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130 Recipes
pH Food Chart
3-Day Detox Plan
Easy Exercises

ALKALINE

Smoothies, Juices
Soups & Desserts



For Optimum Health, Sustained
Energy & Naturally Weight Loss

SIMONNE HOLM

Recommended by Robert O. Young D.Sc., Ph.D.



Published by Alkaline Institute

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Text and photography by Simonne Holm

Translated by Mikkel Lindemark Holm

Edited by Kamilla Hasen

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ALKALINE Institute
 *your balance for life*
www.alkaline-institute.com

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Disclaimer: This book is meant as an inspiration for those who want a healthy lifestyle. This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

All information and advice is provided as guidelines and all consumption following this guide is at one's own risk. The information contained in this book is not intended as medical advice.

The author will not assume responsibility for any adverse consequences resulting from adopting the lifestyle described herein.

In case of illness, always seek professional medical assistance.
Always remember to talk to your doctor before making any exercise, nutritional or lifestyle changes.

ALKALINE

Smoothies, Juices
Soups & Desserts



Simonne Holm
author & photographer

A special dedication to Dr. Robert. O. Young who due to his tireless devotion and courageous teaching of cutting-edge science has been my inspiration throughout this entire process. His passion for spreading the science of New Biology®, regardless of whatever resistance he might experience, has been my motivation and also the instrument that made my alkaline transformation possible.

Both Dr. Robert. O. Young and Shelley Redford Young have been the creative souls and pioneers in alkaline cooking who have transformed my kitchen into an alkaline kitchen and encouraged me to write this book.

New Biology is a registered trademark of Dr. Robert O. Young, Hikari Holdings and the pH Miracle, Inc.

To my dear Father, Poul, who, for as long as I remember, has served a very green and delicious breakfast, green avocado mousse... to the delight of our entire family.

My father has inspired and supported me and made this book possible. While I was writing the English version of this book my father passed away peacefully, 85 years old.

In 2002, my father gave me a VitaMixer, the pH Miracle book and some other books by various health gurus.

At the age of 75, he and his wife travelled around the world joining various health programs, among them pioneers Ann Wigmore, Natural Health Institute, Puerto Rico and Dr. Robert O. Young, the pH Miracle Center, California, healing centres in Sedona, Phoenix and attended several months' retreat in Sri Lanka, following and studying Ayurvedic medicine including herbs and meditation.

My father's home in south Spain was my healthy vacation where I experimented cooking with all his kitchen tools and delicious organic vegetables from a local farmer.

There are no words expressing how grateful I am for having a father who showed me that it is never too late to change, regardless of the obstacles. That when you choose to do good for yourself, miracles can happen not only for oneself, but for your entire family.





Local farmer delivered organic vegetables



Daily breakfast: Avocado mousse, warm cereal, omega-3 oils and chlorophyll extracts



Celebrating Poul's 80th birthday at the Cherai Ayurvedic Beach Resorts Kochi, India

A heartfelt thank you to my dear family for all the patience, love, inspiration, space and support they have shown me throughout the years.

Special thanks to Dr. Pernille Knudtzon, MD, Consultant, Acupuncturist, for professional skilled sparring and feedback. She worked with my father and his wife for more than 30 years and has been a great motivator and enthusiast. It is an honour to be working with Pernille, sharing our common goal for teaching alkaline living.

Special acknowledgment to all of you, friends and family, who have offered support, help and advice in the process of writing this book; without your help it would never have been written.





Welcome to Alkaline Smoothies, Juices, Soups & Desserts!

The pH-alkaline-balance is essential for your good health. To that end, it is crucial that what is healthy also tastes great. When healthy bio-chemistry meets the taste buds, and when the food is prepared with tender loving care, healing follows.

Simonne Holm masters the art of making healthy food taste heavenly; it is easy to lead an alkaline lifestyle when it actually tastes wonderful. Most people are foremost guided by their eyes and their taste buds when they eat ... and this is where this book offers such incredible inspiration. Most important are the alkaline programs that Simonne offers. Prepare the food with loving care; eat and enjoy; breathe, unwind and achieve balance on multiple levels—body, mind and soul.

Bon appétit & enjoy!

Dr. Pernille Knudtzon, MD, Consultant, Acupuncturist



ALKALINE

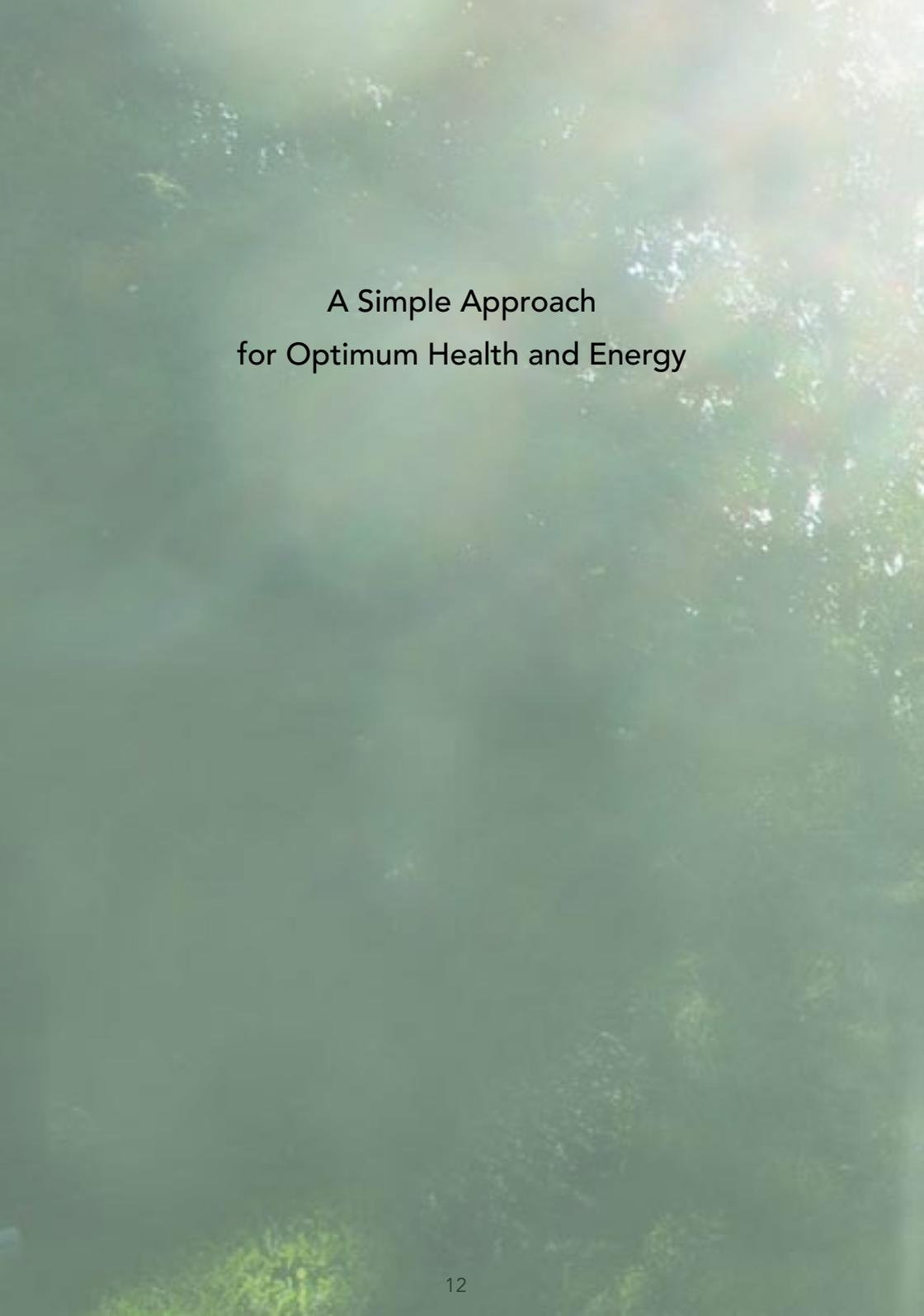
Smoothies, Juices
Soups & Desserts



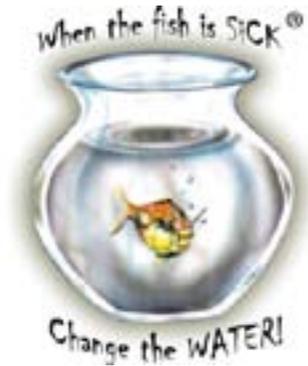
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PART ONE

Alkaline Lifestyle



A Simple Approach
for Optimum Health and Energy



Dr. Robert O. Young's New Biology States:

"There is only one sickness and one disease:

The over-acidification of the body
due to an inverted way of living, eating and thinking.

There is only one treatment:

Break the cycle of imbalance and
alkalize and energize."

How I Met New Biology®

I met Dr. Robert O. Young and New Biology® in 2011. At long last, I had found a simple and natural approach to health in the teaching of alkaline lifestyle and pH-balance.

Dr. Robert O. Young (Dr. Young) is recognized as a leading nutritionist blood microscopist, biologist and research scientist in the teachings of the alkaline diet and lifestyle. He specialises in cellular nutrition and has devoted his life to the search for causes of illness. His research findings have supported the health of thousands of people who have adopted the revolutionary alkaline diet and lifestyle. Furthermore, he has developed the theory of New Biology®, which enables people to achieve balance in their life. His research is groundbreaking and sometimes controversial, a fact I personally find inspiring as well as challenging.

I was happily surprised how effective New Biology® was for me, so I decided to study with Dr. Young. He taught me how important it is to regulate the pH-balance in my body, and how that could be done simply with, for instance, daily consumption of high-energy alkaline smoothies and juices.

His holistic approach to health and nutrition has inspired me to design this manageable book of my recipes and my experiences. It is a guide for you, so that you can begin composing your own tasty alkaline drinks and soups that cleanse and rarefy your body and regulate the pH-balance. In addition, not only does the body receive essential nourishment, but the nutrients further support the immune system for improved performance.

I hope this book will help you to add more high-energy and alkaline food to your everyday life, and to keep up your motivation, so that it won't be a battle, but rather a natural impulse towards a healthy and simple lifestyle.

With love,
Simonne

New Biology®

Dr. Young explains how our modern lives are suffering from an imbalance caused by our dietary choices. He also explains how we can easily restore our health by eating proper foods, getting the best nutrients and maintaining the correct balance.

Finding the right combination is what his program, *The pH Miracle*, is all about. If you would like to get the most benefits from his exhaustive research, as well as from the works of early pioneers in the field, I highly recommend reading Dr. Young's book, *The pH Miracle*.

The pH-balance within your body plays a very important role in your health. pH is a measure of how acidic or alkaline something is, and an optimal acid-alkaline balance is necessary for the body if we want to maintain a state of good health and avoid lifestyle diseases.

The tissues in our body have an optimal range of pH that must be maintained for the immune system to function optimally. The pH level of our blood must stay slightly alkaline at pH 7.365 under all circumstances.

Eating acidic, toxic, low-quality processed food and leading a lifestyle with stress, negative thinking etc., the body creates more acid than it can eliminate – affecting your digestive system and body metabolism.

In order to maintain the optimal pH in the blood, your body will use alkaline minerals from your tissues. When the reserves of alkalinity is used from your tissues the serious problems starts.

The body will literally begin to leach calcium directly from your bones or magnesium from your muscles. And the excess acid in your body will be dumped back into the tissues for storage as the lymphatic (immune) system is overloaded. The body will now retain fat to protect excess acids away from the organs that sustain life. That is the main reason for weight problems in a modern lifestyle.

This circle of imbalance will eventually lead to an oxygen deficient environment in which bacteria, fungus and yeast thrive. The body's inability to remove its own waste products lead to the state of one disease – acidosis, the over-acidification of the blood and tissues.

Common starting symptoms are: low energy, allergies, premature aging, joint problems, inflammation, digestive issues, bowels irritation, reflux, weight gain, sleep problems, etc. These symptoms could later lead to serious, chronic diseases such as diabetes, inflammation, heart disease, osteoarthritis, cancer and more.

Fortunately, we can prevent the imbalance and support our body needs by eating an alkaline diet that is full of nutrients, vitamins, minerals, fibre, omega oils, antioxidants, such as wheatgrass juices, green smoothies, green salads and plenty of alkaline water.

So, we need to understand that the pH of your internal fluids affects every cell in the body and that the blood is the most important tissue in the body that transports oxygen, nutrients and water to your cells and eliminates waste products.

It is quite easy to regain the proper pH-balances of our bodies, and you can restore this balance within only a matter of weeks.

The first step is to understand what kind of lifestyle you live and what food you are eating.

The second step is to understand how your body works according to the pH-balance and how to maintain homeostasis.

The third step is that you take action. Break your imbalance and start adding a diet rich in raw, green, organic and whole foods.

Daily alkaline programme for optimum health and vitality

1. Drink fresh organic green smoothies or juices
2. Drink more pure water
3. Eat organic green salads and nourishing dressing
4. Meditate to give your mind a break
5. Breathing exercises a few minutes daily
6. Move and get in contact with nature
(parks, coast, forests, mountains etc.)
7. Sleep well – more than you think you need

By adding the good stuff to your life you can return your body to a state of purity and balance.

80–20% Principle

Everything you eat influences your body's pH-balance. Consequently, it is important to find the right balance between acidic and alkaline food.

To achieve the correct balance you should strive for a diet of 80% alkaline-forming foods and 20% acid-forming foods.

In reality most people are doing the exact opposite, eating 20% alkaline-forming foods and 80% acid-forming foods.

Raising your consciousness about what you eat is easy when you start filling your plate in order to meat, fish, potatoes, rice, pasta and other acid-forming foods only take up 20–25% of what you eat. The remaining 75–80% of what you eat should be raw fresh vegetables and other alkaline foods.

You need **not** concentrate on counting carbohydrates or cholesterol as long as you follow the 80–20% principle of the acid-alkaline balance.

