

# **Alkaline Body, Alkaline Diet, Alkaline LIFE**

*Understanding the importance of an Alkaline  
body with simple information on Diets, foods  
and effects on the body*

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## Book Description

Have you been feeling sluggish, tired and lazy lately? Have you been wanting to change your diet and get healthy for ages, but just aren't sure how?

These days, with so many popular fad diets, it's hard to know which one is the right way to go.

With this book, you can say goodbye to all of those horrific starvation diets!

This book will educate you on how you can lose weight, live longer, look better and feel absolutely amazing without having to deprive yourself of food!

Sounds incredible, doesn't it? It is.

Learn about the diet that is quickly catching on among very famous celebrities and dietitians!

### ***What you'll learn in this book:***

- Benefits of an alkaline diet
- How to uncluttered your mind
- How to start eating better
- How to stay fit and active
- How to stay motivated and make it a lifestyle
- List of alkaline foods and acidic foods
- A couple of delicious, healthy alkaline recipes
- And much, much more!

If you want to change your life for the better, pick up this book and start reading it right away—you don't have a single minute, a single second to waste.

## **INTRODUCTION**

Now, if you decided to read this book, I'm guessing the word "alkaline" caught your interest when paired with words like "body" and "diet" instead of some sort of complicated sounding chemical.

Most of us know what alkaline, neutral and acidic means, thanks to middle school science. If you don't know, or if you have forgotten, then don't worry. We'll talk about it a little bit in the very first chapter.

If you've been feeling sluggish lately, and you know it's because of your lifestyle and diet—which may not be the healthiest—then do keep reading. This book will change your life.

These days, there is a plethora of fad diets, weight loss pills and supplements and machines around that are endorsed by a bunch of different celebrities, dietitians, etc.

The most confusing part is that everyone's advice is different! Some people are telling you that veganism, yoga, and meditation is the way to go if you truly want to feel good; others are saying that a high fat and protein diet paired with weightlifting is the what you really need to look and feel your best.

It is likely that all of these different opinions have left you confused and unsure of what to do in order to improve your lifestyle and be the best that you can possibly be.

Most people, in fact, become so frustrated by all of these different options, that they just say, "Ah, forget it!" and go back to eating processed junk food and being sedentary.

I'm here to help you out. Reading this book will allow you to change your way of thinking, and to find out what the best option is if you want to feel good, look good and live longer.

Trust me, this isn't some silly fad diet like the ones in magazines that you've always scoffed at. It's a lifestyle, and it's one that is going to help you out in so, so many ways—an alkaline lifestyle.

## **CHAPTER 1: BEFORE YOU BEGIN**

Before you can start sprinting across the bridge towards your destination, which is a healthier and happier life, you need to stop for a moment. Before any journey, you absolutely have to be well equipped and prepared!

No, I am not going to tell you to buy a compass, a map or anything of the like. When I say that you need to be equipped, I don't mean it in the literal sense. I mean that you need to have a little bit of knowledge and understanding regarding this lifestyle before you actually begin to embrace it. That way, you can have a clear goal in your mind, and can efficiently plan how to achieve it.

*Sounds good, doesn't it? Let's get started.*

### **WHAT DOES 'ALKALINE' MEAN?**

First, let's briefly talk about the meaning of 'alkaline'.

PH—something you may or may not know about, depending on whether or not you remember the tiny bit of chemistry you studied in school—is a measure of acidity. A PH of seven is neutral. Anything less than that is acidic, and anything more than that is alkaline. It isn't rocket science, really.

Every living creature flourishes at a particular 'optimum' PH. Fish, plants, animals and, of course, humans, all have an ideal PH that their body requires in order to function to the best of its ability.

According to research, the optimum PH for a human's body should lean slightly on the alkaline side. Nothing extreme, of course! Acidic foods and drinks, in moderation, are just as necessary as alkaline ones.

"What are acidic and alkaline foods?" is something you may be wondering. Keep on reading, and there will be a whole chapter on that, soon enough.

