods. Less than 30 percent of your diet should comprise acidic choices. With all the great alkaline options available, you will be eating some of the best tasting and healthiest meals of your life...and feeling great for it.
- 3** Got milk? Replace the acidic dairy version with alkalinizing almond or coconut milk. Choose one that is unsweetened and free of artificial ingredients. Almond and coconut milk are both high in calcium and protein but are free of the acid-creating side effects of dairy products.
- 4** Choose alkaline fruits. Most fruit is acidic but it is one of the few acidic foods I recommend because of its high concentration of healing phytonutrients. Fruit can be enjoyed in moderation, especially when you have removed harmful, nutrient-poor acidic foods from your diet. Citrus fruits like lemons, limes and grapefruit as well as tart cherries are actually alkalinizing so don't hesitate to enjoy them regularly.
- 5** Switch from white rice, pasta and breads to alkaline options. White rice, pasta, and bread have become staples in many people's diets. These grains and grain-based foods are acid-forming. Try substituting rice and pasta with quinoa, a delicious alkaline seed that fills that craving for a starchy carb even though it is a complete protein. Quinoa is high in fibre as well, which helps keep you regular and assists in the elimination of toxins from the body.

KICK ACID OUT OF YOUR KITCHEN AND RESTAURANT FOODS

The food we eat at home and in restaurants is the single greatest contributor to acidity in our bodies. We can't always control the ingredients that chefs use but we can make healthier choices when we dine out. The easiest rule to remember: fast food choices are always going to be acidic. Meat, cheese, white bread, fried potatoes and processed spreads like mayonnaise, ketchup and mustard are all acidic. These ingredients tend to be high in salt, sugar, unhealthy fats (trans fats, hydrogenated fats, partially-hydrogenated fats and margarine) and chemical additives as well, all of which are acid-forming.

If you like dining out, choose healthier options. Affordable, health-conscious restaurants are popping up in towns and cities across the country. Try new dishes in which vegetables (preferably fresh, organic) and alkalizing legumes (lima beans, navy beans and lentils for example) are the star attraction and meat is absent or a secondary component of the main course. There are also many great vegetarian options.

At home, you are in control of your kitchen. If you don't buy unhealthy acidic foods or store them in your pantry or refrigerator, you can't eat them. Consult my books **60 Seconds to Slim** (Rodale) or **The Ultimate pH Solution** (Harper Collins) for a comprehensive chart of alkaline foods to boost your health, as well as acidic foods to reduce or avoid. Here are some suggestions to help you get started:

Sugar

You may be shocked to learn that the average American and Canadian eats about 150 pounds of sugar annually. That is about 30 times more than our great grandparents who ate only five pounds annually. This massive increase in sugar consumption parallels the massive increase in many diseases, including diabetes. The industrialized food system hides sugar in most products we buy in the grocery store, including meats and processed meats, canned fish, condiments, salt and canned or bottled beverages.

Sugar is a fuel for dangerous yeasts, fungi and bacteria in our body. The more fuel we give pathogens the more they grow and excrete toxic acidic wastes into our systems. When we eat sugar or sugary foods, we are actually feeding these critters and increasing the acidity of our bodies. Switching to artificial sweeteners will not help. These products contain dangerous chemicals that are linked to many diseases and are also highly acid-forming. If you have a sweet tooth, switch to fruit—most fruits are acidic but it is what I like to call a “wise acid” choice because of the abundant nutrients supplied in a natural form. If you must use a sweetener, try stevia, an herb that is naturally 1,000 times sweeter than sugar but doesn’t cause the harmful blood sugar spikes linked with sugar consumption. Stevia comes in liquid and powder form, it does not form acid in the body and is actually good for you. Avoid powdered forms containing maltodextrin or other processed sweeteners.

Table Salt

The common white salt we find in most grocery stores and restaurants is acid-forming and, like sugar, is added to most packaged, processed and prepared foods. The SAD contains a shocking amount of salt which, in addition to affecting our health, ruins our appreciation of the subtle flavours of most foods. Switch from table salt to unrefined sea salt which contains a healthier, alkalizing form of sodium along with other trace minerals needed by the body.