Keep in mind though that we are each unique individuals with different bodily needs. You need to be your own best expert and begin to recognise your body's true needs.

You can eat as much alkaline-forming food as you like, as it contains important nutrients and has a low-glycaemic index.

Alkaline food is plant-based, gluten-free, sugar-free and contains proteins, minerals vitamins, antioxidants and essential fatty acids. The alkaline fruits and vegetables contain high water content and high levels of minerals, which increase the oxygen content of the body. An alkaline diet offers the optimal way to fully bring yourself back into balance from any disorder be it physical, emotional or spiritual. The body is designed to eat natural foods.

Alkaline drinks are the foundation of your health

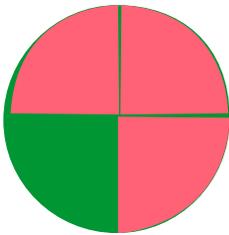
The easiest and the best way to get more alkaline raw vegetables daily is to kick-start your day by juicing or blending your vegetables.

A healthy diet is about 6–9 cups of alkaline vegetables and fruits that you need to intake daily. Drinking a big glass of alkaline smoothies or juice daily will increase your greens intake by up to as much as 3 cups of alkaline greens.

Using the balance principle it is possible to create vibrant health, facilitate weight loss and slow down the aging process at any stage in your life.

Apply the principle of alkaline foods step-by-step to get what your body really needs. Visualise a big plate of what you eat during the day. It can help you to navigate towards more and more alkaline food.

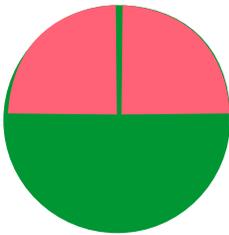
Eating 75% acidic food is common in the Standard Western Diet



Acidic foods that rob your nutrients:

Low-quality processed, refined foods, nutrient, pre-packaged non-foods, fast foods, transfats, genetically modified and oxidising foods, sugar. No nutrients to your body but a lot of stress toxins and acid.

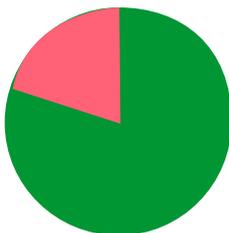
Eating 50/50% is a good start to a healthy lifestyle



Regain nutrients with:

Adding fresh, unprocessed, raw foods is simply the key to health. It is what our body needs. Let fresh, organic fruits and vegetables make up more than 50% of your food.

Eating 70/80% alkaline food is the optimal balance for your health



Live fully recharged with:

70/80% high-energy, fresh, raw, alkaline, organic, whole foods, alkaline juices, smoothies, water and alkaline exercises. 20/30% cooked foods, fruits and other less alkaline foods. Choose your 20/30% carefully.

Alkaline-Acid Food Chart

Here you can see which foods have an acidic effect on your body.

Highly Acidic	Moderately Acidic	Mildly Acidic
<p>BEVERAGES Alcohol Coffee & Black Tea Fruit Juice (sweetened)</p> <p>FRUITS Dried Fruit</p> <p>MEATS Beef Chicken Pork Fish (Farmed) Shellfish</p> <p>DAIRY PRODUCTS Cheese Cream Eggs Ice Cream Margarine (worse than butter) Milk Yogurt</p> <p>OTHERS Cocoa Honey Jam Jelly Mustard Miso Rice Sweeteners (Artificial) Syrup Vinegar Yeast Mushroom</p> <p>FATS & OILS Saturated Fats Hydrogenated Oils</p>	<p>BEVERAGES Fresh, Natural Juice</p> <p>FRUITS Apple Apricot Banana Blackberry Blueberry Cranberry Grapes Guava Mango Orange Peach Papaya Pineapple Strawberry</p> <p>OTHERS Ketchup Mayonnaise Rice (Brown & Wild) Rye Bread Wheat Wholemeal Bread Wholemeal Pasta</p> <p>Butter Goat's Milk Cheese Vegan Cheese</p> <p>Fish (Ocean)</p> <p>SEEDS, NUTS & GRAINS Walnuts</p>	<p>BEVERAGES Rice, Soy, & Coconut Milk</p> <p>FRUITS Cantaloupe Fresh Dates Nectarine Plum Sweet Cherry Watermelon</p> <p>OTHERS Amaranth Black Beans Buckwheat Groats Buckwheat Pasta Garbanzo Beans/Chickpeas Kidney Beans Millet Oats/Oatmeal Soybeans Spelt Couscous Seitan</p> <p>Fish (Freshwater Wild)</p> <p>SEEDS, NUTS & GRAINS Brazil Nuts Cashew Nuts Flax Seeds Hazelnuts Macadamia Nuts Pecans Pumpkin Seeds Raw Cacao Rice/Soy/Hemp Protein Sunflower Seeds</p> <p>FATS & OILS Sunflower Oil</p>
Avoid or less than 10%	Eat less, aim for max 20%	

According to Dr. Young it is best to avoid the highly acidic foods.

Here you can see which foods have an alkaline effect on your body.

Mildly Alkaline	Moderately Alkaline	Highly Alkaline
BEVERAGES Almond Milk VEGETABLES Artichokes Asparagus Brussels Sprouts Cauliflower Comfrey Eggplant/Aubergine Kohlrabi Lamb's Lettuce Leeks New Baby Potatoes Peas Pumpkin Onion Rutabaga Spring Onions/Scallions Squash (Butternut, Summer, etc.) Watercress White Cabbage FRUITS Coconut Grapefruit Olives (sundried) Pomegranate Rosehips OTHERS Almonds Fennel Seeds, Lentils Tofu, Sesame Seeds FATS & OILS Avocado Oil Coconut Oil Flax Oil, Grapeseed Oil Hemp Oil, Olive Oil Omega 3-6-9	BEVERAGES Water (pH: 8.5) Fresh Coconut Water VEGETABLES Arugula/Rocket Basil Beets/Beetroot Capsicum/Pepper Cabbage Lettuce Carrot Chives Collard/Spring Greens Coriander Endive Ginger Green Beans Leeks Lettuce Mustard Greens Okra Radish Red Onion Silver Beet/Chard Turnip Zucchini/Courgette FRUITS Lemon Lime Rhubarb OTHERS Beans, Butter Beans Lima Beans Soy Beans (fresh) White beans (Navy) Quinoa SEEDS, NUTS & GRAINS Chia/Salba Seeds Hemp Seeds	BEVERAGES Water (pH 9.5) Green Drinks VEGETABLES Broccoli Cabbage Cilantro/Coriander Celery Cucumber Garlic Kale Parsley Spinach Sprouts Alfalfa, Bean, Pea, Soy, etc. Grasses Alfalfa, Kamut, Straw, Shave, Wheatgrass, etc. FRUITS Avocado Tomato OTHERS Real Salt Himalaya salt Soy Nuts (soaked soybeans, then air-dried) Soy lecithin, pure
Eat more, aim for 80%		

Source: The pH Miracle (2002),

The pH Miracle revised and updated (2010) and Dr. Robert O. Young

The Philosophy Behind the Food Chart

Dr. Young created this food chart based on his own research from his work on over 40,000 live blood analysis tests.

His method measured the effect on how food products reacted on the blood after it has been consumed. In that way we know if the food is acid-forming or alkaline-forming to the body once consumed.

Other method measures how acidic or alkaline the food is by burning it down to an ash residue. Whether this ash residue is acidic or alkaline depends on the mineral content of the food. However, it burns away both yeast and sugar which actually is acid-forming for the body.

Citrus fruits

For example, we know that lemons, limes and grapefruits are chemically acidic. However, they have an alkaline effect on our body once they have been eaten and consumed. The reason for this is that they contain high levels of alkaline minerals, such as potassium, magnesium and sodium; these minerals are alkaline, and thus oxidizing; their abundance of oxygen creates an environment in which bacteria, fungi and yeast do not thrive.

This is not the case with oranges; they have high levels of sugar, which has an acidic effect on the body.

Fruits

The sugar in fruits is natural and unrefined and naturally, it is healthy and important to eat fresh organic fruits from our nature. Living a alkaline diet rich in green vegetables some fruits will supplement a healthy diet which refined sugar will not. Fruits contain fructose which is sugar and sugar is an acid-forming substance.

So, if you suffer from low pH in your body you need to avoid the fruits until you restore a optimal pH balance again.

Juicing concentrates the fructose

Consequently, the "best" fruits to juice are those with the lowest content of sugar. Only juice the alkaline fruits.

Grapefruits • Limes • Lemons • Tomatoes • Avocados

Alkaline juices and smoothies are low-carb or low-fruit diet food.

What is pH?

The letters “pH” stand for “Power of Hydrogen”.

The “pH” of a substance is a measure of the concentration of hydrogen ions (H+) in that substance.

The concentration of hydrogen determines how acidic a substance is.

A substance with a pH-value of 7 is neutral. Substances with pH-values less than 7 are acidic, and substances greater than 7 are alkaline.

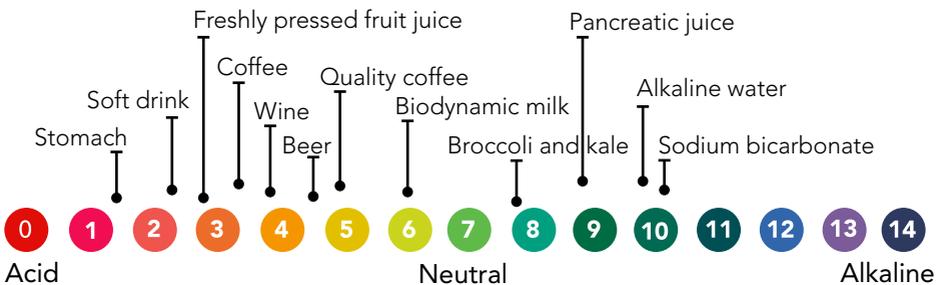
pH is measured on a logarithmic scale that consists of numbers between 0 and 14.

Since the scale is logarithmic, a substance with an acidic pH-value of 6 is actually 10 times more acidic than a neutral substance that has a pH of 7. Similarly, something that has an alkaline pH-value of 8 is actually 10 times more alkaline than a neutral substance.

It takes 20 parts alkalinity to neutralize 1 part acid.

The organs, stomach, urine, blood, saliva and the fluids in the body’s cells have each different pH requirements. Our blood is in balance when it is slightly alkaline, with a pH between 7.35 and 7.45. Our urine has an optimal value with a pH 6.8–7.2 and the saliva between 6.8–7.2.

The pH-value of selected drinks and foods



Stress, negative emotions, pollution, and electronic devices, excessive exercise...	Positive thoughts, emotionally balanced, meditation, peace and healthy exercises ...
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The body is alkaline by design and acid by function

Our bodies are designed to be alkaline, so this means that we keep our pH-value in the blood at a level of 7.365, without corroding our stored supplies, reserves, of alkaline minerals in our tissues.

According to Dr. Young, we cannot become too alkaline by eating alkaline food. Even if we enjoy an alkaline lifestyle, our bodies will have an acidic reaction the moment we digest our food, breathe the air, think and move about. Naturally our alkaline reserve neutralises these acids.

But when living a modern lifestyle full of acidic foods and drinks, stress, no exercise, over-exercise, pollution, environmental acids (from electro-magnetic fields, including cell-phones, air-dryers, or electric cars and chemical pollutions), we very soon get out of balance.

It is crucial to keep our alkaline reserves (buffers) in order, so that we spare the body undue strain and illnesses.

An alkaline lifestyle is all about getting fresh plant-based food into our everyday life, along with water, oil and salt.

"I have discussed from time to time the importance of minimizing stress in our lives. When our minds are filled with thoughts and feelings that include the negative perceptions and experiences of fear, anger and sadness, we are vulnerable to the creation of excessive bodily acid. Toxic acids are actually secreted from various parts of the body cells directly into the bloodstream when we are in a negative emotional state..."

"The body is alkaline by design and acid by function."

Dr. Robert O. Young



Transition time

The body requires a solid foundation in order to build healthy tissue, strong digestion and an active immune system. When you change your diet, you will begin to notice how different foods make you feel.

In experiencing how alkaline foods help you rebuild and rebalance, you will very quickly develop a consciousness about healthy food and naturally start choosing more and more of what your body really needs.

One of the hardest parts of changing to a new diet is avoiding old habits, especially the temptation of quick snacks, junk food and sweet beverages. It is easy to just grab a candy bar or other unhealthy stuff when you feel empty and need energy immediately. When you feel like this, it is really your body longing for nutrients and nourishment. But the habit or addiction is to indulge in unhealthy sweets or fatty, salty snacks... the opposite of what our body REALLY needs. This junk food may give a short energy boost and fill your stomach, but it will also soon leave an unpleasant feeling in your body which will stress the mind, too.

If you are falling into the same pitfall again and again don't blame yourself. This is just a bad habit that needs to be redirected. Try to imagine what is happening inside your body when you are experiencing these cravings, when you start thinking that you need or even "deserve" to reward yourself with such food. Put your attention towards it for a while and you will become more conscious or aware of your feelings in relation to junk food and learn to identify those moments in which you might be on the edge of reverting back to old habits. It is in your power to break that cycle and better yourself; only you can change this aspect, only you can make sure that emotional triggers no longer affect your eating pattern, knowing that unhealthy processed food is just as addictive as heroin or cocaine.

Eating a lot of alkaline, chlorophyll-rich food and healthy fat throughout the day makes it much easier to resist unhealthy foods. And cravings can be fulfilled by adding alkaline salt to your diet as our body runs on salt.

Salt

Gives life, light and vitality to the body.

*Tears, sweat, saliva, urine and blood are all
salty fluids in our bodies.*

*That is why we thrive on alkaline salts
which create lasting energy –
as sugar does not!*





Essentials for life

Water • Oxygen • Oil • Chlorophyll • Salt • Sun

Get balanced with essential basic foods together with oxygen and sun.
This is the natural and real way to achieve
permanently energised health.