### **WHY YOU NEED AN ALKALINE LIFESTYLE**

If you consume too much acidic food or drink, your body needs to use its 'buffer' system to keep the blood at an alkaline PH. To do this, minerals are taken away from your teeth, bones, etc. which can lead to osteoporosis and arthritis.

Consuming a nutritious alkaline diet can prevent this from occurring, which is why it's so important.

## **BENEFITS OF AN ALKALINE LIFESTYLE**

Before you begin to strive towards a better life, I think it may be a good idea to have a look at all the incredible effects of an alkaline diet. This way, you can get motivated to start it yourself, and then stick to it for good!

There are an uncountable number of benefits of having an alkaline lifestyle and a properly alkalized body. I could fill up this entire book solely with these benefits, but, in order to keep it short, sweet, and interesting for you, I'll only talk about a few.

The first benefit is that your digestive system will improve! That's right. Say goodbye to heartburn, indigestion, and all of that nasty stuff. Consuming too much acidic food, and not treating your body the way that it is meant to be treated is what causes most of these problems. Therefore, alkalizing your body can put an end to it all.

Another amazing effect of this lifestyle is that you will have more energy. Are you the type of person that often feels sluggish and tired, in spite of not doing anything strenuous? If so, an alkaline diet can definitely help you with that. Balancing the PH of your body plays a huge part in your energy levels. If you don't, believe me, give it a try and notice how different you feel after just a few short weeks.

The third benefit is that you will get sick much less often. That means no more colds, headaches, flus, etc. Who likes being sick, after all? Even if you do get sick, you are likely to recover much faster than you otherwise would have.

The fact that this lifestyle lowers the growth of candida (or yeast) in the human body is also a major benefit you will have, as candida is what causes acne, infections and lots of other unpleasant problems that can easily be avoided.

Another effect of this lifestyle is one that is sure to catch the attention of any readers that are diligent students, and wish to face all of their exams. Believe it or not, a healthy, alkaline diet leads to a more alert brain! That means you will have improved memory, a better attention span, and increased concentration. It sounds like magic, but it's simply science.

A benefit of alkalizing your body that is more about vanity than anything else is that your skin will appear to be more youthful, firm and smooth. Proper nutrients and antioxidants—which are obtained from many alkaline foods—and a balanced PH in your body, will prevent the breakdown of elastin and collagen, therefore keeping your skin free of wrinkles, gorgeous and glowing. Whoever said that beauty is a pain is so wrong! This lifestyle is pain-free and will make enhance all of the beauty that you currently have. You are absolutely stunning, and you deserve for people to notice it.

Getting a good night's sleep is something that many people struggle with. If you are one of the many people that have difficulty falling asleep, get up several times during the night, and feel unrested and irritated in the morning, then don't fret. A PH balanced diet and a healthy lifestyle can solve this problem for you. Studies show that this lifestyle can lead to a more restful and deep sleep, and can help with insomnia. Since everyone is different, I can't guarantee that all your problems will be solved, but it's worth a shot.

One of the most mind-blowing benefits of having an alkaline body is that cancer can't grow in an alkaline environment. Therefore, your chances of getting this horrific disease will be lowered.

Those are all the major benefits of this lifestyle. I hope you use this to motivate yourself when you feel like giving up!

***Let's move on to the next chapter.***

## **CHAPTER 2: HOW TO GET STARTED**

Many of you may have started to become interested in this way of life after reading the previous chapter, and are now wondering where to begin.

This chapter will be all about slowly getting started and accepting this lifestyle.

It will be a little difficult, at first, but you will grow to love it. You will look and feel so amazing that you will regret not having jumped on the bandwagon sooner.

I'm not trying to sell you any expensive diet pills or exercise machines that don't work—I just want you to be a happier, healthier, and better person. That is the only goal of this book.

Let's begin your journey with the first two steps that you need to take.