Meat and Dairy Products

All animal products are highly acidic, including beef, pork, poultry, eggs, milk, fish and shellfish. All healthy nutrition programs recognize the need to cut back the amount of meat and dairy products consumed on a daily basis. Reducing the amount you eat will help your body in its battle to balance pH. Eat a plant-based diet with reduced amounts of animal proteins for better health and a diet more in tune with how humans evolved to eat.

While there is nothing wrong with eating these foods in moderation, and fish consumption can actually be quite healthy, the human body was designed to obtain most of its protein from vegetables, nuts, seeds and legumes which are, in most cases, alkaline food choices. Nutrition researchers have continually decreased the recommended daily amount of protein over the past century. If you want to continue eating meat, choose fresh organic options and build your meal around more alkaline foods like vegetables. For example, have a small serving of meat or fish as an accompaniment to a bean salad or grilled vegetable soup. Check out **60 Seconds to Slim** (Rodale 2013) for delicious recipes that make eating an alkaline diet easy and enjoyable. Unlike acidic food choices, there is no danger in eating too many alkaline foods.

ALKALINE WATER: THE FOUNTAIN OF YOUTH AND HEALTH



Over the years, a surprising number of clients have asked me: “If I can only do one thing to improve my health and I don’t have much money, what should I do?” I tell them, drink more alkaline water. Most of the water we get from municipal sources, bottled, or so-called “springs” is acidic. Our public water supplies have become compromised with substances intended to make the water “drinkable” but results in acidic water. Bottled water consistently ranks no better than the liquid that comes out of our taps and costs more per serving. Sparkling water is even more acidic than non-carbonated options and should be avoided as much as possible.

Water in its natural state contains minerals that make it alkaline. It is sad to think that most fresh water on earth offered these health-giving properties a millennia ago. Now, truly pure water is hard to find in nature. Fortunately, we can recreate it by filtering it and restoring alkalizing minerals. If you consistently drink water that contains naturally-occurring alkaline minerals, you have the health equivalent of liquid gold. Combined with a filtration system, alkaline water may be the single best thing you can do for your body.

If you consistently drink water that contains
“ naturally-occurring alkaline minerals, you
have the health equivalent of liquid gold.

Water can best support life when its pH is maintained in an alkaline range. Think of acid rain and its impact on ecosystems like lakes and forests. Acidic water and beverages will cause damage to our internal ecosystems. Every cell in every organ and tissue of the body requires adequate water to function properly. This is an ongoing need and when our cells don't have enough water or get acidic or contaminated water their ability to function is compromised.

You may be shocked to learn that in countries with abundant and available water sources and water systems, like the United States and Canada, chronic dehydration affects a large percentage of the population. People simply do not drink enough water each day. Instead of quenching thirst with fresh, alkaline water, people reach for acid-forming soft drinks, sports drinks, and fruit juices. Fatigue and irritability can be signs of dehydration yet most people drink acid-forming coffee or tea to combat these symptoms. Instead of addressing the dehydration, they temporarily suppress the symptoms with a caffeine and sugar boost, only to have those symptoms return again and again, feeding the caffeine and sugar addictions. The dehydration never gets fully addressed.

Every person has different water needs but the general rule should be between 8-12 cups of alkaline water every day. This is actually quite easy when you substitute water for coffee, tea, carbonated beverage, alcoholic beverage or fruit juice. Ideally, start every morning with a large glass of alkaline water. The more drinks you can replace with alkaline water, the better you will feel. The water will help with caffeine and sugar withdrawal symptoms.

Most water from municipal disinfection plants is neutral or very close to neutral; if the water is too acidic there is a danger that lead and other heavy metals will leach from the piping. If the water is too alkaline the disinfection processes will not work effectively. Neutral tap water is not harmful, from a balanced alkalinity point of view, but to restore an alkaline balance water with a higher pH (8.5 to 9.5) is much more desirable. Most bottled waters are simply tap water processed through a reverse osmosis system, eliminating