This is the basic foundation of your existence.

*“Let your food be your medicine,
let your medicine be your food.”*

Hippocrates

Water

Hydration is vital for your health

Our body roughly consists of 70% water. We lose about 3 liters of water daily by our bodily functions and this must be replaced.

We need proper hydration to maintain the balance of minerals and nutrients required for our cell metabolism and the elimination of the waste products and acid to protect the cells from degeneration.

The water also acts as neurotransmitters, moving water from one nerve cell to another, all of which allows the human body to exist and function normally.

8–10 big glasses daily

Starting your day by drinking one or two big glasses of water first thing in the morning will give you energy. You can add a little pure salt and lemon to make the water more alkaline so you get the hydration you need. Step up the volume you drink day by day. About 1 liter of water per 20 kg bodyweight is the guideline to stay properly hydrated and keep cells and tissue functioning well. This includes alkaline smoothies or juices and depends on your activity.

Living water

Living water in its natural form comes from streams and glaciers where over time it has been in motion and filled with kinetic energy, oxygen and natural minerals where the ions are active so this water is full of antioxidants.

Alkaline water balances the pH levels of the body

Alkaline water helps neutralising the acid in the body and wash away toxins and this will boost your immune system.

Alkaline ionized water delivers nutrients at the cellular level more efficiently and makes it easier to drink more water.

The quality of the water we drink is important. You have to look at the quality, content and structure.

You can use pH drops or purchase water machines or alkaline pitchers that change tap water to alkaline ionized water.

At www.alkaline-institute.com I share links on this topic.

Oxygen

Oxygenation for energy and health

The oxygen in the air we breathe is what your body needs. 90% of our energy comes from oxygen, and only 10% from food and water.

Oxygen is an essential nutrient for our cells and we cannot live without it for more than a few minutes. All metabolic processes in the body are regulated by oxygen. Every cell in our body needs oxygen to get the energy from the food we eat. This is called the cellular respiration which releases energy to the body and carbon dioxide which we exhale.

Lack of movement, excessive exercise, stress or a poor diet can leave us all in a low-oxygen state. An oxygen-rich body helps the body in its ability to rebuild itself and maintain health and energy. Clean air has a higher oxygen level than polluted air. Breathing exercises and movements help release the oxygen to the cells and calm our nervous system. See more on page 113.

Oil

Healthy fats make you happy

Essential fatty acids such as omega-3 are necessary to keep the nervous system, immune system and the circulatory system functioning at their optimum levels.

Omega-3 fatty acids make the cell walls more supple, so that the cells can absorb nutrients and oxygen more easily. Omega-3 fatty acids are found in linseed oil, rapeseed oil, walnut oil, hemp oil, soya oil, chia seeds, algae and fish.

Experts assess that we need about 20–40 ml omega-3 oils a day to function optimally. It is believed that the ideal balance among the essential fatty acids, omega-6 and omega-3 is about 1:3 (depending on your country). Omega-6 fatty acids are found in corn oil, sunflower oil, dairy products, meat and bread. Omega-3 fatty acids are more difficult to obtain through diet. Even if we eat fatty fish and nuts every day, omega-3 supplements will probably still be needed.

Olive oils, avocado oils and coconut oils are delicious and good for you, but they are no substitute for omega-3 fatty acids.

Chlorophyll

The magic green plants

Dark green leaves, plants and grasses are green because there are chloroplasts in their cells. Chloroplasts are specialised organelles that transform sunlight into energy by the way of photosynthesis. So when a plant combines the energy from sunlight with water and carbon dioxide from the air, it gets energy. This vital process harnesses solar energy for plant growth and is possible because of the chlorophyll (green pigment) contained in the chloroplasts. Chlorophyll therefore contains more light energy than any other elements. Photosynthesis is the base for almost all ecosystems because it produces energy and building elements.

Greens are the only living thing in the world that can transform sunshine into food that all living creatures can consume – there would be no life on our planet without greens – as the life purpose of all greens is to produce chlorophyll.

We live in a true life-giving symbiosis with the green plants and trees. We exhale carbon dioxide, which plants and trees then transform into energy and oxygen, which is vital for our survival. No plants and trees - no chlorophyll - no oxygen, no life.

The “blood” of the plant

Think of chlorophyll as the ‘blood’ of plants, since it has a molecular structure that is almost identical to human haemoglobin, except for the center atom. Chlorophyll contains magnesium.

Haemoglobin contains iron and ensures that oxygen is absorbed by the blood and transported to the cells and tissues.

The more liquid chlorophyll we consume the more it can actually help to do the job of the haemoglobin such as build our red blood cells.

Nourishment & detox

Chlorophyll enhances the oxidation process, helps increase red blood cells in our body, so therefore it is an essential element that makes the cell function and promotes youthfulness and vitality.

On top of that, chlorophyll has a detoxifying effect due to antioxidant activity that helps cleanse the body and eliminate heavy metals. Antioxidants reduce free radicals in your body which are one of the fundamental causes of premature aging.

Chlorophyll cleanses and detoxifies the digestive system, the bowels, liver and kidneys: it also purifies the blood so that the body is ready to repair and rebuild itself.

Chlorophyll has the ability to decompose accumulated acid fat and transform the fat into energy.

Benefits of chlorophyll in other words:

- Chlorophyll promote formation of hemoglobin and red blood cells
- Building a high blood count
- Helping to prevent cancer
- Providing iron to organs
- Making the body more alkaline
- Cleaning and deodorising bowels
- Helps purifying the liver
- Eliminating bad breath
- Relieving sore throat
- Improving varicose veins
- Reducing pain caused by inflammation
- Improving the vision
- Fights infections

“Scientists have discovered that chlorophyll increases the oxygenation of the body, purifies the blood and organs, assists in the metabolism of nutrients and counteracts acids and toxins.
Green juices are the superstars of the nutrition world.”

Dr. Robert O. Young

Regenerate from cellular level

With high oxygen content in chlorophyll and a high mineral content in green plants, greens are the most alkalizing food that exists on the planet – full of alkaline minerals. When eating this we will feel energy in our body because the chlorophyll increases our body's ability to deliver oxygen to our cells and their abundance of oxygen creates an environment in which bacteria, fungi and yeast do not thrive.

The best chlorophyll sources are wheatgrass, grasses, dark green leafy vegetables and green vegetables. They are among the most nutrient-dense foods. They contain chlorophyll, electrons, proteins, fats, carbs, antioxidants, irons, vitamins A, B12, B5, E, magnesium, enzymes, selenium, amino acids and calcium that we absorb when we consume the leaves. They are actually catalysts that support the chemical chain reactions within the body.

Liquid chlorophyll and chlorophyllin can be added to any water or green drink to improve the concentration of this powerful blood building compound.

Make your own chlorophyll

Wheatgrass is the young plant from the wheat plant which can be grown indoors in a window sill with a lot of light and on a sunny terrace.

It is best to grow the wheatgrass in trays with a little soil in the bottom. When the grass is harvested, use a slow juicer to squeeze the juice out of the grass. It is also possible to blend the grass with pure water, then you sieve it and drink or freeze as ice cubes, consume within 7 days.

Enjoy your homemade vitamins.



Salt

The secret nutrient for energy

Natural salts contain 84 minerals of the earth, including potassium and magnesium, as well as other micronutrients. Salt plays a big part in aiding digestion and metabolism. To keep the cells functioning normally, the salt and water balance must be maintained.

The electrolytes are important in making the body cells function optimally, for maintaining a normal pH-balance in the blood, for the activity of nerves and muscles, and for correct fluid balance.

Salt is the matrix transporting electrical energy from cell to cell.

Alkaline salts are sea salt, cell salt and Himalayan salt. Look for salt from the Great Salt Lake, the Dead Sea, the Celtic Sea and from the Himalayas. Your body will ask for the right amount of salt as soon as it learns that it is salt, not sugar, that creates the optimal energy balance.

Note that refined salt differs from natural salt. Refined salt is detrimental to our health.

Sun

Nature's energy source

Get outdoor and get sun or fresh air at least 15 minute a day before 10 am and after 3 pm. Sunlight promotes vitamin D production in the body. Vitamin D helps build and maintain healthy bones. Vitamin D3 is important for our immune system function. We generate vitamin D3 in the body, using the body's cholesterol and the rays of the sun in the summer. During the dark times of the year we must supplement vitamin D3 daily.

In fresh air – close to the sea or wherever water evaporates – the body is enriching itself with oxygen. It is the negatively charged ions that create a feeling of wellness, and these ions are also instrumental for our general good health and spirits.

Rebuild with Four Basic Nutrients

The right balance between water and alkaline salts is crucial for the body's energy level, as are the essential omega oils and minerals.

The four basic high-energy foods that provide the body with life and vitality: water, oil, chlorophyll and salt are the starting point for achieving the balance your body needs.

With just this basic change to your life, you will be able to regain and maintain a naturally healthy lifestyle.

This is **not** a diet!

These are **essential** foods for life; foods that rebuild and restore your natural balance of body and spirit!

Getting into the habit of eating more greens daily, and making green smoothies and freshly squeezed green juices adding oil, water and salt is the best way to achieve real health.

It is essential to cellular health. And your cells are able to regenerate itself within a short time. When you consume real quality food you get healthy cells. Healthy cells maintain a healthy immune system and a healthy body.

"Once your body is alkaline and once you have rebuilt your blood with my Four Essentials program (chlorophyll, oil, water and salt) and once the pH of your body is balanced, you are well on your way to permanently increased health, energy, fitness and vigour as well as great financial savings."

Dr. Robert O. Young

Essential Foods for Life

Water • Oil • Chlorophyll • Salt



for Your pH Balance and Health

Real Food

High-energy foods

Fresh green vegetables are the most nutritious food we can eat that are positively beneficial to us. The green vegetables contain ultra-high doses of minerals, vitamins, fibre, enzymes, alkaline salts, etc.

The greener the food, the more chlorophyll; the more chlorophyll, the more energy.

A high-energy food is a living food that generates energy for our cells. Food rich in energy enhances the immune system, increases energy levels, and provides the body with life-giving and easy-to-digest nourishment for our cells.

Oxygen-rich foods are anti-aging foods

The more leafy greens we eat, the more oxygen will be available to the cells, and the more balanced or alkaline our body will be.

High-energy foods are alkaline foods that help our body to properly oxygenate, something that is critical to help supply all the cells with energy for optimised efficiency of cellular metabolism. When this happens, cells remain younger for a longer time, and the body is able to regenerate (produce new cells and remove old cells) more efficiently to keep the body strong, young and healthy.

Real food is living food

High-energy food means food that has energy. Plants exemplify this by photosynthesizing light into energy.

Our body needs light from the sun and light from energy food.

Eating highly nutritious, energetic foods is one of the easiest and most tangible ways to achieve a vital life. Getting into the habit of eating more greens daily, and making green smoothies and freshly squeezed green juices is the best way to achieve real health.

Liquid food is absorbed better, as the nutrition is transported quicker and more easily to the cells. Green juices and smoothies cleanse the bowels, and when receiving liquid energy-rich food, the body does not need to use as much energy to process, digest and transform the food. This is the reason that green juices and smoothies supply the body with such enormous amounts of energy and nutrients. This is the best way to consume more high-energy food.

Real foods are the missing element in the standard world diet today.

*Sunlight gives Chlorophyll which gives Energy which gives
Life*



"You build healthy, strong bones and muscles with healthy red blood cells and you build healthy red blood cells with green, alkaline fruit, vegetables, oil, and salt. Bones and muscle are made from red blood cells NOT protein!"

Dr. Robert O. Young

Recharge with Light and Energy

Our cells are only as charged as what we eat

The body needs electrons to function properly. According to Dr. Young we are all electrical beings who need electrical energy to survive. We recharge our bodies with light and energy. That means that the body is not fuelled by carbohydrates, proteins and fat, but by high-energy electrons, electricity life force, and energy. So we need fresh plant food, and living, high-energy food, to give the cells their life force. Raw vegetables are rich in electrons. Electrons are what make food alkaline.

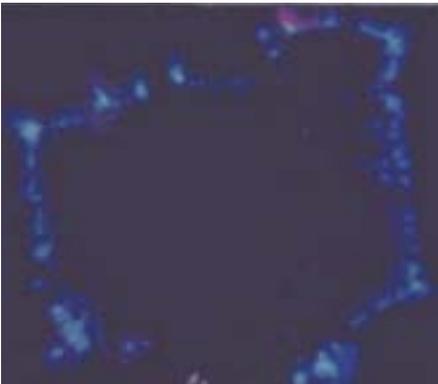
All raw and fresh vegetables and fruits have a frequency that contains an electrical energy. Electrical energy can be transformed into a life force which is transmitted to our body. High-energy food communicates with the cells and gives them optimal nourishment.

Electric food is food that is completely natural and 100% living. The more natural the food, the more energy it contains. Green vegetables have a very high energy level. Dead food, non-organic and processed, artificial food has little or no energy left; it is not electric.

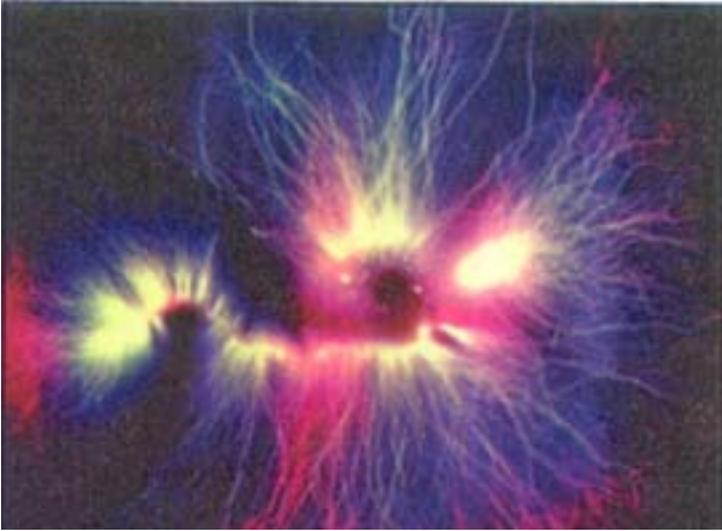
Electrical energy and light

High-energy electrons from sunlight transfer their energy to food. Using a bio-electromagnetic camera, one can measure light and energy fields in, among other things, vegetables. It was the Russian scientist Semyon D. Kirlian who invented this method which is known as Kirlian photography.