### **THE RIGHT MINDSET**

As with any challenging journey you have to make, you need to begin it with the right mindset, the right way of thinking.

Think about why you want to change. Make a list of all the reasons why you are not happy with the way you feel right now. After you do that, make another list. In this, I want you to write down how you want to feel. Compare the two, and, in your mind, try and imagine how badly you want to get from the first list to the other. How badly do you want to make that second list your reality?

If you don't want it particularly badly, if you are content with your current less than perfect lifestyle, then you are never going to be motivated to change.

You need to be completely honest with yourself. Don't lie and tell yourself you feel fine when you actually don't. Don't try and convince yourself that your self-esteem is great, even though you secretly cry yourself to bed at night because you hate yourself.

Break the barrier that you have constructed within your mind, the one that is shielding you and preventing you from admitting that you have a problem. Evaluate each and every flaw in your life carefully, whatever it is—whether it is the fact that you are overweight and get sick regularly, or the fact that you are always moody and depressed. Only then will you be able to change those flaws.

This is the very first step when it comes to changing your lifestyle, and, although it doesn't require physical strength, it is probably the toughest step. After doing this, everything else will seem much easier.

## **UNCLUTTER**

To many people, this may seem like a strange step to take.

“How does this relate to an alkaline lifestyle?” is something that you may be wondering.

Well, an alkaline lifestyle is all about being at peace with yourself, and thinking clearly and calmly. High levels of stress and negative thoughts do not belong in an alkaline lifestyle.

In order to do become a positive thinker and have peaceful thoughts, one of the first things you need to do is to unclutter. You need to clean up and organize two things: Your house, and your thoughts.

Start with your house. Throw out or give away everything that you don't use.

You absolutely need to stop hoarding things that you know you will never really need—such as that lace dress that you bought at a yard sale which has some kind of mold growing on it, and that horrible cheapo faux leather handbag that you know you will never wear.

Get rid of it all, as soon as possible. This may be a difficult thing to do, especially for the hardcore hoarders out there, but you just need to think about how good you will feel when it's gone, when you have a neat, spacious home.

You need to open up every cupboard, every drawer, every cabinet and empty it. Put everything unnecessary in a box, and then organize all the remaining items and put them back. Neaten up your entire house, spending a good few days on it, and then relish how good it feels to sit back and look around your newly beautiful, peaceful looking home.

It will make you feel relaxed than you've ever felt before. It's almost like magic.

Once you have done this, you may begin the process of uncluttering your thoughts.

Some people might have trouble with this, as it isn't as...physical, but it is an important step that you can't skip.

Think of your brain as a room. A room full of little compartments and closets and whatnot.

Most peoples' thoughts are always all jumbled up and scattered all over the floor of the room. All the compartments are open, and, when the wind blows, the thoughts fly around the room like sheets of paper before haphazardly falling back to the floor.

This is all figurative, of course, but I hope you understand what I'm trying to say.

You need to take a day to just take a few deep breaths and scoop up all of those thoughts. Analyze all of them carefully, one by one, and then imagine yourself individually placing them in a compartment.

One of the compartments should be labeled "important" and the other "less important". If there are any thoughts in your mind that are of no use to you whatsoever, or that are actually doing harm to you, then you need to get rid of them immediately. Imagine throwing them into a trashcan—or an incinerator, actually.

After doing this, you should feel much more mentally organized and at peace. I know it sounds silly to do this, but if you really sit down and spend some time on it, it can do wonders. Imagination is a powerful thing and is often underestimated by people. As Einstein once said, "Logic will get you from A to B. Imagination will take you everywhere."

That concludes this chapter on the first two steps that you need to take on the road to an alkaline lifestyle in order to be happy and motivated as you progress.

In the next chapter, we'll get into the most technical part of this lifestyle—i.e. the food and fitness part.

***Stick around to learn about that!***

## **CHAPTER 3: FOOD, DRINKS AND FITNESS**

I am sure that the majority of people whose interest was caught by this book are people with some sort of issue with their weight. Maybe you are overweight, underweight, or just unhappy with your body.