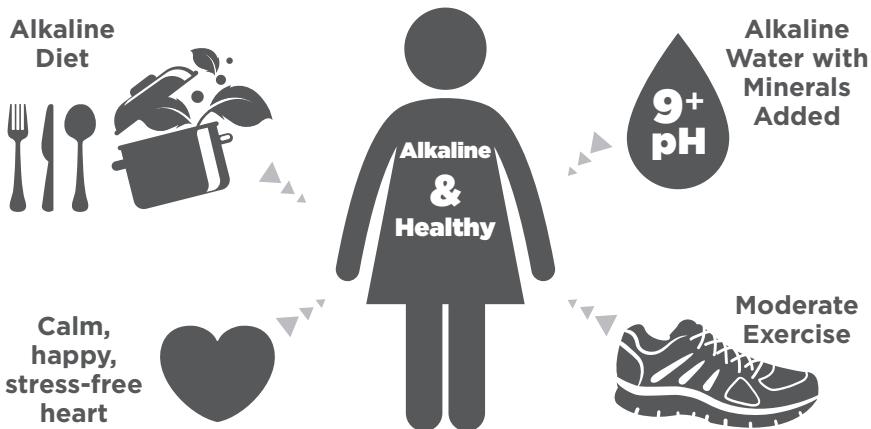
the beneficial minerals, which turns the water acidic, with a pH in the range of 5.8 to 6.4. The most popular pitcher filter in the marketplace includes ion resin balls to soften the water (primarily remove calcium and magnesium) which also creates acidic water with a pH in the 6.4 range or lower.

Until recently water ionizers were the only alkaline water solution in the marketplace, most of which were sold by multi-level marketing organizations and very expensive, generally thousands of dollars. Now there are a few innovative suppliers of alkaline water systems that add minerals and various energies to raise the pH. There are two benefits of this approach: 1) all the health benefits of alkaline water as previously discussed, and 2) the health benefits of the added minerals, such as calcium. We now know that distilled water devoid of any minerals is not a healthy option since it leeches essential minerals from the body. The World Health Organization has declared that calcium and magnesium should be in **everyone's** drinking water.

“ Every cell in every organ and tissue of the body requires adequate water to function properly.”

CHOOSING AN ALKALINE WAY OF LIFE

As you just learned, choosing an alkaline way of life is easy. Simple alkalinizing dietary and lifestyle changes create great health. Drinking more alkaline water; eating lots of alkaline vegetables; eliminating acidic processed foods; reducing our intake of sugar, dairy, and meat; and taking time to breathe help kick toxic acid out of our bodies. We restore our body's natural biochemical balance, which creates balance throughout our body and life. We experience more energy and vitality for all the things we enjoy in life. The result: enjoying a long and healthy life to its fullest.



REFERENCES

Michelle Schoffro Cook, PhD, **The Ultimate pH Solution.** Toronto: HarperCollins Publishers Ltd., 2008. p. 53.

L. A. Frassetto et al., "Diet, Evolution, and Aging: the Pathophysiologic Effects of the Post-Agricultural Inversion of the Potassium-to-Sodium and Base-to-Chloride Ratios in the Human Diet." **European Journal of Nutrition**, 40, no. 5 (October 2001): 200-213.

M. Pirchl et al. "Effects of Acidosis on Brain Capillary Endothelial Cells and Cholinergic Neurons: Relevance to Vascular Dementia and Alzheimer's Disease." **Neurological Research** 28, no. 6 (September 2006): 657-64.

David A. Bushinsky, "Acid-Base Imbalance and the Skeleton." **European Journal of Nutrition** 40, no. 5, October 2001: 238-44.

K. Smallbone et al. "Metabolic Changes During Carcinogenesis: Potential Impact on Invasiveness." **Journal of Theoretical Biology**, 244, no 4, February 21, 2007.

M. I. Koukourakis et al. "Oxygen and Glucose Consumption in Gastrointestinal Adenocarcinomas: Correlation with Markers of Hypoxia, Acidity and Anaerobic Glycolysis." **Cancer Science** 97, no. 10, October 2006: 1056-60.

R. Ihnatko et al. "Extracellular Acidosis Elevated Carbonic Anhydrase IX in Human Glioblastoma Cells via Transcriptional Modulation that Does Not Depend on Hypoxia." **International Journal of Oncology** 29, no. 4, October 2006: 1025-33.