By using these pictures Dr. Young demonstrates how much or how little light/energy different foods contain.



This is a Kirlian photograph showing the energy in a container of hamburger. The measured energy was 3MHz



This is a Kirlian photograph showing how much energy a living lentil sprout contains measuring 150MHz



This is a Kirlian photograph showing the energy in a container of green powder. The measured energy was 250MHz

Kirlian photos:

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PART TWO

ALKALINE

Smoothies, Juices
Soups & Desserts



All recipes in this book are prepared either with
a high speed blender or a slow juicer.

The recipes are created in Europe.

Depending where you live your produce might
differ from size and taste.

Use these recipes creatively and add or subtract to
the recipes so it suits your taste.



Your Freedom

Eating highly nutritious, energetic foods are one of the easiest and most tangible ways to raise your energy.

*Prepare your life-enhancing drinks with love and every single cell in your body is transformed to light, energy and love
– a functioning body and spirit.*

Green Juices

Juicing provides the most concentrated nutrition in the form that is easiest for your body to absorb. A freshly pressed green juice is a concentrated quantity of alkaline fruit and vegetables.

The fresh juice delivers the maximum benefits of the pure extract from the vegetables without the pulp, fibre and peel. The intestines are spared the work of digesting which saves your body some energy. This enables you easily to absorb lots of vitamins, minerals, phytonutrients and antioxidants. Providing your body with a concentrate of alkaline vegetables in liquid form is the very foundation of your health and longevity.

The greatest advantage by juicing versus smoothies is that you give yourself an optimal nutrient which is absorbed easily by the body and transported directly and quickly, first into the bloodstream and then into the cells. Shortly after drinking your green juice you might feel the life force and energy.

The best time to drink your fresh juices is on an empty stomach in the morning – as your stomach is empty and will absorb anything you consume. Then let it absorb and wait about 30 minutes before eating breakfast.

A slow juicer is a must-have in every kitchen. With the slow juicer, the juice will be minimally oxidized, so the storage time of your juice will be extended up to two days.

So even though a slow juicer is initially more expensive than a traditional juicer, the investment pays off in the long run. You yield a bigger return on your vegetables.

Some vegetables are more suitable for juicing than blending, such as cabbage, beetroots, broccoli and carrots.

The waste is called the pulp. To minimize waste, use the juice pulp to make soups, buns, rolls or lasagne.

It is best to drink your juices right away. It can be kept refrigerated in an airtight container for max 24 hours.

You can then add your Omega-3-fatty acid and drink right away.



Get your “must-have” kitchen tools



*For tasty life-generating nourishment,
you need a juicer*

Green Smoothies

Smoothies method is another way to get more leafy greens into your diet. A green smoothie or soup is a green drink made from fresh leafy greens and other high-energy foods, such as kale, collards, peppers, spinach, avocado, tomatoes, berries, etc. Green smoothies are made in a blender. When you blend greens together with alkaline fruit, you create a drink that is both delicious and nutritious. This enables you to easily consume lots of vitamins, minerals and anti-oxidants for their health benefits.

Unlike pressed juices, smoothies keep the fibre (the pulp) intact, so smoothies are more filling and will relieve your urge for hunger or sugar.

Green smoothies are an amazing discovery that makes healthy eating and healthy living possible for anyone, no matter income or lifestyle choice.

To avoid stress on your digestive system it is important to enjoy your smoothie slowly, mixing it with saliva, as it is a meal full of fibre that is not chewed.

The blender gives you an opportunity to experiment with making green drinks, soups, creamed sauces, dressings, berry smoothies, almond milk, pesto and delectable desserts. For example, you can add tofu, linseed oil or green powder to create a more filling meal.

If you drink a big cup of green smoothie every day, it will be like eating 3 big servings of vegetables. In that way it is also easy for you to navigate towards the 20–80% principles when blending your vegetables into smoothies!

The higher speed the blender, the better the smoothies you can make. A quality high-speed blender is initially more expensive but the investment pays off in the long run. They come with extended warranties. The smoothies, soups or desserts will just taste better with a silky, creamy and smooth consistency and it makes them easier to absorb by our bodies.

As smoothies do not oxidize as fast as juice they can be kept for max 2 days when refrigerated in airtight glass containers.



Get your “must-have” kitchen tools



*For tasty life-generating nourishment;
you need a blender*

Get organised; it motivates you!

You can motivate yourself by organizing your kitchen; in that way you always have your blender, your juice machine, oil and salt ready at your kitchen counter. It is just easier to make great choices when you have the basic ingredients in front of you and the tools at your fingertips. The more green vegetables you are ready to use the more motivated you become.

You will find your favourites in the inspiration list in this book. Then you can start composing your own tasty drinks, making them as alkaline or as pH-balanced as you prefer. It is all about what you add to your diet, rather than what you must avoid. In time you will discover your most liked drinks and make them your own!

Start your day with a 250–300 ml juice or smoothie – then you are well on your way to an alkaline lifestyle. Enjoy your juice or smoothie slowly in order to get the full advantage of your energy drink. Let your body enjoy the smoothie in quietness and absorb the nutrients for a while before you eat anything else. The enjoyment and the time is important as it focuses your awareness on how your stomach reacts to the food you are feeding it.



Tips to keep your motivation

- Buy a good blender. There are many different blenders on the market; the quality of your blender determines the quality of your smoothie. I use a Vitamix®.
- Buy a good slow juicer or cold press juicer. Again the quality of your machines determines the quality of your juices.
- Do your shopping 1–2 times a week.
- Make sure you always put alkaline vegetables in your shopping basket.
- Rinse your vegetables, dry them and then store the clean vegetables in your refrigerator.
- Make sure your refrigerator is always clean.
- Buy spinach, green kale, avocados and rucola (arugula) in vast quantities. Rinse, dry and freeze the vegetables in portion bags. That way you always have ingredients ready for a smoothie; easy to make, even if you are in a hurry in the morning.
- Start to grow your own sprouts and wheatgrass indoors.
- Pick or buy berries during their season and freeze them.
- Use airtight glass containers to refrigerate or to bring along with you. You might also start freezing in glass containers.
- Motivate yourself to juice or blend regularly.
- Do it step-by-step to get used to the new lifestyle and to all the new taste variations and nuances of the recipes.
- It is all about adding more energy from nature's treasure chest.

The Seven Most Alkaline Foods

*Avocado • Cucumber • Celery • Broccoli
Green Kale • Green Pepper • Spinach*

Do always have the main ingredients at home

SMOOTHIE

At least 2 fresh alkaline vegetables:

Cucumber
Celery
Green and red pepper
Spinach

At least 2 of the most alkaline fruits:

Avocado
Lemon
Lime
Tomato

Spices and Oils:

Ginger
Garlic
Virgin Olive Oil
Virgin Coconut Oil
Himalaya salt

JUICE

At least 3 fresh alkaline vegetables:

Cucumber
Celery
Broccoli
Kale
Beetroot
Spinach

At least 2 of the most alkaline fruits:

Lemon
Lime
Tomato

Spices:

Ginger
Turmeric

Shopping List Guidelines & Pesticides

ALWAYS BUY ORGANIC:

Peaches	Nectarines
Apples	Potatoes
Peppers	Spinach
Celery	Cabbage
Cucumbers	Strawberries
Grapes	Celeriac
Lettuce	Blueberries
Tomatoes	Chili peppers
Kale	

THE FOLLOWING HAVE FEWER PESTICIDES AND CAN BE BOUGHT NON-ORGANIC:

Zucchini/Courgette	Kiwi
Asparagus	Mango
Avocado	Onions
Cauliflower	Pineapple
Melon (cantaloupe)	Papaya
Kale	Sweet potato
Corn	(yams)
Grapefruit	Watermelon

*Source: EWG.ORG, EWG's 2015 Shopper's Guide to Pesticides in Produce

Pre-preparing your vegetables

One hour a week is all it will take you to prepare for 7 days' worth of about 1/2 litre of smoothies and/or juices. The actual making of the meal will be the least time-consuming part, if your ingredients are all pre-prepared.

You'll save time if you buy a big amount of vegetables and clean and dry them all before storing them in your fridge. They will last for many days.

When rinsing the produce and to avoid soup from your sink you can use a clean bucket used for vegetables only.

Buy organic vegetables and fruits, especially if you also use the peel in your juices or smoothies.



Washing the organic vegetables with grapefruit seed extract

Depending on where you get your organic produce from you might need to be concerned with cleaning off pests like bacteria, worms and parasites, and their microscopic eggs.

Fill your clean sink or bucket with water, fill it with fruits or vegetables and add grapefruit seed extract (GSE) to the water. 30 drops for a large-size bucket and 15 drops for a small bucket. Let it sit for 10 minutes and rinse.

GSE, known as citrus seed extract, is a liquid extract derived from the seeds, pulp and white membranes of grapefruits.

GSE is a great and healthy product to use for cleaning organic produce of bacteria, fungus and pests. GSE works as a natural antibiotic with anti-viral, anti-bacterial and anti-fungal properties.

Methods to clean pesticides off of your non-organic produce

- 1–2 cups of raw apple cider vinegar (1 cup ACV to 2/3 cups of water)
- Soak in pure water with 20 drops chlorine (ClO_2) to the gallon
- 2 cups of vinegar and 2 tsp. organic baking soda
- 4 tablespoon salt and the juice of one lemon
- 2 teaspoon activated charcoal powder (1 tsp. for a smaller bucket)
- Soak in pure high alkaline water

Whatever methods you use: add it to your bucket filled with water (2–3 litres) and soak for 10–15 minutes. Clean with a brush in this water to get rid of more pesticides. Then rinse fully under cold water. It will look more fresh and lasts longer in the refrigerator.

Activated charcoal is good at trapping chemicals and prevents their absorption, it is an absorbing agent. It is a great way to remove pesticides from non-organic produce because it absorbs toxins but not nutrients.

For non-organic produce you can also use both methods for an optimal cleanse. First soak your produce in a charcoal/water mixture for 10 minutes, rinse and then soak in GSE/water mixture for 10 minutes to clean any bacteria and parasite eggs.

Regain Your Balance

Eating natural, unprocessed alkaline food ensures that the body gets all the essential nutrients required for healing, repair and energy production on a daily basis.

Your body will learn very fast what it needs. By introducing the healthy foods step-by-step, your cells will ask for more and more over time.

When food prepared and enjoyed with gratefulness, they will inject you with more than just taste, strength and energy.



Hints, taste and nourishment

PROTEIN

Recent research suggests:
25 grams of protein per day or less.
% of calories found in vegetables that
are protein.

Spinach	49 %
Broccoli	47 %
Alfalfa Sprouts	40 %
Kale	40 %
Wheat Grass	25 %
Green Leafy Lettuce	42 %
Cucumbers	20 %
Bell Peppers	20 %
Zucchini	26 %
Green Peas	30 %
Avocado	15 %
Tomatoes	18 %
Garlic	20 %
Lemons	13 %

Source: Dr. Robert O. Young

CALCIUM

We get calcium from leafy, green vegetables and all kinds of alkaline food. If we eat too much acidic food and animal protein, the body uses calcium to neutralise the acid in our body. Dr. Young calls it a calcium-robbing problem and not a calcium-deficiency problem.

MAGNESIUM

is the central element in chlorophyll.

SUPER FOODS

Sprouts, wheatgrass, soaked nuts and seeds are alkaline and life-generating, as they transfer their vital life energy to you. They are full of digestible protein, free amino acids, minerals, nucleic acids, vitamins, RNA, DNA and B12-vitamins. They are easy to grow in your kitchen during all seasons.

COCONUT WATER

Coconut water is antiviral, antibacterial and contains antioxidants. Drinking coconut water can help reduce inflammation in the stomach and is a rich source of various electrolytes (calcium, sodium, potassium, magnesium and phosphorus).

VIRGIN COCONUT OIL

Coconut oil is a natural immunity booster; helps reduce inflammation and eliminates bad bacteria from your body. It is highly recommended by health experts to get rid of candida (yeast infection) etc.

GREEN POWDER

Green powder is a dietary supplement consisting of assorted dried and powdered grasses and alkaline vegetables. Green powder infuses your body with extra nourishment, pure electrical energy and easily absorbed vitamins and minerals. You can add it in your drinks or water; shake well before drinking. Make sure you get the powder with organically grown alkaline vegetables.

The taste is the most important factor in keeping your motivation alive while drinking super green smoothies and juices.

Be bold in experimenting with the tasty herbs, spices and weeds – they can enhance your drink immeasurably and make it a pure pleasure.

Fresh:

Ginger, turmeric, mint, garlic, thyme, basil, oregano, dill, parsley, coriander, cress, lovage, salvia etc.

Dried:

Cayenne pepper, curry, garam masala, cumin, turmeric powder, chili, paprika etc.

Wild:

Dandelion, nettle, sorrel, plantains, leaves from beetroot, fennel tops, cauliflower leaves, carrot tops, beech leaves, ramsons etc.



*”The vibratory level that goes along with the food
of which we partake becomes part of us.”*

by Kamlesh D. Patel

HIGHLY ALKALINE JUICES

Drinking fresh alkaline juices daily could be your most important step to your real health and longevity.

Fresh green chlorophyll-rich vegetable juices provide optimal nutrition and are absorbed directly into the bloodstream where the cleansing and regenerating effects take place. It is the foundation for your health. An alkaline juice is gentle on the digestive system and consequently yields optimal nutritional benefits pronto.