Don't try to deny it—it's nothing to be ashamed of. If you are having problems with your weight, you need to be able to acknowledge it, as we discussed earlier.

### **YOU CAN'T STOP THERE, THOUGH**

While being able to admit that you have a problem is a great thing to do, it's useless if you just go back to your old ways and don't even try to change.

You need to say, "I have a problem, and I am going to work on it." and you have to believe it.

### **HOW ARE YOU GOING TO WORK ON IT, THOUGH?**

Don't panic. This book is here to help you with that part. In this chapter, we'll talk about how you can nourish your body with the right foods and drinks in order to maintain an alkaline PH, and what type of exercise is best suited for this lifestyle.

If you want to improve your body from the inside out, this chapter is going to tell you how you can do just that.

*Let's get started.*

### **FOOD AND DRINKS**

Food is such an amazing thing, isn't it? People go to such lengths—such as paying hundreds, sometimes thousands of dollars, and traveling across the globe, even—to find foods that will please their taste buds. It's pretty astonishing what food can do to people.

The truth is, you can get your taste buds to like just about any food. When you say you hate the taste of broccoli, it isn't really the taste that is unpleasant to you. It's the thoughts that you have while you are chewing it that make you imagine that it tastes bad.

As I said earlier, your mind and your imagination are powerful tools, but you need to learn how to use them to your advantage instead of allowing them to take control of you.

Even if you take some rotten, smelly fruit that's infested with all kinds of disgusting creatures, it is still possible to make it taste good to yourself, if you have really good control over your mind. You can simply convince yourself to believe—and I mean truly believe—that the rotten fruit is, in fact, a delicious delicacy...and then it will taste good to you.

It sounds impossible, but it isn't. Your mind is much stronger than your body.

Now, don't worry! An alkaline diet does not involve rotten fruit or anything of the like. In fact, most alkaline foods are quite tasty and nutritious.

If you are the type of person, however, that is convinced that all fruits and vegetables are utterly revolting, then I highly doubt that you'll be successful with this diet.

You need to become more open-minded in order to obtain all the nutrients that your body needs. Think of all the benefits you are depriving yourself of, and try to give healthy food a second chance. You don't have to make yourself eat every single fruit and vegetable on earth, but do try and find at least a few that you wouldn't mind eating on a regular basis.

Let's talk about which foods are alkaline and which ones aren't, so you can get a better idea of what to eat and what to avoid.

Alkaline foods include vegetables, of course, such as carrots, celery, cauliflower, Brussels sprouts, broccoli, cabbage, eggplant, kale and lots more. All of these vegetables will not only help maintain the PH of your body and make you feel good but will also provide all the vitamins that you need in order to look your best.

Fruits have similar benefits. Alkaline fruits include pomegranate, coconut, limes, avocados, tomatoes and even—surprisingly—lemons!

While lemons are acidic, they don't cause your body to produce acid, which is what we don't want. Therefore, lemons are a great 'alkaline' food.

Certain nuts, such as almonds, are also alkaline. Almond milk is also a delicious, alkaline drink.

With grains, you have to be a little more careful, as they can be acidic. There are, however, some grains that are suitable for those on an alkaline diet, such as millet, quinoa, buckwheat, etc. These grains contain many more nutrients and vitamins than the plain old processed wheat bread that most people eat.

While dairy and meat are best avoided most of the time, it is fine to consume them in small amounts. Below is a list of foods that are suitable for an alkaline diet.