World Health Organization, Nutrients in Drinking Water, Geneva Switzerland. WHO Press, 2005

ALKALINE FOODS TO FILL UP ON

Vegetables		Grains	Beverages
Artichokes	Sorrel	Buckwheat	Alkaline Water
Arugula	Soy Sprouts	Quinoa	Fresh Vegetable
Asparagus	Spinach	Spelt	-Juice
Beets	Sprouts		Matcha
Broccoli	Sweet Potatoes		Green Tea
Brussel Sprouts	Turnips		Herbal Tea
Cabbage	Watercress		
Carrots	Yams		
Cauliflower	Zucchini		
Celery			Oils
Chives			Avocado Oil
Collard Greens	Legumes		Borage Oil
Comfrey	Edamame		Coconut Oil
Cucumbers	Lentils		Cod Liver Oil
Endive	Lima Beans		Evening Primrose
Garlic	Soy Flour		-Oil
Gingerroot	Soy Lecithin		Flaxseed Oil
Green Beans	Soy Nuts		Marine Lipids
Horseradish	Tofu		Olive Oil
Kale	White Navy		
Kohlrabi	Beans		
Leeks			
Lettuce			
Mustard Greens	Fruits		
Okra	Avocados		
Onions	Cherries (sour)		
Peas	Coconut		
Peppers (Bell)	Grapefruit		
Peppers (hot, fresh)	Lemons		
Radishes	Limes		
Rhubarb	Tomatoes		
Rutabaga			
Sea Vegetables			



ACIDIC FOODS TO ELIMINATE OR TO ENJOY ONLY IN MODERATION

Dairy Products	Fruit	Sweeteners	Beverages
Milk	Canned Fruit	White Sugar	Alcohol
Cream	Pickled Fruit	Refined Sugar	Beer
Hard Cheese	Jam or Jelly	Brown Sugar	Wine
Cottage Cheese	Pie Filling	Turbinado Sugar	Sweetened Fruit
Ice Cream		Fructose	-Juice
Yogurt		Corn Syrup	Coffee
Most Soy "Dairy"		Pasteurized	Black Tea
Goat's Dairy	White Flour	-Honey	
Whey	Baked Goods		
Casein	-Containing Flour		
	White Bread		
	Multigrain Bread		
Meat, Poultry, Fish	Rye Bread		
Beef	Whole Wheat		
Veal	-Bread		
Pork	White Pasta		
Organ Meats	Whole Wheat		
Poultry	-Pasta		
Eggs	Whole-grain		
Shellfish	-Bread		
Farmed Fish	White Rice		
Vegetables	Nuts & Seeds	Extras	
Mushrooms	Salted Nuts	Ketchup	
White Potatoes	Unrefrigerated	Mayonnaise	
	-Nuts	Mustard	
	Most Packaged	Vinegar	
	-Nuts	Soy Sauce	



EASY ALKALINE RECIPES



CHERRY LIME BREAKFAST SMOOTHIE (BREAKFAST)

INGREDIENTS

- 1½ cups Sanstevia water
- Juice from ½ lime
- ¼ tsp cinnamon
- ½ avocado
- 1 cup cherries

INSTRUCTIONS

Place all ingredients, in order listed, into your blender. Blend for 30 seconds.

Serves 2

Note: For added nutrition, add 1 Tbsp of hemp hearts and a handful of spinach.

ALMOND BUTTER + RASPBERRY JAM YAM TOAST (BREAKFAST)

INGREDIENTS

- 1 yam
- 2 Tbsp almond butter
- 1 cup raspberries
- 2 Tbsp raw honey
- 1/2 Tbsp chia seeds

INSTRUCTIONS

Place raspberries and honey in a small sauce pan, on medium-high heat, and bring to a boil. Turn to a simmer for 10 minutes. Add chia seeds and continue to simmer for 5 minutes. Remove from heat. Thinly slice yam, lengthwise. Place in the toaster for 2-2:30 minutes. Flip and toast again. Add almond butter and raspberry jam. **Serves 2**



CUCUMBER BLUEBERRY QUINOA SALAD (LUNCH)

INGREDIENTS

- 1 cup quinoa
- 2 cups Santevia water
- 1 cup cucumber
- 1 cup purple cabbage
- 1 cup blueberries
- 2 Tbsp fresh, diced mint
- ¼ cup olive oil
- Juice from half a lime
- Sea salt and pepper, to taste

INSTRUCTIONS

Place quinoa and water in a small pot and cover with a lid. Turn to high heat and bring to a boil, immediately turn down to a simmer and set your timer for 20 minutes.