Green juices taste great if done right. By adding the alkaline vegetables, spicy chilies, fresh ginger and alkaline fruits with or without the peel you can adjust the bitterness and soon you will enjoy it in pure form. You can add any amount of lemon or grapefruit. But no fruits! To dilute the juice use cucumber as it contain mostly alkaline water or mix alkaline water or almond milk in your juice.

Slow or cold pressed juicer are optimal for grasses and leafy greens. Follow the recipes and later make your own from the inspiration list.

The recipes yield approximately 1 cup or about 250 ml of juice.



Highly Alkaline to Moderately Alkaline

Juices



1. CHOOSE 2–4 OF FRESH GREENS (1–2 cups)

- Cucumber • Green/Dino Kale • Green Peppers • Celery
- Fennel • Spinach • Rocket • Broccoli • Sprouts • Parsley
- Wheatgrass • Romaine Lettuce • Green Beans
- Chard/Silver Beet

2. CHOOSE YOUR ALKALINE FRUIT (all that you want)

- Lemon • Lime • Tomatoes

3. SEASON WITH FRESH SPICES (with what you want)

- Turmeric
- Ginger
- Garlic
- Chili
- Weeds
- Herbs
- Virgin Olive Oil
- Green Powder

4. JUICE IT ALL

Rinse your fruit and vegetables before you juice them.
Or keep the juice cool in airtight containers if you use a slow juicer.

You can mix in your Omega-3 fatty acid and drink right away.

Enjoy the juice!

HIGHLY ALKALINE JUICES



The Magic Green Juice

- 2 big handfuls spinach
- 4–6 leaves of dino kale
- 1 stalk of broccoli
- ½ green pepper without seeds
- ½ cup wheatgrass
- 1 handful sprouts
- 1 lemon with peel

Green Energy Juice

- 4 celery stalks
- ½ cucumber
- 1 lemon with peel
- 1 cm fresh ginger
- 1 broccoli stalk

Juice of Life

- 2 big handfuls spinach
- 2 celery stalks
- 4–6 leaves of green kale
- ½ cucumber
- 1 little fennel bulb with the top
- 1 stalk of broccoli
- 1 lemon with peel
- ½ cup wheatgrass or other grasses

Anti-aging Juice Short

- 1 cup of wheatgrass
- 1 lemon
- 1–3 cm fresh ginger or turmeric
- Add alkaline water to dilute

Blood Builder

- 2 big handfuls spinach
- 4–6 leaves of green kale
- ½ cucumber
- 1 handful parsley
- 1 lemon with peel
- 1 cup wheatgrass or other grasses
- Add alkaline water to taste

The Juice

- 1 handful spinach
- 2 lemons without peel
- 1 handful wheatgrass
- 2 celery stalks
- 5 cm fresh ginger



HIGHLY ALKALINE JUICES



Green Reshape Juice

- 1 handful of dill
- 3 celery stalks
- 1 handful fresh spinach
- 1 handful rocket
- 1 cucumber
- 1 lime without peel

Green Citrus Juice

- 2–3 celery stalks
- ½ cucumber
- 1 lime
- 1 handful parsley
- 1 lemon without peel
- 2 pieces fresh turmeric
- Pinch of cayenne pepper

Oxygen-rich Juice

- 1 cucumber
- 4 leaves of green kale
- 2–4 broccoli florets
- ½ cup wheatgrass or greens
- 1 lemon with peel
- 1 fresh turmeric
- Add alkaline water to taste

The Sunshine Juice

- 1 cucumber
- 1 handful of sprouts
- 1–2 lemons without peel
- 1 handful weeds or wheatgrass
- Enjoy it with ice cubes and a little bit of salt



HIGHLY ALKALINE JUICES



Parsley Juice

1 cucumber
2–4 cups parsley
2 tomatoes
1 lemon without peel
1 green pepper
1 clove garlic
Add alkaline water
Salt

Red & Green Pepper Juice

2 red peppers
1 green pepper
1 big handful spinach
1 lemon with peel
1 chili
Salt

Chili Tomato Juice

2 celery stalks
4 leaves of romaine lettuce
2 tomatoes
1 red chili
1 little bunch lovage
1 lemon or lime with peel

Green Pepper Juice

2 green peppers
1 big handful spinach
4–6 leaves of romaine lettuce
2 limes without peel
Salt

Variation: use lemons with peels instead of limes



Youth Juice

4–6 tomatoes
1 lime with/without peel
Add alkaline water and salt
1 fresh chili
2 cm fresh ginger.

Variation: add ½ sweet potato.

Grass & Ginger Juice

2 handfuls grass, any kind
1–2 lemons
5–7 cm fresh ginger
½ cucumber
½ sweet potatoe

HIGHLY ALKALINE JUICES



Gazpacho Juice

2 celery stalks
1 cucumber
2–4 tomatoes
1 purple onion
1 clove garlic
1 red pepper
1 lemon with peel
½ red chili

Zucchini Juice

2 celery stalks
2 leaves of romaine lettuce
2 leaves of green kale
2 small zucchini
1 cucumber
1 lemon with peel
2–4 cm fresh ginger

Radish Juice

5 radishes
1 cucumber
1 lime without peel

Silver Beets Juice

2 celery stalks
1 lemon with peel
1 cup beans
4 leaves of silver beet

Cocktail Juice

4 leaves of green kale
4 leaves of romaine lettuce
2 tomatoes
1 lemon with peel
½ fennel with top
1 green pepper
2–5 cm horseradish

Green Beans Juice

3 leaves of green kale
1 lemon with peel
1 cup green beans
½ cucumber



MODERATELY ALKALINE JUICES

Root, kale and cabbage are great for juices and contain fibres, minerals and vitamins. Carrots and especially beetroot are higher in fructose so try to mix well with green vegetables in your juices. Keep 75% green and max 25 % beetroots and carrots in order to keep your juice mildly to moderately alkaline and watch out for the beetroot as it also can be a good bowel cleaner.

Kale and cabbage are inexpensive and full of vitamins and minerals, including vitamin K and sulphur. They are also very high in vitamin A and vitamin C, and the green ones are rich in chlorophyll. Cabbage is an especially abundant source of vitamin C, antioxidants, and actually richer in vitamin C than oranges. So go for it!

Lemon, lime and grapefruit, all of which are alkaline, and red, yellow or green peppers, are really good for taste balance of bitterness and sweetness and are obvious neutralisers for your root vegetables, so that the result is a taste of pure freshness.

The recipes yield approximately 1 big cup or 250 ml of juice.



Moderately Alkaline to Mildly Alkaline

Juices



1. CHOOSE YOUR FRESH GREENS (all you like)

- Cucumber • Spinach • Green Leaves • Radish • Rocket
- Fennel • Celery • Barley Grass • Beans • Wheatgrass
- Cabbage • Broccoli • Sprouts • Parsley • Red Cabbage
- Cauliflower • Green/Dino Kale • Chard
- Green Peppers • Yellow Peppers • Red Peppers

2. CHOOSE 1–2 OF YOUR ROOT VEGETABLES

- Beetroot • Carrot • Parsley Roots • Parsnips
- Sweet Potatoes (yams) • Horseradish • Celeriac

3. CHOOSE YOUR ALKALINE FRUITS

- Lemon • Lime • Grapefruit • Red Grapefruit
- Tomatoes • Pomegranate • Rhubarb

4. SEASON WITH FRESH SPICES (with what you want)

- Turmeric
- Ginger
- Garlic
- Fresh Herbs
- Fresh Chili
- Weeds

5. JUICE IT ALL

Rinse your fruit and vegetables before you juice them.
Or keep the juice cool in airtight containers if you use a slow juicer.

You can mix in your omega-3 fatty acid and drink right away.

Get more ideas from the acid-alkaline Food Chart.
Enjoy the juice!

MODERATELY ALKALINE JUICES



Weed Cocktail

2 small shallots
1 handful nettles
1 handful wheatgrass
1 handful goutweed
2–3 carrots
1 lemon with peel

Female Booster

2 celery stalks
1 lemon with peel
2–3 cm ginger or turmeric
2 beetroots
½ broccoli
½ cup green beans
½–1 sweet potato
2 twigs of thyme

Mexican Cocktail

2 big tomatoes
1 handful spinach leaves
1 carrot
1 little beetroot
2–4 cloves garlic
1 red jalapeno pepper or fresh chili
1 lime without peel
1 handful coriander
1 yellow pepper
Salt and pepper

Autumn Juice

1 lemon
1 thick slice cabbage (any colour)
1 parsnip
3 small beetroots
1–2 cm ginger
1 fresh chili

Cauliflower Juice

1 little cauliflower
1 handful spinach
½ pomegranate (seeds only)
1–2 cm ginger
½ lemon with peel

Athlete's Booster

½ cucumber
2 celery stalks
3–4 green leaves or silver beets
1–2 cm turmeric
1 handful soaked almonds
1 handful of sprouts
Add 1 spoon green powder

Citrus & Wheatgrass Juice

1 handful wheatgrass
1 grapefruit without peel
1 lemon with peel
1–2 cups chard
Fresh herbs

*Experiment with adding ginger, lemon, lime, garlic etc.
You can use the tops of carrots, radishes and beetroot, etc. in the juice.*



MODERATELY ALKALINE JUICES



Sweet Potato Juice

3 celery stalks
½ cucumber
1 lemon with peel
2 cm ginger
1 sweet potato
½ red grapefruit without peel

Alkaline Immune Booster

1 grapefruit without peel
1 lemon without peel
3–5 cm ginger
1 clove garlic
1 fresh chili
1 cup water

Green Carrot Juice

1 carrot
1 lemon without peel
2 celery stalks
2 cm ginger
1 green pepper

Green Citrus Juice

½ cucumber
1 cm turmeric
1 cm ginger
1 lemon with peel
1 lime with peel
½ grapefruits without peel

Green Potatoe Juice

2 celery stalks
1 cup parsley
1 lemon with peel
1 sweet potatoe
½ cup wheatgrass

Power Booster Mixer

1 bunch of any kale
2 celery stalks
1 lemon without peel
1 handful spinach leaves
2 cm turmeric or ginger
1 chilli pepper
1 avocado
Salt
Oil

Juice everything but the lemon, avocado and spinach. When the juice is ready combine it in a blender with the avocado, spinach, pure salt and your healthy oil.

Broccoli Juice

1 sweet potatoe
1 lemon without peel
½ red grapefruit without peel
½ broccoli
2 cm ginger
2–3 leaves of green kale
1 fennel



MILDLY ALKALINE JUICES



Carrot Juice

2 carrots
½ grapefruit without peel
1 lemon without peel
½ cucumber
2 celery stalks
3 cm ginger
1 cup pure water

Yellow Citrus Juice

½ cucumber
1 cm turmeric
1 cm ginger
2 lemons with peel
2 red grapefruits without peel

Afternoon Juice

4 leaves green kale
1 handful spinach
4 radish and tops
2 carrots
½ red grapefruit without peel

Beetroot Almond Juice

1 lime
2–3 beetroots
1–2 cm ginger
1 red grapefruit without peel
1 handful soaked almonds

Juice the almond at last together with 1 cup alkaline water

Almond Milk with Grapefruit

1 red grapefruit without peel
2 cups almond milk
Juice the grapefruit and stir it in your almond milk

Or make it all at once in your slow juicer.

Rhubarb Juice Cocktail

3 celery stalks
2 small beetroots
1 rhubarb
1 lemon

Sunstar Juice

½ cucumber
¼ cabbage
1 cm ginger
1 lemon with peel
1 sweet potato
1 red grapefruit without peel

Broccoli and Carrot Juice

2 carrots
½ broccoli
½ cucumber
1 lemon
1–4 cm fresh ginger



MILDLY ACID-FORMING JUICES

We know that fruits contain sugar, and we quickly descend downwards in the acidic end of the scale whenever we juice, as freshly-pressed fruit juice is a concentrated quantity of fruits. Without the fibre, it amounts to 20 times more fructose in your juice. Fructose is sugar, and sugar creates acid in our bodies.

Use the fruits for the transition period if the alkaline taste is strange to you. And of course it is much better than a soda, etc.

Think of fruits as concentrated sugary ingredients when you are making juices. Try keep them to max 10% or less of the juice; this means that the other 90% must be made from alkaline ingredients. These juices will be mildly-acid-forming. Here are some examples to help you understand how easily juices containing fruit become acidic. If you have diabetes, candida or a weight problem you should avoid juices in this category, totally.

After drinking juices, rinse out your mouth, to help prevent corrosion of your tooth enamel from the fruit's acid.

The recipes yield approximately 1 big cup or 250 ml of juice.



Mildly Acid-forming

Juices



1. CHOOSE YOUR GREENS (all you want)

- Cucumber • Spinach • Green Leaves • Radishes
- Green Pepper • Fennel • Celery • Barley Grass • Beans
- Wheatgrass • Cabbage • Broccoli • Sprouts • Parsley
- Red Cabbage • Green Kale • Dino Kale

2. CHOOSE 1–2 OF YOUR ROOT VEGETABLES

- Beetroot • Carrot • Parsnips • Root Vegetables

3. CHOOSE YOUR ALKALINE FRUITS

- Lemon • Lime • Grapefruit • Red Grapefruit • Tomatoes
- Rhubarb (1 stalk) • ½ Pomegranate

4. CHOOSE 1 OF YOUR SWEET FRUITS

- 1 slice of Pineapple • 1 handful Berries
- ½ Pear • ½–1 Apple • ½ Orange

5. SEASON WITH FRESH SPICES (with all you like)

- Turmeric
- Ginger
- Fresh Chili
- Fresh Herbs

6. JUICE IT ALL

Rinse your fruit and vegetables before you juice them. Or keep the juice cool in airtight containers if you use a slow juicer. You can mix in your omega-3 fatty acid and drink right away.

Get more ideas from the acid-alkaline Food Chart.

Enjoy the juice!

