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# **The Alkaline Lifestyle Guide Book**



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

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## Introduction

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Now you have read *The Alkaline Diet Book* it is time to read through this guidebook. *The Alkaline Lifestyle Guidebook* is the glue that will bind all of your new knowledge with a series practical guides to bring it to life.

After reading this section you will know:

- How to test your pH levels and how to measure your success.
- How to juice, what to juice and which juicer to buy to best fit your needs.
- How to sprout, growing your own super foods – we'll make it really cheap and really easy!
- How to properly hydrate yourself properly and make alkaline water for abundant health and energy.
- How to double your energy with simple breathing exercises

- How to alkalise your home and protect yourself from serious toxins
- How to eat out, still be alkaline and not feel self conscious!
- How to exercise both aerobically and anaerobically
- How to set goals to motivate, inspire and create your dream life

These straightforward guides will give you the hands-on, practical toolkit to make your new lifestyle a reality.



## Guide 1:

# How to test your alkalinity: The pH test

As you transition into an alkaline lifestyle, it is good practice to keep a relatively structured measure of the pH levels of your saliva and urine. This will not only give you an indication as to whether you are on the right track, but will also serve as motivation as you see your pH levels steadily increasing over the duration of the course.

Undoubtedly, the most accurate way to test your pH level is through live blood analysis, however, this is very expensive and has to be undertaken by a live blood microscopist. Two tests, every day is not practical (unless you are a live blood microscopist yourself!).

While we do recommend going to see a microscopist at the beginning of your journey and then again after 3 to 6 months, this is not an option for the majority of us.

Therefore, the very best alternative is to test your saliva and urine, daily in a regimented way that will enable you to spot trends and progression.

This is cheap, easy and really can be done by anyone, right away.

### What is pH

But before we get into the nuts and bolts of it, here is a quick overview of what pH means and how it relates to our health.

pH stands for “potential hydrogen”, “power of hydrogen” and is a measure from 1 to 14 where 1 is the most acid and 14 is the most alkaline.

One of the most important things to note is that the pH scale is *logarithmic*. This basically means that to change a fluid from a pH of 5 to 6 it has to become 10 times more alkaline.

In meaningful terms, you can imagine why it is not a good idea to consume a glass of cola with a pH of 3 and then to try to work your way back up this scale to maintain an alkaline balance at 7.365!