- Almonds
- Amaranth
- Artichokes
- Asparagus
- Avocado
- Basil
- Beetroot
- Broccoli
- Brussels sprouts
- Buckwheat
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chia
- Chives
- Coconut
- Collard greens
- Cucumber
- Cumin
- Dandelion
- Eggplant
- Endive

- Flax
- Garlic
- Ginger
- Goat milk
- Grapefruit
- Green beans
- Green tea
- Kale
- Kelp
- Leeks
- Lemon
- Lentils
- Lettuce
- Lima beans
- Lime
- Millet
- Mint
- Mung beans
- Mustard greens
- Navy beans
- Okra
- Olive oil
- Onions
- Parsley
- Peas
- Peppers
- Pomegranate
- Pumpkin
- Quinoa
- Radish
- Red beans
- Rhubarb

- Sesame seeds
- Soybeans
- Spelt
- Spinach
- Sprouts
- Squash
- Sweet potato
- Thyme
- Tofu
- Tomato
- Watercress
- Wheatgrass
- Zucchini

Aside from these, there are many foods that are neutral or mildly acidic which are also suitable to consume, such as dates, freshwater fish, chickpeas, currants, oatmeal, etc. Highly acidic foods are the ones to avoid, at least ninety percent of the time. Here is a list of some of them:

- Alcohol
- Coffee
- Black Tea
- Fruit Juice (Sweetened / Concentrated / Packaged)
- Cocoa
- Honey
- Jam
- Jelly
- Mustard
- Miso
- Rice Syrup
- Soy Sauce
- Vinegar
- Yeast
- Dried Fruit

- Beef
- Chicken
- Eggs
- Farmed Fish
- Pork
- Shellfish
- Cheese
- Dairy
- Artificial Sweeteners

That concludes all you need to know when it comes to the basics of alkaline foods. At the end of the book, there will be some delicious alkaline recipes that you can try out.

Now, let's briefly talk about water. Water is something that, of course, every person on the planet consumes. Most people will drink water from anywhere, without being even slightly concerned about what the PH of the water is.

Acidic water, with a PH under 7, is something to be avoided. At most health food stores, you will be able to find alkaline water, which is a type of water with a PH over 7. This type of water is ideal for your body, as, like I said at the beginning of this book, the PH of your body and your blood is slightly alkaline. In order to prevent your body's buffer system from kicking in, alkaline water is your best bet.

## **FITNESS**

Exercise has many, many benefits. Preventing diabetes and obesity, lowering risk of heart disease and reducing blood pressure are just a few of the perks.

An alkaline lifestyle is all about being healthy and feeling amazing—which is why exercise is an important part of it.

Whether your goal is to lose weight, gain weight or to stay the same weight...it doesn't matter. Exercise is necessary, no matter what.

At the start, exercise can be a little tiresome. You get tired after just a few short minutes, and you can't stop panting and gasping for breath. It can feel like a chore, at times, at least at the beginning, but that feeling is only temporary.

Once you get the hang of it, it can become a lot more fun. You start to enjoy seeing your progress as you start to feel stronger and look stronger. Then, your own progress begins to motivate you to keep going!

So just stick with your routine for the first few weeks using all the willpower you have, and after that, it won't be so hard anymore. Trust me.

In terms of what kind of exercise you should be doing, it's really up to you. There are a thousand different options, different ways of exercising, and you can take your pick.

If you want to focus on clearing your mind as you exercise your body, you could try something like yoga. This form of exercise is best if your goal is not to become insanely muscular, but to just get a little bit stronger and more flexible.

If you do, in fact, want to gain a lot of muscles, then go to your nearest gym and start lifting. Just make sure to eat plenty of protein rich, alkaline foods!

If you have a lot of weight to lose, you may want to focus on cardiovascular exercises—ones that get your heart rate up—such as running, biking, swimming, hiking, dancing, etc. If you feel like you do not yet have enough stamina to do these activities, then start small. Start with going for a walk with a friend, a dog, or even alone. Keep going on a walk, every single day, and increase the distance that you walk on a weekly basis.

Once you feel like you have gotten more stamina and don't get out of breath easily, then you can move on to something more intense.

The great thing about an alkaline lifestyle is that there's no rush. You don't have to try and hurry up and be 'perfect' within a few weeks. This lifestyle is all about taking baby steps, and aiming for progress rather than so-called perfection.