MILDLY ACID-FORMING JUICES



Pomegranate Mango Juice

½ cucumber
3–4 green leaves
½ pomegranate (seeds only)
½ cup mango
1–2 cm turmeric

Orange Juice

2 beets incl. leaves
2 celery stalks
1 cucumber
1 orange
1–2 cm fresh ginger

Pineapple Juice

2 celery stalks
½ cucumber
2 slices pineapple
1–2 cm ginger

Juice Berries

½ cucumber
3–4 green leaves
½ pomegranate (seeds only)
1 cup dark berries (any kind)

Carrot and Beet Juice

1 beetroot
2 carrots
1 lemon
1–2 cm ginger
½ apple

Fruit Juice

1 cucumber
1 lemon with peel
3–4 leaves of greens
½ pomegranate (seeds only)
1 pear

Rainbow Juice

2 celery stalks
½ cucumber
1 lemon with peel
2 cm ginger
2–3 small beetroot
1 Granny Smith apple
½ cup grapes

Apple Juice

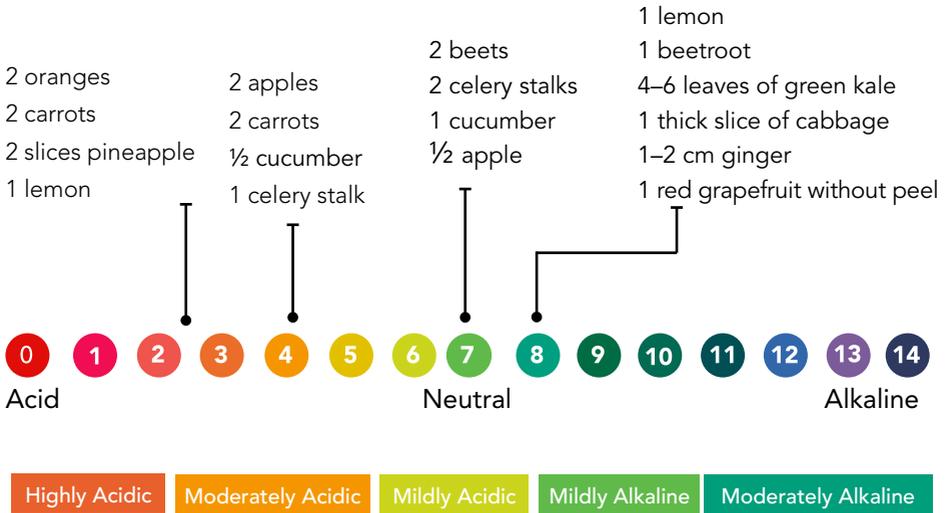
1 celery stalk
1 cucumber
1 lemon with peel
1–2 cm ginger
2 apples

Rhubarb Strawberry Mix

1 celery stalks
1 lemon with peel
1 rhubarb stalk
1 handful strawberries

Blend the strawberries first then add the juice to the blender and mix it shortly.

The pH-value of selected juices with fruits



A little reminder from page 21.

Juicing concentrates the fructose

Consequently, the “best” fruits to juice are those with the lowest content of sugar. Only juice the alkaline fruits if you need to get a higher pH in your body.

Grapefruits • Limes • Lemons • Tomatoes • Avocados

Pomegranates are also alkaline and full of vitamins. They are rich in antioxidants, anti-inflammatory, and their seeds are filled with omega oils. They are perfect for juicing or blending, which is a great way to reap all of their benefits.

HIGHLY ALKALINE SMOOTHIES

Alkaline green smoothies are an easy and quick way to get your nourishing breakfast full of nutrients, fibers and easily digestible vitamins. Decide whether you love your green smoothies to be for drinking or for making them thicker to eat in a bowl with delicious toppings. Prepare one blender pitcher full of high water content vegetables. Add your alkaline fruits, greens leafy, pure water, oils and blend.

The avocado is one of the main ingredients to create the healthy fat and tasty green smoothies. Dive into the world of smoothies and find your favorites. Try also to dilute it with your homemade almond milk.

Start your day by drinking one big glass as your first meal and keep the rest for later or to go. When you feel hunger just drink a glass of your green nectar and feel the vitality surge through your body.

The recipes yield approximately 2–3 cups.



Highly Alkaline to Moderately Alkaline

Smoothies



1. CHOOSE 2–4 OF THESE FRESH GREENS (1–2 cups)

- Cucumber • Chard/Silver Beet/Pak Choi • Parsley
- Green Kale • Green Peppers • Fennel • Spinach
- Sprouts • Rocket

2. CHOOSE YOUR ALKALINE FRUIT (all that you want)

- Avocado • Coconut Meat
- Lemon • Tomato
- Lime

3. SEASON WITH FRESH SPICES (with what you want)

- Turmeric
- Ginger
- Chili
- 1 tablespoon Hempseeds
- Virgin Olive Oil
- Virgin Coconut Oil
- Green Powder
- Coconut Water/Milk
- Almond Milk
- Coriander
- Garlic
- Herbs
- Weeds

4. BLEND IT

Rinse your fruits and vegetables before they are blended. Blend it all and season with pure salt, water, lemon and healthy oils. Use as much oil that suits your taste.

Enjoy SLOW! Or keep cool in airtight containers. Get more ideas from the acid-alkaline Food Chart.

HIGHLY ALKALINE SMOOTHIES



Super Green Smoothie

1 celery stalk
½ cucumber
1 handful spinach
1 lemon without peel
2 tablespoons green powder
2 cups of alkaline water
2 tablespoons virgin coconut oil
Salt

Immunity Booster

2 cm grated ginger
2 cm grated turmeric
1 handful spinach
1 handful rocket
1 avocado
1 handful parsley
A pinch of cayenne,
pepper and salt
2 cups of water

Thai Smoothie

5 leaves of chard/silver beet
2 spring onions
1 handful of parsley or coriander
1 lime without peel
2 cm grated ginger
1 red (hot) chili pepper
1 cup organic coconut water
1 tablespoon virgin coconut oil
Salt

Fennel Smoothie

1 handful spinach
1 lemon without peel
½ fennel bulb
½ cucumber
2 cups of water
2 tablespoons virgin olive oil
Salt

Morning Avocado Smoothie

1 green pepper without seeds
1 lemon without peel
1 avocado
1 handful of chard/silver beet
2–4 tablespoons virgin olive oil
1 cup of pure water to dilute or
coconut water

Poul's Avocado Mousse

2 avocados
1 lemon without peel
1 green pepper without seeds
2 handfuls of baby spinach
Virgin olive oil as wished
A little pure water to dilute

Tip: Use a few ice cubes or frozen spinach. Decorate with cold watermelon or hemsps seeds

Variation: replace green pepper

Blend it all and season with pure salt, water, lemon, olive oil or virgin coconut oil.

HIGHLY ALKALINE SMOOTHIES



HIGHLY ALKALINE SMOOTHIES



Spinach Smoothie

3 handfuls spinach (frozen)
1 handful rocket
½–1 lemon without peel
½ cucumber
A little cabbage or kale
(borecole)
2 cm grated ginger
A little fresh dill
2 cups of water
2 tablespoons virgin olive oil
Salt, as needed

Parsley Smoothie

2–3 handfuls flat parsley
2 lemons without peel
½ cucumber
2–4 tablespoons virgin olive oil
2 cups of water
Salt, as needed

Basic Smoothies

1 handful goutweed
2 handfuls spinach
2 cups of alkaline water
1 lemon without peel
1 teaspoon salt
4–6 tablespoons healthy oils

Variation: use other green leaves.
Use 4 tomatoes or red pepper.

Avocado Drink

1 avocado
½–1 lemon incl. peel
½ green pepper without seeds
1 handful baby spinach
2 tablespoons virgin olive oil
1 handful parsley or
1 cup of water

Aloe Vera Cooler

10 cm aloe vera pulp
1 red grapefruit without peel
½ cucumber
A little water or coconut water
Add salt and a little stevia

Oxygen Smoothie

1 green pepper without seed
1 lemon without peel
1 avocado
1 handful spinach
1 handful parsley
½ fresh green chili
2–3 tablespoons
virgin coconut oil or virgin olive oil

Variation: add green kale and or
2 tablespoons Green Powder
and shake the juice. Use red pep-
per instead of green pepper.

HIGHLY ALKALINE SMOOTHIES



Fresh Green Smoothie

1 handful spinach
½ handful green kale
2 limes without peel
½ cucumber
2 cm grated ginger
1 tablespoon olive oil
2 cups of water
Salt

Green Powder Smoothie

1 handful spinach
½ handful green kale
1 lemon without peel
½ cucumber
2 tablespoons fresh sprouts
1 tablespoon green powder
2–4 tablespoons virgin olive oil
2 cups of water
Salt

Green Gazpacho

1 cucumber
1 avocado
1 handful spinach
1 lime or lemon without peel
1 green pepper without seeds
½–1 (red) onion
½ fresh chili
1–2 tomatoes
1–2 clove garlic
4–8 tablespoons virgin olive oil
2 cups of water/almond milk

Salt

Green Smoothie

1 handful parsley or coriander
1 cucumber
1 handful spinach
1 lemon without peel
4 leaves of romaine lettuce
2 cups of water
1–2 tablespoons virgin olive oil
Salt

Pepper Smoothies

2 celery stalk
2 tomatoes
½ lemon
1 handful basilicum
1 green pepper without seed
3 tablespoons virgin coconut oil
2 cups of water
Salt and pepper
A pinch of Tabasco



MODERATELY ALKALINE SMOOTHIES

Anti-inflammatory Smoothie

1 handful spinach
1 pomegranate (seeds only)
1 cm ginger
2 tablespoons any healthy oil
1 cup water

Gazpacho

½ cucumber
1 handful spinach
1 lemon without peel
1 red pepper without seeds
½–1 (red) onion
½ fresh chili
1–2 tomatoes
1–2 cloves of garlic
4–8 tablespoons virgin olive oil
2–3 cups of water
Salt, as needed
Decorate with 1 tablespoon
hempseed

Variation: Add rocket.

Grapefruit Smoothie

2 handfuls spinach
1 red grapefruit
1 tablespoon almond butter
2 cups of alkaline water
1 teaspoon salt

Chili Coconut Smoothie

1 handful coriander
1 handful spinach
1 carrot
1 lime without peel
1 fresh chili / pinch of
cayenne pepper
2–4 cm fresh turmeric
½–1 cup coconut milk
Salt, as needed

Asparagus Smoothie

4–6 asparagus stalks
½ cup of parsley or spinach
1 lemon without the peel
1 cup of water
1–2 tablespoons virgin olive oil
Salt, as needed

Remove the hard part of the
asparagus stalk
Blend it all

Green Kale Smoothies

5 leaves of dino kale
½ cucumber
½ onion
1 lime with peel
1 coconut meat or avocado
2 cups of coconut water
Salt, as needed.

If you do not have a high-speed mixer, you may grate the ginger and garlic before you mix it.



HIGHLY/MODERATELY ALKALINE SOUPS

Alkaline warm colorful soups are delicious and perfect for cold winter months but also refreshing the hot days. You can use any kind of vegetable and create many variations to make a healthy and filling meal.

The soups are easy to make. They are either raw or “semi-raw” as we heat up the vegetables and allow them to boil gently for a short time. Heating under 42 degrees Celsius (107.2 Fahrenheit) the vitamins, enzymes, the electronic properties, vitality and energy are sustained.

Now you can experiment and make your soup flavour rich with alkaline veggies and some yeast free veggie stock (bouillon) or simply get the taste of roasted vegetables, herbs and spices when sautéing them for about 15 minutes. Combine raw vegetables with sautéed vegetables and slightly cooked vegetables and mix it to suit your taste.

Toppings for filling and flavor: sprouts, chopped parsley, onions, tomatoes, roasted nuts and seeds, guacamole or other healthy side dishes.

The recipes yield approximately 2 servings.



Highly Alkaline to Moderately Alkaline

Soups



1. CHOOSE 2–4 FRESH GREENS

- Asparagus • Cucumber • Broccoli • Cauliflower • Leek
- Root Vegetables • Chard/Pak Choi/Silver Beet • Parsley
- Cabbage • Kale • Pumpkin • Carrot • Peppers • Fennel
- Spinach • Sprouts • Sweet Potatoes • Onions • Beetroot
- Celery Stalk • Rocket • Courgette

2. CHOOSE YOUR ALKALINE FRUITS

- Avocado • Tomatoes • Lemon • Lime

3. SEASON WITH FRESH SPICES (with what you want)

- Turmeric
- Coriander
- Ginger
- Garlic
- Stock/Bouillon, yeast free
- Herbs
- Spices
- Fresh Chili

3. FILLINGS

- Hemp Seeds
- Virgin Olive Oil
- Virgin Coconut Oil
- Seeds
- Nuts
- Coconut Milk
- Tofu, the silky one

4. BLEND IT

Rinse your fruit and vegetables.

Add as much oils you like.

Enjoy cold or warm and SLOW!

Get more ideas from the acid-alkaline Food Chart.

HIGHLY ALKALINE SOUPS



Vegetable Soup

2 celery stalks
2 carrots
1 onion
2 cups of asparagus or green beans (haricot vert)
4 cloves of garlic
4 cups stock (without yeast)

Chop all the ingredients and let them simmer for about 10 minutes. Pour away the water and blend it all. Add water again until the soup has the right consistency. Add salt, dill, curry and Herbes de Provence, as needed.

Broccoli Courgette Soup

1 onion
1 clove of garlic
1 courgette
2 handfuls spinach
½ broccoli
½–1 teaspoon curry or chili
1 handful parsley
Olive oil and salt as needed
Taste with coriander

Fry all in coconut oil for 5 min. Then boil it for 5–10 minutes. Blend it and use the water to get the right consistency.

Avocado Fennel Soup

1 fennel bulb
1 avocado
1 celery stalk
1 spring onion
Juice from 1 lemon
1 cup of water
½ teaspoon salt

Blend all ingredients. Add lemon, salt and water to taste.

