

5 MINUTE ACID CRUSHER



cheat sheet

This is the FIVE MINUTE ACID CRUSHER! If you want to be living alkaline, with the energy you always wished for, the vitality of a teenager and get yourself to your health goals as fast as you possibly can...then follow these five simple steps each day for ten days! It's as easy as that!

STEP ONE

Lemon Water! As soon as you get out of bed make a 330 ml glass of lemon water and just enjoy this and enjoy the flavour. You can make this by squeezing the juice of 1/4 or 1/2 a lemon into lukewarm, filtered water.



STEP TWO:



Breathing: Next I want you to take the time to do 10 breathing cycles of the 1-4-2 pattern that is:

- 1) breathe in for a count of 1
- 2) hold for a count of 4
- 3) breathe out for a count of 2

You can do this in any multiples of the above (i.e. in for 4, hold for 16, out for 8).

STEP THREE

FLUSH! Now its time to flush, and it time to make another glass roughly 330ml, a third of a litre of alkaline salt mixed in water. If you don't have the alkaline salts (such as Dr Young pHour Salts), just use filtered water, its just about flushing these with hydration.



STEP FOUR



GREEN DRINK! Now step four, this is the big one, this is the one that makes all the difference.

While you are digesting your alkaline salts - make a green vegetable juice.

This is the green drink that you heard so much about. Now this can contain any green vegetable you like. For example, if it is for one person use:

- half cucumber
- 2 celery sticks
- a couple of big handful of spinach leaves
- lettuce leaves
- a little bit of fresh ginger

If you can stick with this for 10 days straight you will feel like a whole, brand new person. Even if you do it 3 times per week you will still feel amazing!

energise
for life