Meanwhile, dice up your cucumbers and cabbage and wash your blueberries. Place in a medium bowl and add mint. In a small bowl combine oil, lime, salt and pepper. Once quinoa is done, fluff with a fork and add to your vegetables. Top with the dressing and gently mix to combine. Serve warm or cold.

Serves 2



HEALING GINGER CARROT SOUP (DINNER)

INGREDIENTS

2 cups vegetable stock

4 carrots, washed and peeled

$\frac{1}{2}$ onion, quartered

1 Tbsp fresh ginger

2 garlic cloves

1 tsp turmeric

Sea salt and pepper, to taste

INSTRUCTIONS

Place all ingredients in a large pot. Bring to a boil, then turn to a simmer for 1 hour. Once carrots are soft, use your immersion blender to blend until smooth. Sprinkle hemp hearts on top if desired.

Serves 2

ALMOND BUTTER + HONEY COOKIES (SNACK)

INGREDIENTS

1 cup cooked quinoa

$\frac{1}{4}$ cup unsweetened apple sauce

$\frac{1}{4}$ cup unsalted almond butter

$\frac{1}{4}$ cup raw honey

INSTRUCTIONS

Preheat oven to 350F. In a medium bowl, combine quinoa, apple sauce, almond butter, and honey. Spoon onto a lightly greased pan and flatten gently. Bake 25 minutes, flip gently, and bake for another 5 minutes or until cookies are crispy. **Yields 12**



LENTIL SPAGHETTI SAUCE WITH ZUCCHINI NOODLES (DINNER)

INGREDIENTS

- 2 zucchinis, spiralized
- 1 cup cooked or soaked lentils
- 8 roma tomatoes, seeded
- 4 oil-packed, sundried tomatoes
- ¼ cup fresh basil
- 4 garlic cloves
- 1 tsp oregano
- ½ tsp onion powder
- Sea salt and pepper, to taste

INSTRUCTIONS

Combine all ingredients, except zucchinis and lentils, in a blender. Pour into a medium pot, add lentils and bring to a boil, then reduce to a simmer and let sit for at least 20 minutes. Serve on top of raw or lightly sautéed zucchini noodles.

Serves 4

HOME WORKOUT PROGRAM

SQUAT

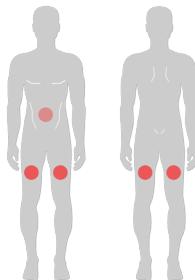
The squat is a great exercise to increase lower body strength and power. The squat is a compound, full body exercise that trains primarily quadriceps, hamstrings, glutes and isometrically the abdominals.

INSTRUCTIONS

Clasp hands together, holding them at chest height. Start the squat by pushing the hips back then sitting down.

Keep shoulders over mid foot, until elbows come into contact with knees.

MU^SCLE^S WORKED



START POSITION



END POSITION



TIPS

Do not place all your weight on your toes, this puts too much pressure on the knee joint. Instead sit back on the balls of your feet. Keep your chest up the entire time, don't let your upper back round over.

PUSH UP

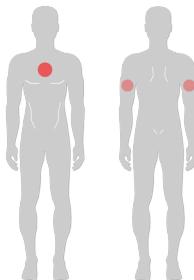
Great exercise to develop upper body strength and shoulder stability. Push-ups exercise the pectoral muscles, triceps and anterior deltoids.

INSTRUCTIONS

The push up can be done from the knees or fully extended from the toes.

Place hands just outside of shoulder width. Turn hands outward on a 10 degree angle.

MUSCLES WORKED



START POSITION



END POSITION



TIPS

Make sure you keep your hips inline with your shoulders the entire time.