Tomato Healing Soup

8–10 tomatoes
1 green pepper
1 red chili
1 cloves of garlic
Juice from 1 lemon
2–4 tablespoons virgin olive oil
1 cup of water
1–2 leaves Salvia
Pepper and pure salt to taste

Blend everything together. Then add 3 tablespoons of stock in 1½–2 cups of boiling water. Now add it all to the blender. Blend it all again and serve the warm soup.

Variation: Use red pepper instead of green pepper.

Use herbes, yeast free stock for taste. Using olive oil copiously makes it extra tasty and rich.

MODERATELY ALKALINE SOUPS



Raw Soup

2 avocados
1 cucumber
1 red chili
1–2 cloves of garlic
Juice from 1 lemon
1 cup parsley
2 cups water
1 tablespoon stock

Fry garlic until golden.
Blend everything together.
Decorate with ½ cup of chopped carrots and ½ cup chopped onion.

Warm Carrot Soup

4 carrots, grated
2 celery stalks, chopped
1 large onion, chopped
3 cloves garlic, pressed
1 handful fresh herbs/
Salvia
3 tablespoons stock
(without yeast)
3 cups water

Speed-fry all ingredients in coconut oil. Add curry and chili. Add water and stock and boil for 10 minutes. Now add herbs. Blend the vegetables, keep some of the water aside for use to get the right consistency. Add salt, pepper, and lemon.

Creamy Celeriac Soup

1 medium-size celeriac (peeled and cut into cubes)
2 stalks celery, chopped
1 big onion, chopped
1 clove of garlic, pressed
2 tablespoons virgin olive oil
½ cup of cashew nuts or almonds
6 cups water or stock (without yeast)
Salt and pepper to taste

Fry the celeriac, the celery and the onion in coconut oil until it's soft. Blend the cashew nuts with liquid and then blend it with the soup at high speed.
Decorate with fresh dill.

Variation: Use any plant milk or tofu instead of cashew nuts.

Cauliflower Soup

2 onions
½ fennel bulb
2 cloves garlic
1 cauliflower
½–1 teaspoon garam masala
juice from 1 lemon,
Virgin olive oil and salt

Boil cauliflower and onions for 5–10 minutes.
Blend everything and dilute with the cauliflower water. Decorate

MODERATELY ALKALINE SOUPS



Spanish Gazpacho

1 cucumber
½–1 lemon, peeled
2 red peppers
2 small onions
6 big tomatoes
1–2 cloves garlic
1–2 teaspoons Himalayan salt
3–4 cups water
2–4 tablespoons virgin olive oil

Blend and add salt to taste.
Refrigerate. Decorate with fresh sprouts, chopped cucumber and onion.

Variation: Creme decoration.
½ cup chopped almond
4–6 tablespoons almond milk
1 cup chopped seedless watermelon
2–4 tablespoons virgin olive oil
½ packet of silk tofu
½ cucumber
Salt and pepper

Roast almonds in a frying pan.
Blend the alkaline milk with the tofu, add salt and pepper and almonds.
Place the chopped cucumber and the melon in a bowl and pour the gazpacho over it.
Decorate with the tofu creme.

Beetroot Soup

4 beetroots, sliced
1 onion, sliced
1 little piece of ginger
Juice from 1 lime
1 handful fresh parsley
3 cups stock (without yeast)
Salt and pepper

Boil beetroots, onion and celery al dente. Blend it. Add salt, pepper lime and olive oil to taste.
Decorate with fresh parsley.

Mix Soup

2 onions
½ fennel bulb
1 cabbage
1 sweet potato
2 cloves garlic
½ cauliflower
½–1 teaspoon Garam Masala
Juice from 1 lemon,
Virgin olive oil and salt

Fry all in coconut oil for 5 min.
Add water and stock and boil for 5–10 minutes. Blend it and use the water to get the right consistency. Decorate with fresh parsley, pesto or coriander.

Variation: add 250 gram of silk tofu.



ALKALINE PLANT MILK



Almond Milk

Soak 1 cup almonds in a closed container overnight. Rinse the almonds before they are blended with ½–1 litre fresh pure water. Sieve the almond milk and fridge in airtight container. The milk stays fresh for 2–3 days. Shake container before use. You can keep and use the pulp for baking.

You can also make almond milk with a slow juicer. Use the same procedure as when you blend. Slowly add almond and water to the juicer at the same time.

Alkaline green milk; you can safely mix almond milk in your green alkaline juices or smoothies.

Tahini Milk

Blend 3–4 teaspoons tahini with a cup of pure water.

Oat Milk

Soak 1 cup rolled oat and 4 cups pure water with a pinch of Himalayan salt. Blend it all together. Strain or sieve the oat milk and cool in airtight container. The milk stays fresh for 2–3 days. Shake container before use.

Cashew Milk

Cashew nuts are placed in the middle of the acid-forming scale. They are good in desserts or as a quick solution in a nut milk.

Soak ½ cup cashew nuts in water for about ½–1 hour.

Rinse the nuts before blending with ½–1 litre fresh water, depending on how thick you want your milk to be.

You can try making plant milk from hemp seeds, too.

Chia Seeds for Smoothies or Desserts

Add 2 tablespoons chia seeds to a ½ cup of pure water or any plant milk. Stir or shake occasionally for 10 min. to avoid lumps.

Soak for 30 minutes or overnight in the fridge in a sealed jar. Use it for your smoothies, desserts or just alone.



Nuts and seeds are rich in protein, fats, calcium and vitamins.

ALKALINE TO ACID-FORMING SMOOTHIES

Fruits and berries are rich in fibres, vitamins, antioxidants and fructose. Likewise, fruits such as blueberries and cranberries are moderately acid-forming. However, they also contain several other important nutrients. You can safely eat these fruits with fibres as long as you reduce your intake of other acid-forming foods.

A balance between berries, fruit, vegetables, nuts and spices can make your smoothie taste delicious and still be mildly alkaline.

Kids love smoothies with berries, and you can add avocado, spinach or other green vegetables in the smoothie while it still remains dark purple in colour and has the sweet taste of berries. Avocados are magic ingredients that will transform the smoothie with health benefits, too. If you are trying to limit your sugar intake but still want to enjoy "sweet" smoothies, use avocados and alkaline fruits to make you favorite treat.

The recipes yield approximately 2 cups.



Mildly Alkaline to Mildly Acid

Smoothies



1. CHOOSE YOUR GREENS (1 handful or more of each)

- Cucumber • Spinach • Rocket • Romaine Lettuce
- Green Kale • Dino Kale

2. CHOOSE YOUR ALKALINE FRUITS

- Avocado • Lemon • Lime • Grapefruit • Pomegranate

3. CHOOSE YOUR SWEET FRUITS (½ -1cup fresh or frozen)

- Mango • Berries • Plums • Coconut • Rose Hip
- Papaya • Sweet Cherry • Kiwifruit • Watermelon

4. ADD FOR TASTE AND MORE NUTRIENTS

- 1 tablespoon Hemp Seeds
- 1 tablespoon Chia Seeds
- 1 tablespoon Virgin Coconut Oil
- 1 cup Rolled Oats
- 1 teaspoon Cinnamon/Ground Vanilla/Vanilla Extract
- 1 tablespoon Raw Cocoa
- 1 tablespoon Nut Butter (Almond, Cashew)
- 1 teaspoon Stevia
- Almonds
- Nuts

5. CHOOSE YOUR ALKALINE MILK OR WATER

- Almond Milk
- Alkaline Water
- Coconut Milk
- Coconut Water
- Tahini Milk

6. BLEND IT ALL

Rinse your fruits and vegetables before you blend them. Enjoy it chilled. Refrigerate in tightly-closed containers for 1–2 days.

MILDLY ALKALINE SMOOTHIES



Alkaline Grapefruit Milk

2 red grapefruits (without peel)
2 cups almond milk
Blend the grapefruits and mix
in the almond milk

Plum Smoothie

1 handful spinach
½ avocado
5–8 leaves fresh mint
½ cup plums
½ cucumber
2 cups coconut water

Lime Smoothie

1 handful mint leaves
1–2 limes without peel
1 kiwifruit
¼ cucumber
½ cup coconut water or water
A little salt

Rose Hip Smoothie

1 handful rose hips
1 red pepper
1 ripe tomato
2 cups coconut water/nut milk
A pinch vanilla powder

The Family Favourite

2 cups almond milk
½ cup frozen berries/blueberries
1 teaspoon hemp seeds
1 avocado
1 cup water or almond milk
A pinch of ground cinnamon or
maca powder

Tip: decorate with fresh blue-
berries or hemp seeds

Alkaline Blueberry Smoothie

1 handful spinach
4–6 leaves romaine salad
½ cup frozen blueberries
1 teaspoon hemp seeds
1 avocado
1 cup water or almond milk
A pinch of cinnamon

Tip: decorate with fresh blue-
berries and or hemp seeds

Salty Delight

2 cups almond milk
½ red grapefruit without peel
½ avocado
1 teaspoon vanilla powder
½ teaspoon salt

Try to use frozen spinach leaves to chill the smoothie.



MILDLY ALKALINE SMOOTHIES



Spinach Melon Smoothie

- 1 cup almond milk
- 1 handful spinach
- 1 avocado
- ¼ cantaloupe
- 1 teaspoon vanilla powder
- 1–2 teaspoons stevia
- 1 tablespoon lime juice
- ½ cup coconut water or water
- A couple of peppermint leaves

Tip: decorate with strawberries

Pomegranate Smoothie

- 1 pomegranate (seeds only)
- ¼ cucumber
- 2 cm ginger
- 2 stalks of mint
- ½ cm fresh chili

If you do not use a high speed blender, then blend the pomegranate seeds first, then strain it and use juice for your smoothie.

Variation: 1 cup almond milk or pure water

Goutweed Smoothie

- 1 handful goutweeds
- 1 handful berries
- 1 cup coconut water/almond milk

Grapefruit Pepper Smoothie

- 2 red grapefruits without peel
- 1 slice of cantaloupe melon
- 4 tablespoons coconut water or water
- ½ teaspoon vanilla powder
- ½ red or green pepper
- 1–2 cm fresh ginger
- 1 lime juice

Tip: decorate with fresh jalapeño or chili slices and serve chilled

Red Grape Smoothie

- ½ pomegranate (seeds only)
- 2 red grapefruits without peel
- 1 cup coconut water
- 1 handful romaine lettuce

Blend everything – if you do not use a powerful blender, then strain the pomegranate first and mix the juice with the rest of the smoothie.

Tip: to sweeten, add a little stevia

MILDLY ALKALINE SMOOTHIES

MILDLY ACID-FORMING SMOOTHIES



Green Melon Smoothie

First, blend together:
2 red grapefruits without peel
½ cantaloupe
½ cup water
Pour into cup
then:
In a clean blender pitcher, blend:
1 handful dark green leaves
½–1 lemon without peel
½ cucumber
2 cm ginger
2 tablespoons of olive oil
2 cups water
Salt as needed

First pour the green smoothie into a glass and then pour the melon smoothie into the middle of the glass

Papaya Smoothie

1 cup spinach
2 leaves of dino kale
½–1 papaya
1 lime, peeled
1 cup pure water
A pinch of salt

Variation: 1 nectarine,
½ cup sea buckthorn

Grapefruit Mango Smoothie

1 cup spinach
½ avocado
½ mango
½ red grapefruits without peel
1 lime, peeled
1 cup pure water
A pinch of salt
Fresh mint



MILDLY ALKALINE/ MILDLY ACID-FORMING SMOOTHIES



Watermelon Lemonade

¼ watermelon without seeds
2–3 limes without peel

Blend all and add lemon or lime juice and a little fresh mint

Tip: add 1 tablespoon chia seeds and stir then refrigerate the lemonade for 1 hour.

Variation: 1 cm fresh ginger and ice cubes.



Cherry Smoothie

2 handful of cherries
1 cup of almond milk
4–6 leaves romaine salad
1 handful oat
Blend and refrigerate

Tropical Smoothie

1 handful spinach
½ cucumber
½ cantaloupe
½ mango
2 cups coconut water
A pinch vanilla powder
2 tablespoons soaked chia seeds

Liquorice Aroma

2 cups almond milk
1 teaspoon liquorice powder
1 cup frozen berries
1 handful spinach
¼ teaspoon vanilla powder
½ banana

Raspberry Smoothie

1 cup raspberries
½ cup frozen mango
1 handful spinach
¼ cucumber
2 cups almond milk
½ cup oatmeal
Vanilla powder

MILDLY ACID-FORMING SMOOTHIES



Beet Smoothie

Base layer:

- 1 small fresh beet, peeled
- 1 kale leaf
- 1 handful spinach
- 1 cup frozen or fresh strawberries
- ¼ red grapefruit
- 1 teaspoon vanilla extract

Top layer:

- 2 cups almond milk
- ½ cup oatmeal
- Vanilla powder

Tip: you get smooth consistency with a high speed blender.

Blend it all. Pour first base layer in the glass then add the top layer. Play with the colors with a straw.

Lassi

- 2 cups almond milk
- 1 teaspoon vanilla powder
- ½ frozen mango (small pieces)
- 1 teaspoon vanilla powder
- 1 tablespoon lemon juice
- A pinch of stevia

Plum Smoothie

- 4 cups plant milk
- 1 cup ripe plums
- 1 small piece of ginger
- ¼ teaspoon vanilla powder
- 1 teaspoon coconut flower sugar

Coffee Substitute

- 1 cup almond milk
- 2–3 teaspoons chia seeds
- 1 tablespoon tahini
- 1 cup coconut milk
- 2 tablespoon Yannoh (alternative to coffee or Teaccino)
- 1 tablespoon maca powder
- Pinch of cinnamon
- 1 tablespoon cacao powder
- ¼ blueberries



MILDLY ALKALINE TO ACID-FORMING DESSERTS

Berries and fruits each contains antioxidants, vitamins and fibres in varying degrees. Watermelon contains a lot of water and is therefore almost mildly alkaline.