That's about all there is to know when it comes to fitness on an alkaline lifestyle. Do whatever you enjoy the most, and whatever suits your goals. ***That's all there is to it!***

## **CHAPTER 4: STICKING TO THE LIFESTYLE**

In this chapter, we are going to talk about how you can keep yourself on track and prevent yourself from falling back into your unhealthy ways.

It can be difficult, I know, to persevere and keep fighting for a healthier, happier life, especially when all of your friends and family are eating junk food 24/7 and making fun of you for being a 'health freak'.

At times, you may feel like letting go of your healthy ways, and turning into your old junk food loving, sedentary, couch-potato self.

You absolutely cannot let that happen, though. Do you really want all of your progress and hard work to go to waste? Of course not!

In this chapter, we'll discuss how you can make all of your healthy, alkaline lifestyle changes stick.

### **FORGET 'ALL OR NOTHING'**

Many people get so caught up in thinking about what they can't have, that they begin to convince themselves that they're in some kind of food prison.

Sounds ridiculous, but it's true.

Then, in order to get out of this food prison, they go absolutely insane and start eating all the junk food that they can find.

This is a terrible thing to do, and you need to do everything you can in order to prevent this self-sabotaging binge from ever occurring.

The 'all or nothing' mentality is never a good idea. Not for healthy food, and not for unhealthy food. You'll see what I mean in a minute.

When you embrace the alkaline lifestyle, you need to allow yourself a small break once in a while. It's next to impossible to eat only highly alkaline foods, all the time. Once in a while, you are going to want to go out with friends and have some tasty food without having to worry about how it will affect your body's PH. This is completely fine! It's okay to have a tiny bit of chocolate every once in a while, or a small mug of coffee. It won't kill you.

That being said, you definitely don't want to do this on a daily basis. Once a week is reasonable, I think. Once a week, you can allow yourself one meal or one drink that breaks the rules that you normally follow.

Why? Because it keeps you from losing your mind due to all the rules and regulations. This book is not about a diet, only. It's about a lifestyle. This means that you have to adjust, and let go of it for a few hours to ensure that you stick with it for the rest of your life.

## **GET SURROUNDED BY INSPIRATION**

One way to keep you on track is to keep yourself inspired. There are several little things you can do to make sure your inspiration levels stay high.

First, try making a 'goal board'. Get a pin board, and on it, pin pictures of people that you aspire to look like. Keep it realistic, though! Don't aspire to look like a six-foot tall model when you are tiny, yourself. Go for people that have a similar body type to your own.

Some great celebrities to get inspired from are Jennifer Aniston, Gwyneth Paltrow, Kirsten Dunst and Victoria Beckham. All of these celebrities are huge fans of the alkaline diet and lifestyle! Look it up if you don't believe me.

On your pin board, you can pin pictures of delicious alkaline foods and drinks, as well as a few of your favorite quotes to keep you motivated.

Make sure it's very colorful and bright, so that it catches your attention every morning when you wake up.

Keep your fridge stocked with a variety of your favorite alkaline foods, and avoid buying junk food in large packets. If you don't buy it, you won't eat it.

For the occasional treat, buy junk food in a couple of the small, bite sized packs so you are less likely to over-indulge.

Another way to keep yourself surrounded by inspiration is to get a friend or two to switch to the alkaline lifestyle, too. This way, you will have someone to keep you on track when you are slacking, as well as provide some friendly competition when it comes to reaching your goals.

Another plus of having a friend do it with you is that if you go to an outing, such as a birthday party, together but want to avoid all the junk food there, you can both (politely) refuse the junk food together. It isn't quite as embarrassing to say no to unhealthy food when you have someone else to do it with you. Being weird together beats being weird alone.

## **SWITCH IT UP**

A major reason that people seem to give up on any kind of lifestyle change is that they get bored. They get tired of having the same old routine, a day after day after day. Same breakfast, same dinner, same snacks, same workout.