SUPERMAN

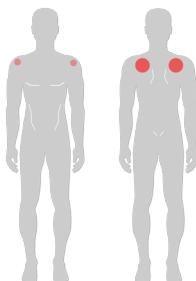
The superman strengthens the lower and upper back which will help with posture and preventing lower back pain. It trains back-traps, rhomboids, rear deltoids, erectors and lats.

INSTRUCTIONS

Lying on your stomach, lift shoulders, arms, and legs off the ground. Simutaneously, contract the entire back and glutes as hard as you can.

Keep chin tucked in while squeezing shoulder blades together.

MUSCLES WORKED



START POSITION



END POSITION



TIPS

Make sure you lift your arms and legs simultaneously.

SIDE PLANK

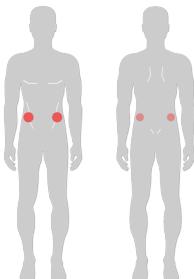
The side plank exercises and strengthens internal and external obliques helping to keep the lower back healthy.

INSTRUCTIONS

Lie on your side resting your body weight on your elbow. Lift your hips high into the air. Contract your core as hard as you can for the duration of the exercise.

You can see two possible variations of the exercise below.

MUSCLES WORKED



VARIATION 1



VARIATION 2



TIPS

Keep your hips either inline or higher than your shoulders and feet, do not let your hips drop as this will negate the effects of the exercise.

ABOUT MICHELLE SCHOFFRO COOK



Michelle Schoffro Cook, PhD, ROHP, DNM is an international best-selling and sixteen-time book author. Her works include: **60 Seconds to Slim: Balance Your Body Chemistry to Burn Fat Fast!** (Rodale), **Weekend Wonder Detox** (DaCapo), and **The Ultimate pH Solution** (HarperCollins). She holds advanced degrees in natural health and holistic nutrition.

Michelle has over 20 years of experience in the health field, and is a Registered Orthomolecular Health Practitioner (ROHP) with the International Organization of Nutritional Consultants (IONC).

She is the publisher of the popular free e-zine **World's Healthiest News** available by subscription at **WorldsHealthiestDiet.com**, and is a regular blogger for **HealthySurvivalist.com** and **Care2.com**.

Dr. Cook won a “World Leading Intellectual Award” from the World Organization of Natural Medicine for her contribution to natural medicine, as well as a “Forty Under 40 Award” as one of the leading business people in Canada’s Capital Region.

Learn more about her work at **DrMichelleCook.com** and her full line of electronic books at **WorldsHealthiestDiet.com**.

ABOUT SHARISSE DALBY



Sharisse is a wife, mother of three boys, and a Registered Nutritional Counsellor (RNC). As a nutritionist, Sharisse focuses on helping her clients find the link between their digestive and mental health struggles, and their gut—helping them heal using the power of whole foods. She also specializes in family and sports nutrition.

Learn more about her work and services at
sharissedalby.com

ABOUT LUCAS PATRIQUIN



Lucas has been involved in the health and wellness industry for over six years. His passion and dedication towards bettering oneself is something he tries to instill in each of his clients. He believes working out is more than just lifting weights, it involves having a well-rounded lifestyle.

When working with clients, Lucas focuses on better quality movements while improving strength and performance. He gives his clients 100% and expects the same in return!

Learn more about Lucas at forceprofitness.com

Busy lifestyle? Don't have time to read lengthy books?

A Kick Start Guide to Alkalize Your Body is for you.

This book offers practical tools that you can easily implement on your journey to better health.

It can be as simple as drinking clean, alkaline water!

In this kick start guide, you will learn about:

- what is pH and the pH scale
- stress, toxins and the Standard American Diet (SAD)
- how acidity damages the body
- 5 kick-acid tips for better health
- ALKALINE WATER: the fountain of youth and health
- Choosing an Alkaline way of life
- Alkaline foods to fill up on

NEW in this edition:

- Easy Alkaline Recipes by Sharisse Dalby, RHN
 - Home Workout Program by Lucas Patriquin
-



About the Author

Michelle Schoffro Cook, PhD, ROHP, DNM

International best-selling and 16-time book author, Michelle Schoffro Cook is a doctor of natural medicine, holistic nutritionist, and the publisher of the free ezine World's Healthiest News.

ISBN 978-0-9937372-0-6



\$6.99

9 780993 737206 >