

energiseforlife.com

The Alkaline Diet Book



**How to Become Alkaline:
step-by-step**

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Contents

Introduction

- 7 The Basics of Alkalisig
- 13 The Benefits of Living Alkaline
- 16 How an Acidic Lifestyle Affects the Body
- 22 What to Eat
- 26 What not to Eat
- 32 What to Drink
- 36 Supplements
- 41 Conclusion



Introduction: The Alkaline Lifestyle Course

Imagine your body is at its peak. You've got more energy than ever before, your skin is glowing, you're at your ideal weight, and you're strong, vibrant and feeling pretty damn good about yourself.

What is life like?

When you're feeling and looking great doesn't your outlook change? Things fall into place, challenges are exciting rather than scary and you feel SO positive about the future.

And who doesn't want to be healthy, vibrant and bristling with energy? You want more energy, right?

Who doesn't?

When people set goals or are asked the question 'if you could have anything right now...' once they get past the new car, house, boat and other dreams something about their health or body is almost always right up there, right at the top of the list.

But getting to that place seems almost impossible. You've tried a million times before to get all of this.

But it's SO hard and confusing.

How often have you wanted to put your health first for a while but been confused, misled or overwhelmed by the information that is out there? And how often have you been promised the world only to find a program that is impossible to follow. Or you may have jumped right into something FULL ON and then found it too hard and dropped out within a couple of days...or by lunchtime.

Maybe you've even tried to alkalise before but have found it so restrictive that you don't know what to have for breakfast, lunch or dinner TODAY let alone for the rest of the week...or the rest of your life!

This course is going to surprise you. The beauty is – I've been there. I've been a stoned, overweight student sleeping my way through the day and sustaining myself on chips, cola, choco-

late and microwave dinners. I've been a busy city exec fumbling through the week on takeaways, sandwiches and eight coffees a day (whilst trying to perform at my peak).

And I've been a 100% alkaline-superstar-marathon-runner holding down the alkaline diet at its most pure while trying to balance this with every other area of my life (and still have a life).

But now I've found the sweet spot. The happy place. The place that gives you all of the benefits of being alkaline and full of vibrancy, but the one that recognises that you have a life. The one that has balance. The one that is sustainable, and makes you smile and feel good.

I've been living this for more than four years now and energiseforlife.com was my first effort to make this lifestyle accessible to as many people as possible.

This guide and course is my ultimate effort to bring this to life.

And the beauty of it all is that the approach to alkalising that is outlined in this course just makes perfect sense! It is really not hard to fathom that flooding your body with nutrients and goodness will bring health, energy and vitality into your life. And that's as simple as it is. This approach to health is simply about giving your body an abundance of the good stuff it needs to perform at its optimum level...

...but without compromising your life, without sacrificing your sanity and, most importantly - without all that much hard work!

That is alkalising at it's most achievable and it really does not have to be more complex than we outline here.

Whether you are completely new to alkalising or have been learning and living this lifestyle for years, you will already know most of the information we're about to cover & so did I. But the thing I needed most, and I hypothesise that you do too, was to be given the structure and guidance to make it as easy and straightforward as possible and that is exactly what this course will do for

you.

My goal is to make it impossible for you to fail.

And if the idea of having boundless energy, your ideal body weight and strength, smooth and youthful skin, an immune system that simply cannot be defeated and to grind the aging process to a halt all sound good then think for a minute about the fact that this is barely scratching the surface of the benefits that alkalising can bring.

So Simple

Alkalising is very, very simple. Although it is built upon hard fact, complexity and scientific rigour, you don't need to know about pleomorphism and you don't need to become a haematologist in order to understand, apply and benefit from this approach to health.

Nor do you want to!

We get feedback every single day from our customers telling us to keep it simple - 'drop the science and just tell me what I need to know to get started now'.

So here it is, as simple as it gets – the number one rule of alkalising:

Eat the things you know are good for you and cut out the rubbish you know you're not suppose to have!

There you have it! OK, while I am simplifying *slightly* to make a point, if you follow this one, simple rule you are more than half of the way there.

Why So Many People Fail: Overwhelmed and Underprepared

The two reasons that most people fail in a new healthy lifestyle is that they are both confused and overwhelmed with conflicting information and/or they lack the organisation, motivation and preparation to bring it to life. When it comes to alkalising, both of these are significant issues. However, while I can see how finding the time to organise and prepare could be a hurdle for many

people, I personally find it frustrating that there are so many individuals out there who are struggling because they are being fed overwhelming amounts of conflicting and overly-complex information (and in some cases on the web – just plain lies) regarding this approach to health.

This course will tackle both of these problems

Neither of these will be an issue for you. During the course of this book I will outline the acid/alkaline approach to health in such a way that will make it simple and straightforward for you to understand and apply immediately.

I will give you the core, most important information so that within a very short space of time you will be armed with everything you need to know to get started on your new path to optimal health.

This addresses issue one. No longer will you feel overwhelmed. Rather you will know and understand everything required to turn you into an alkalising superstar.

Then, through the structure and support provided by this course we will cover issue two. The organisation, preparation and motivation to make this lifestyle a reality will be taken care of as we take all of the hard work away. Just follow each week step-by-step and by week twelve you will be absolutely stunned. That is a promise!

How it all fits together

You have received this book as part of the 12-week Alkaline Lifestyle Course. This is different from the original Alkaline Diet Book and has been tailored specifically to suit the course. It will give you the core knowledge you need to understand and apply the alkaline lifestyle and get started with week one of the course right away.

After reading this you will understand what alkalising is, how to become alkaline, which foods are best to eat and which you should avoid, the benefits of alkalising and the negative effects of being overly acidic.

Once you finish this book you will know what to do and you will be ready to start.

You will also have received a copy of The Alkaline Lifestyle Guidebook which is a series of short guides that give you the hands-on how-to knowledge, including guides on testing your pH levels, how to juice, how to grow your own alkalising sprouts, how to effectively combine your foods and much more.

The Alkaline Lifestyle Guidebook also includes one of the most valuable elements of this course: the Energise Goal Setting Guide to get you pumped and keep you motivated. This works alongside your Energise Success Journal which will also have been included in your Week One downloads.

So after finishing this special version of The Alkaline Diet Book you will be ready to start the course, where I will guide you through the transition process step-by-step with daily meal planners, shopping lists, exercise guides, weekly emails, resources, guides and more. I've taken all of the hard work out and made it impossible to fail.

Sound good? Let's get alkaline!