The great thing about the alkaline lifestyle is that it's versatile. You have a variety of different foods available, and, of course, a ton of different ways to exercise.

Some people seem to believe that in order to get results, they have to bore themselves halfway to death and stick to an mundane schedule every single day.

This is one of the worst things you can do to yourself, physically and mentally.

Physically, because your body will not be the very best it can be if you are consuming the exact same foods every single day. Your body works best when it is provided with a variety of nutrients from a lot of different alkaline foods. In order to give it these nutrients, it is a good idea to switch up all of your meals, on a weekly basis, at least. Apart from this, doing the exact same workout every single day is not very beneficial either. Don't get me wrong; it's much, much better than doing nothing at all. It just isn't the best thing you can do.

When you stick to the same diet and the same workout routine for a very long period of time, you are hindering your body's potential.

To live up to your potential, try doing one type of workout one day, such as a cardio workout, and then doing yoga the next day. You could do ab exercises the day after that and so on and so forth. Try out as many different workouts as you possibly can, and keep alternating between them all.

This way, your body doesn't get too used to anything, or too comfortable. You can't let that happen, because you cease to make progress when your body gets too comfortable.

In addition to that, let's talk about the mental disadvantages of sticking to a workout routine forevermore. For one thing, it will become so torturously boring that you will eventually begin to hate it, and lose motivation. That's a no-no. Secondly, since you will stop seeing progress after a few weeks or so of sticking to it, you will start to get frustrated with yourself, and blame your body for not changing fast enough, even though the fault lies with your workout.

As for eating the same thing every day...that's just a form of torture, if I'm being honest. Humans are not meant to eat the same thing every day like cats eat cat food.

It's in our nature to like a little bit of variety, a little bit of excitement. Eating the same thing every day will make you hate it.

With so many alkaline foods out there and so many different recipes, you have lots of options. Go use them!

That's about all the advice I can give you on keeping yourself motivated. Let's move on and have a look at a couple of recipes to give you an idea of some great, healthy foods.

## **CHAPTER 5: ALKALINE RECIPES**

Being on an alkaline diet doesn't mean you have to eat raw tomatoes and carrots all day long. No way!

There are so many possibilities. You can cook some absolutely mind-blowing, delicious dishes with alkaline ingredients.

Here is a couple of recipes that you might want to try. If you don't want to try them, then just try and get some inspiration from them so you can make your own tasty, alkaline food!

### **ALKALINE VITAMIN JUICE**

We've all seen those 'vitamin water' sodas in grocery stores. The truth is, those are just as bad for you and as sugary as cola. Everything with a healthy sounding name is not healthy.

Instead of buying those kinds of unhealthy sodas, why not make a yummy, nutritious juice right at home?

### **INGREDIENTS**

-Kale is a leafy green that is rich in chlorophyll, and an amazing food to detox your body, helping with weight loss.

Kale is also anti-inflammatory, so can prevent acne and bloating, and is also chock full of antioxidants and vitamins such as iron.

-Spinach or baby spinach is another great source of chlorophyll-containing thylakoids. These thylakoids contain proteins and some amazing antioxidants. For this reason, spinach can control cravings, balance blood glucose, increase satiety and do many more good things for your body.

-Cucumber is a very alkaline food with diuretic, anti-inflammatory and antioxidant properties, making it a refreshing, tasty and healthy addition to any recipe. Cucumbers also have a high water content, which means they will help keep you hydrated.

-Beetroots contain Betaine, which lowers blood pressure and lessens the fatty deposits in the liver. Along with this, it contains a ton of antioxidants and essential vitamins!

-Ginger is great for digestion, which is why so many people recommend consuming it when you have an upset stomach. It also improves the absorption and assimilation of nutrients and clears the sinuses. Nausea, a common problem for pregnant women or anyone that gets carsick, can also be relieved by ginger.

Of course, it also has some great anti-inflammatory properties.

