

# The alkaline lifestyle

("The New Biology" – Dr. Robert Young)

1. Dr. Young says that all disease is caused by an acid environment and that diseases cannot survive in an alkaline environment.
2. Dr. Young also says that a cancer cannot survive in an alkaline environment (or body).
3. He also says we are not fat, we are over acid. This is because the body has a wonderful protection system. If we consume acid food, the body stores it as fat to "save our life". Reducing acid food reduces our body fat.
4. First thing in the morning, try drinking a glass of water into which you have squeezed the juice of a whole fresh lemon. If sweetening is required, use only stevia, not honey or sugar.
5. Also try each day, a glass of water into which has been placed a teaspoon of bicarbonate of soda. It may take a little while to build up to a full teaspoon.
6. Dr. Young says all meat contains parasites, which are not killed during cooking (they are only killed above 300 degrees).
7. Avoid yeast (as in most breads). Try Spelt wraps with no yeast.
8. Avoid fungus (mushrooms).
9. Read labels: avoid- citric acid, vinegar, peanut products, corn products
10. Consider investing in an alkaline water filter (electro-filter).
11. When your body is out of pH balance, the disease process begins, resulting in problems ranging from bone loss to premature ageing and more.
12. or alkalising.
13. When you body enjoys pH balance you experience radiant good health.
14. See the Alkaline-Acid-Food Chart (pdf) to find out whether a food is acidifying

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# ALKALINE AND ACID FOODS

Go alkaline to loose weight and get healthy!

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	ALKALINE - Electron rich			ACID - Proton rich		
	BEST	BETTER	GOOD	BAD	WORSE	WORST
	Highly Alkaline	Moderately Alkaline	Mildly Alkaline	Mildly Acid	Moderately Acidic	Highly Acidic
<a href="#">Beans and legumes (non stored)</a>	Soy nuts, soy lecithin	lima beans, soy beans, white navy beans, granulated soy (cooked, ground soy beans)	lentils, soy flour, tofu	seitan, chickpeas, kidney beans, black beans		
<a href="#">Beverages</a>	alkaline water		distilled water		fruit juice, natural	alcohol, liquor, fruit juice-sweetened, beer, tea, coffee, wine
<a href="#">Condiments</a>	Real salt, celtic salt		olive oil, borage oil, coconut oil, avocado oil, flaxseed oil, evening primrose oil, marine lipids, cod liver oil	sunflower oil, grapeseed oil, canola oil	margarine, butter, ghee, corn oil	
<a href="#">Fruit</a>			lime, lemon, grapefruit, coconut, sour cherry	plum, fresh date, sweet cherry, currant, nectarine, cantaloupe	orange, banana, pineapple, peach, water melon, honeydew, mango, apple, blackberry, fresh fig, dew berry, long berry, persimmon, guava, apricot, papaya, tangerine, grape, strawberry, cranberry, blueberry, raspberry	dried fruit, pickled fruit
<a href="#">Grains</a>			quinoa, buckwheat groats, spelt	millet, kasha, triticali, amaranth	brown rice, wheat, wild rice, white rice, oats, white bread, biscuit, wholemeal bread, wholegrain bread, rye bread	barley, corn, rye, oat bran

<u>Meat, poultry and fish</u>				fresh water fish, wild (not farm raised)	ocean fish wild	shell fish, farm raised fish, pork, veal, beef, chicken, eggs, organ meats
<u>Milk and milk products</u>	human breast milk		goat milk	soy milk, rice milk, milk, cream		hard cheese, cottage cheese, ice cream, yoghurt, soy cheese, goat cheese, whey, casein (milk protein)
<u>Nuts</u>			almond	brazil nuts, hazel nuts, pecan	walnuts	pistachios, peanuts, cashews
<u>Root vegetables</u>		beets, radish, ginger	rutabaga, horseradish, turnup, carrot			potatoes (stored)
<u>Seeds</u>	pumpkin		sesame, cumin, fennel, caraway	sunflower, flax		
<u>Sweeteners</u>			stevia, chicory			artificial sweeteners, white sugar, beet sugar, corn syrup, molasses, dried sugar cane, barley malt syrup, brown rice syrup, fructose, maple syrup, honey
<u>Vegetables</u>	grasses, sprouts, dandelion, soy sprouts, cucumber, sea vegetables, brocco-flower, kale, parsley	tomato, avocado, green beans, sorrel, spinach, garlic, celery, cabbage, lettuce, bell peppers, collard-greens, broccoli, endive, mustard greens, okra, arugula	brussel sprouts, peas, asparagus, artichokes, comfrey, cauliflower, zucchini, rhubarb, leeks, water cress, chives, kohlrabi			mushrooms
	<b>READ LABELS: AVOID- citric acid, fungus, mushrooms, yeast, vinegar, peanut products, corn products</b>					