

Program Guidelines

Transitioning to an alkaline diet requires a shift in one's attitude about food. It is helpful to explore new tastes and textures while making small changes and improving old habits. The following guidelines help one to understand why these changes are necessary...

1. Don't let breakfast slow you down.

An energizing breakfast for many people new to the alkalizing diet is millet or brown basmati rice with fresh avocado, tomato slices, soaked almonds, sunflower sprouts and flax oil. In contrast, most foods and beverages people choose to begin the day do not increase energy. On the contrary they are directly responsible for the waves of tiredness experienced through the day! Breakfast cereals, sweet rolls, toast, pancakes, waffles, muffins, oatmeal, maple syrup, honey, coffee, orange juice, etc., all contain huge amounts of sugars and simple carbohydrates which over-acidify the blood and tissues. Even high-protein breakfast foods like eggs, sausage, bacon, omelets, etc. compromise the terrain and ultimately promote the growth of yeast and fungi. Bon appetit!

2. Go for the green!

Our green drink is just one way of adding different greens to your daily diet. Fresh vegetables and grasses are very cleansing, high in fiber, an excellent source of alkaline salts and are anti-yeast, anti-fungal, and anti-mycotoxic as well. Vegetables should be included with breakfast, lunch and dinner in addition to three teaspoons of greens powder mixed with at least 3 quarts of water per day. Although fruit is also a source of nutrients and fiber, the high sugar content (fructose) of fruit stimulates yeast and fungal growth. It may be eaten between meals (as a snack) when in season, and when one is "in balance" - when all symptoms have subsided.

3. Less carbohydrates, more vegetables.

Good, low carbohydrate vegetables include asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, spinach, kale, lettuce, okra, onions, garlic, parsley, radishes, and squash. About 80% of all meals should be fresh, raw, alkalizing vegetables. Complex carbohydrates are highly acid-forming in the body and should not exceed 20% of the diet, so eat them in moderation. Starchy grains and legumes may become moldy when stored and contain fungus, so try to eat them fresh. Amaranth, spelt, quinoa, buckwheat, and millet, are the best choices of grains, especially when sprouted.

4. Sprout it out.

Some of the best foods to eat are sprouts. Sprouted seeds become more alkaline as they grow. They are live plant foods that are 'biogenic', which means they transfer their life energy to us. Sprouts can easily be grown in your kitchen during any season, or purchased at the market. Be sure to check the bottom for brown or soggy stems as they should be eaten only when fresh.

5. No more acid-forming foods!

Acid-forming foods you should avoid are animal products (which include meat and [milk products](#)), refined grains, yeast products, and most fruits. Also avoid pork, veal, most fish, beef, organ meats, chicken, turkey, eggs, shrimp, lobster, oysters, hot dogs, corned beef, pastrami, pepperoni, rice, potatoes, pasta, breads, cheeses, milk, buttermilk, sour cream, yogurt, ice cream, butter, margarine, mushrooms of all kinds, algae, corn products, peanut products, coffee, tea, wine, beer, soda pop, cider, soy sauce, ketchup, mayonnaise, vinegar, tempeh, sugar, artificial sweeteners, candy, gum, pies, cakes, donuts, and chocolate - just to name a few.

6. Try meatless protein.

The average American consumes one and a half to four times the amount of protein required by the body. These protein-rich diets are comprised primarily of meat, cheese, milk, ice cream, and other products that contain not only protein, but saturated fat and cholesterol. Our bodies are only 7% protein and human mother's milk is only 5% protein (i.e., better suited to the body's protein requirements than protein-rich cow's milk). The American Dietetic Association states that a vegetarian diet can provide the sub-cellular units and the amino acids to make protein in amounts that are congruent with the body's needs.

7. HYDRATE!! Then Hydrate some more.

Drink one gallon (4 liters) or more of a good quality water each day. [Ionized water](#) is more alkaline and can be brought into the alkaline range with 12 drops of [Alkaline Booster](#) per liter/quart.

8. Cut out the yeast.

Baked goods such as bread, muffins, pies, cakes and pastries should be avoided. According to the American Cancer Society, one out of nine American women will develop breast cancer by age 80. Research links it with the ingestion of baked goods and bakers or brewers yeast. Research also correlates diets containing yeast or fermented breads to gall stones, kidney stones and arthritis.

9. It doesn't do a body good.

Dairy products should not be eaten because of their lactose (milk sugar) content as well as the presence of yeast and fungus, molds, and their by-products. Also, due to the high sugar and fat content of dairy products, the fact that dairy cows are fed stored grains and fungal-based antibiotics, and the fermentation process of cheese and yogurt, all dairy products should be eventually eliminated from the diet. Calcium can be obtained from green leafy vegetables, green drinks, calcium-fortified tofu and soy milk, collards, broccoli, okra, salmon, etc.

10. There is no such thing as a good mushroom!

Mushrooms of all kinds; morels, algae, and truffles are all acid-forming foods. They contain mycotoxins which poison human cells and lead to degenerative diseases. Mushrooms in all forms are extremely poisonous whether eaten whole or in teas. The mushroom is not a vegetable, but rather the fruiting body of a yeast or fungus. Also, note that corn and peanut products have a high fungal content and should be avoided as well.

11. Just say no.

Wine, beer, whiskey, brandy, gin, rum and vodka are purely mycotoxic. Alcohol is a fungus-produced mycotoxin made by yeast that causes direct injury to human health.

12. Avoid smoking or chewing tobacco.

Tobacco leaves are coated with yeast, fungus, and mycotoxins, which poison the cells and tissues of the body. Research clearly reveals the pathway that the fermentation of the tobacco creates with yeast and sugar. When using tobacco, you are directly introducing dried fungus and wastes into your body.