## **METHOD**

Wash and chop up all of the ingredients, and then blend as much of all of these ingredients as you want in a blender, and drink up! There is really no set amount that you have to stick to when it comes to these recipes. You can use as much or as little as you want.

If you prefer a sweeter tasting juice, try adding a sweet fruit or two to the juice, such as a mango or a banana.

## **AVOCADO QUINOA SALAD:**

Salads are the typical health food all around the world. Everyone knows that salads are healthy. Very few salads, however, are this easy and have all of the amazing benefits that this one has.

## **INGREDIENTS**

-Cucumber (look at previous recipe for benefits)

-Avocados are a great source of fats. Yes, believe it or not, fat can be good for you, even if you are trying to lose weight. Eating avocados regularly can lead to better skin, hair and nails. Avocados contain more potassium than bananas, as well as quite a bit of fiber and antioxidants that are good for your eyesight! If poor eyesight is in your family, you might want to think about eating more avocados.

-Lemon, as we discussed earlier is a sour alkaline food, and is perfectly suitable for people on an alkaline diet. Lemons have a detoxifying effect and are widely known as

a food that cleanses the body of toxins. Lemon can prevent infections, and can also prevent kidney stones!

They contain vitamins C, B6, A and many more. When life gives you lemons, why not lengthen your lifespan by eating a delicious salad?

-Quinoa is an alkaline grain that is rich in 'complete' protein—meaning, the protein includes all nine essential amino acids. It is also packed with many nutrients, such as manganese, iron, copper and phosphorous.

-Tomatoes are a magical fruit—that's right, it is a fruit, not a vegetable—with some really great benefits. They contain a high level of lycopene, which is used in many high-end face cleansers. This means that eating tomatoes will make your skin glow from the inside. Tomatoes also contain a good bit of calcium and vitamin K, which will help strengthen your bones, as well as vitamin B and potassium, which can improve the health of your heart.

## **METHOD**

Chop up the cucumbers, avocados and tomatoes and put them in a salad bowl. Boil the quinoa until it is tender, and then add your preferred amount to the salad bowl. Squeeze some lemon on top, and you are done!

If you want a little more flavor, you can add olive oil and some black pepper for a little something extra.

Avoid processed, high fat, acidic salad dressings like the store bought kind, or vinegar, though. Those will subtract from all the benefits of the alkaline salad.

## CONCLUSION

Finally, we have reached the end of this guidebook on how to convert to the alkaline lifestyle!

I say ‘convert’ as if it was a religion, but it really isn’t. Unlike with a religion, it is totally okay to take little breaks from working out and eating alkaline foods. Just not a super long break!

I truly hope that this book provided you with adequate information, tips, and motivation to help you walk on the road towards a better version of yourself.

That’s right; I said “walk”, not “run”.

Becoming healthier is a very, very slow journey. You probably won’t see a difference in your body until at least four weeks of healthy eating, PH balancing and exercising. Even then, the change will be initially very minute.

The reason for this is that your body will require time to adjust. Don’t beat yourself up if you’ve been eating healthy alkaline foods and exercising regularly for a couple of weeks, and haven’t seen any difference in your weight or your body.

It’s completely natural! In fact, some people even gain a couple of pounds for the first week or two because of how unaccustomed to healthy food their body is.

Some people would freak out if that happened, and would try and starve themselves in order to lose that little bit of weight that they gained.

Well, informed people—i.e. you—would keep pushing through, keep persevering with their healthy lifestyle until they reached their goal.

It can be tough to keep going when you feel like your results are lacking, but just have faith in yourself and in the power of the alkaline lifestyle.

It is, by far, the very best way to be healthy, and it is quickly catching on amongst people that are interested in keeping fit and living longer.

Don’t let all the cynics get the better of you. People may make fun of you, and call you a crazy “health nut” , but you’ll be the one laughing in their face several years from

now, when you don't have to deal with expensive medical bills, prematurely aged skin, weak bones and all of that horrible stuff.

***Good luck on your journey to a better life!***

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