Since they contain natural fructose, they are a much better choice than processed sugar. Use the berries of the summer when they are in season, and also freeze some for later use; they retain their vitamins when frozen.

These desserts are found at the acid-forming end of the scale, so they are no substitute for the green smoothies.

Let them be part of the 20% of the 80–20% principle and enjoy them. Stevia is a natural sweetener, 300–400 times sweeter than sugar. Use it to sweeten your dessert smoothies but start with a very small amount. Try some of the basic overnight smoothies with fruit, chia seeds, oat and almond milk and make them suit your taste. They are rich in amino acids, antioxidants, omega-3 fatty acids, calcium and proteins.

The recipes yield approximately 2–3 cups.



Mildly Alkaline to Mildly Acid-forming

Desserts



1. CHOOSE YOUR GREENS (1 handful or more of each)

- Cucumber • Spinach • Rocket • Romaine Lettuce
- Green Kale • Dino Kale

2. CHOOSE YOUR ALKALINE FRUITS

- Avocado • Lemon • Lime • Grapefruit • Pomegranate

3. CHOOSE YOUR SWEET FRUITS (1 handful fresh or frozen)

- Mango • Berries • Sea Buckthorn • Watermelon
- Plum • Cherry • Papaya • Banana

4. ADD FOR TASTE AND NUTRIENTS

- Hemp Seeds
- Chia Seeds
- Cinnamon
- Raw Cacao Powder
- Virgin Coconut Oil
- Nut Butter (Almond, Cashew)
- Ground Vanilla/Vanilla Extract

5. SWEETEN WITH (if desired)

- 1 teaspoon Coconut Flower Sugar
- A pinch of Stevia • 1 tablespoon chopped Dates

6. CHOOSE YOUR ALKALINE PLANT MILK OR WATER

- Almond Milk • Hazelnut Milk • Cashew Milk
- Coconut Milk • Coconut Nectar • Tahini Milk
- Coconut Water • Alkaline Water

7. BLEND IT

Rinse your fruits and vegetables before you blend them.
Enjoy it chilled or refrigerate in tightly closed containers.

MILDLY ALKALINE DESSERTS



Alkaline Cacao Mousse

2 ripe avocados
2 cups almond milk
2–3 tablespoons almond butter
3–4 tablespoons cocoa powder
A little coconut water (optional)
A little vanilla powder or vanilla extract
2–4 drops of stevia or
1 teaspoon stevia powder

Blend almond milk, almond butter and cocoa. Add avocado, stevia and vanilla powder. Blend at high speed for about 30 seconds. Add more cocoa and stevia to taste. Refrigerate for at least 30 minutes. Serve alone or with a few pieces of fruit.

Variation: Blend in ½ pomegranate and use the rest for decoration on top of the mousse.



MILDLY ALKALINE DESSERTS



Chia Vanilla Pudding

4 tablespoons chia seeds
2 cups almond milk
1 teaspoon vanilla extract or
vanilla powder
Stevia powder to taste

Mix all together in a glass and let it soak while stirring often the first 5 min. Then refrigerate overnight. Serve with fresh berries, coconut chips and nuts.

Cantaloupe Mousse

¼ cantaloupe
½ avocado
Juice from ½–1 red grapefruit
A pinch of salt
A little coconut water or water

Blend it and serve cooled.

Cacao Avocado Creme

1 large avocado
2–3 tablespoons cacao powder
1 handful spinach
½ cup almonds, soaked
A little vanilla extract
¼ cup water

Blend and serve cold.

Tip: eat it with chunks of fruits.

Grapefruit Almond Creme

Juice from 1 red grapefruit
½ avocado
2 tablespoons almond butter
1 cup almond milk
1 teaspoon vanilla extract or
Vanilla powder
A pinch of stevia
A pinch of salt

Blend all ingredients and refrigerate.

Tip: add 1 tablespoon chia seeds.



MILDLY ALKALINE/MILDLY ACID-FORMING DESSERTS



Grapefruit Sorbet

2–3 ripe red grapefruit
½ cantaloupe
¼ cup coconut water or water
1 tablespoon vanilla powder
1–2 teaspoons stevia
1 tablespoon lime juice
Blend it all and freeze overnight.

Take it out of the freezer
20 minutes before serving.
Blend and pour into glasses.

Fruit Chia Pudding

Base layer:
1 tablespoon almond butter
½ tablespoon hemp seeds
4 tablespoons chia seeds
1 cup almond milk
1 teaspoon vanilla extract

Top layer:
1 small fresh beet, peeled
1 cup frozen or fresh strawberries
½ red grapefruit
1 teaspoon vanilla extract
1 kiwi for decoration

Base layer: Soak the chia seeds
in the almond milk. See page 93.
Then add it to a large glass (or 2
smaller). Now blend the top layer
and add it to the base layer.
Decorate with nuts and kiwi.

Watermelon Sorbet

1 ripe red grapefruit
½ watermelon
1 cup strawberries
1–2 teaspoons stevia
1 tablespoon lime juice
A pinch of salt

Blend everything and freeze
overnight. Blend before serving.

Cacao Chia Pudding

1 ripe avocado
3 tablespoons raw cocoa
2–4 dried dates
2 tablespoons chia seeds
Juice from red grapefruit
½ cup of coconut milk
Stevia
1 handful fresh berries or fruits

Soak the chia seeds in the
coconut milk for 15 minutes.
Blend the dates and add the
avocados, cocoa powder, the juice
and vanilla.
Decorate with berries and chia
pudding in one layer.
Make another layer with avocado
creme and repeat.

Variation: replace coconut milk
with almond milk.

MILDLY ALKALINE/MILDLY ACID-FORMING DESSERTS



MILDLY ACID-FORMING DESSERTS



Watermelon & Tofu Ice Creme

½ watermelon
½ pack of silk tofu
½ cup nuts, soaked
1 red grape juice
½ juice of a lemon
4–8 drops of stevia
vanilla powder

Blend it all and taste with vanilla.
Freeze in a ice-creme maker.
Alternative: Freeze overnight and
take it out about 15 minutes before
serving and blend it to make it soft.

Melon Nectarine Mousse

½ cantaloupe
1 nectarine
½ cucumber
½ cup chia seeds
A little coconut water or water

Blend and refrigerate for at least
15 minutes.

Mango Grape pudding

1 cup almond milk
1 teaspoon vanilla powder
½ frozen mango
½ red grapefruit
1 teaspoon vanilla powder
½ frozen banana
A pinch of stevia
Blend it all

Blueberry Coconut Creme

1 cup almond milk
¼ frozen banana
1 cup blueberry
2 tablespoons cacao
¼ teaspoon cinnamon
1 teaspoon vanilla powder
2 tablespoons chia seeds
½ cup coconut creme
Some peppermint leaves

Soak chia seeds for about
15 minutes in ½ cup of water.
Blend the ingredients and then
add the chia seeds and blend
again.

Whip the coconut creme and use
as decoration or use the creme in
layers.

Berry Pudding

2 cups berries, any kind
2 tablespoons chia seeds
½ cup water
1 teaspoon vanilla powder
A few fresh mint leaves

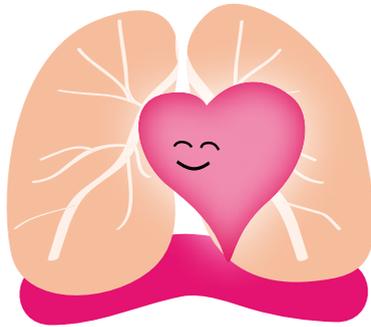
Blend it all and add the chia seeds
lastly.

Refrigerate for at least one hour.



PART THREE

Gentle Exercises & 3-Day Detox Plan



The Balance of Nature

*Juices and smoothies are
only one part of a healthy lifestyle.*

Health is also all about:

*Healthy exercises, thoughtfulness, connection with
nature and being in touch with your inner self.*

Breathe and Relax

In our modern western lifestyle, many people have breathing problems like hyperventilation or shallow breathing without knowing it. It is often mental and emotional stress that are our problems and it has a big influence on our breathing pattern. However, different types of stress factors, such as poor diet, eating in a stressful mode, lack of sleep, environmental toxins, affect the levels of stress in our body and brain, too. When we are under stress for a long time, the body produces the stress hormone cortisol. Repeated stress and on-going cortisol production can have a huge negative impact on the body. The stress signal and your breathing pattern are linked together. Stress affects the nervous system, which effects our mind, which affects our breathing pattern, which in turn affects our pH balance, which means we are low in oxygen.

According to the ancient Pranayama, which is derived from two Sanskrit words: prana (life force) and yama (control) we can by controlling the breath influence our life.

Breathing is the key to relaxation and to the life

Slow and steady breathing releases oxygen to the cells and brain and stimulates the parasympathetic nervous system which promotes a state of calmness. Breathing exercises help you feel connected to your body – it brings your awareness away from the worries in your head and calms down your mind and body. It can be the very first step to make a positiv change in your life.

- Relaxation exercises, meditation and deep breathing daily
- Move, walk and fresh air for at least 20 minutes daily
- Eating a healthy diet
- Getting enough sleep
- Avoiding negative thoughts
- Switch off: devices and WiFi when possible specially while sleeping

To get more free exercises on how to observe your breathing

Activate your diaphragm – Your inner massage

Deep and relaxed breathing helps your lymphatic system to work better while the diaphragm will massage your organs for a better digestion and flow.

In this exercise you will be activating your diaphragm to fill your lungs with oxygen. The diaphragm has to be relaxed in order to do this exercise.

Sit comfortably with a straight spine and your shoulders relaxed, or lie down on your back.

Feel how you breathe.

Where in your body do you feel the movement?

Try to do it slow, gently and relaxed.

Inhale through the nostrils, slowly and gently.

Try to feel how your diaphragm moves to expand your belly and your chest slowly and softly.

Exhale through the nostrils very slowly and relaxed. Fulfill your exhalation but with no effort. Let go of any tension that may exist. At the end of your exhalation, try to stay here for a few seconds before you start a gentle inhalation. Feel your belly and then the chest expanding slowly and softly.

Continue taking several deep breaths in this manner, keeping your body totally relaxed and without inducing any strain. Keep the focus on your breathing for at least 6 breaths.

Now, if an unpleasant emotion, thought, or mood arises, just take a deep breath. Keep doing it several times. This practice keeps you aware of what is happening inside of you.

Enjoy that you in fact can regulate your own mode by a simple breathing exercise.

There are several breathing techniques. Try them out and go for the one you feel works for you the best.



www.heartfulness.org

Heartfulness is a worldwide non-profit organisation that provide a free service.

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Heartfulness Meditation

Give your mind space and connect to your heart for 30 minutes

Experience the beauty of the heart. Learn to meditate with the help of yogic transmission. Connect to your heart by meditating on the source of light within your heart. It regulates the mind which creates the peace, calmness and clarity that exist within you.

With such a condition, you will be more understanding and make the best choices for your life and your evolution.

Create the environment

Find a place where you won't be disturbed and which is available for the next 30 minutes. The practice described below should ideally be followed at the same time and place over the next seven days.

Turn off your phone, television, radio, and any other sources of distraction.

Meditate

Gently close your eyes and suppose that the Source of Divine Light is illuminating your heart from within. Rather than trying to visualize it, simply tune into your heart and be open to any experience that you have. Do this for 30 minutes. If your mind wanders, gently bring your attention back to your heart.

Once you feel yourself naturally coming out of the meditation, spend a few minutes writing down what you observed in a journal. This helps you develop the capacity to observe and expand your consciousness.

Points for reflection

For how long was I able to meditate?

Where was my attention during this meditation?

How did it feel to focus on the heart?

Healthy Movement

Movement is essential for your body

It gives more oxygen to your blood

It connects your mind and body

It eliminates waste products

It makes you feel good

It improves learning

It gives you energy

It motivates you

Movement is important in order to keep a healthy body with all bodily function active.

Practice movement with awareness

When you think of workout benefits, you likely think of the healthy effects on your body only. But when you put your mind (brain) into the movement it becomes challenging. When you begin to feel your movement you will discover how the physical practice is simply a manifestation of the internal change.

Practising movement with awareness allows you to be and see yourself. It's a practice of non-attachment to a specific style or requirement and everybody can do that.

Whatever activity you are doing – walking, dancing, playing, swimming, biking, dishwashing, cleaning, shopping, slow movement, exercises etc. – try to do it mindfully, joyfully and take the time to feel how you move, and how your body and brain respond. Note the differences you feel when moving with awareness. It is a very effective “exercise” that you can use daily to improve your mind-body balance and overall well-being.

By focusing on how you feel while moving, you start doing a self-reflection while you get physical. The exercises become more intense and you may experience a wonderful inner journey where you may feel more vibrant, flexible and more aware.

Yoga, Pilates and other mind body workout keeps your core strong and improves your balance and posture.

Healthy Elimination

The Lymphatic System

Exercises that stimulate the lymphatic system help eliminate toxins; however, excessive training accumulates more acid than we can eliminate. A well-balanced training practice gets the lymphatic system as well as the pulse going.

A primary function of the lymphatic system is to transport metabolic and dietary acidic waste via the lymph fluid. Lymph is a fluid that contains white blood cells, which are instrumental in picking up the garbage and buffering metabolic waste all throughout the body. Thus, a healthy lymphatic system is critical to healthy organs, glands and tissues as it is your body's main immune system.

Our diaphragm is a very important component for our lymphatic system. Your lymph system relies on the pumping action of deep breathing to help it transport toxins into the blood before they are detoxified by your liver. So breathe in oxygen and breathe out toxins.

Exercise that improves lymph flow

Jumping on a mini-trampoline.

Stretching, yoga, martial art, mind-body workout, deep breathing and aerobic exercise.

Fat burning

When you achieve the good habit of eating a healthy diet (lots of chlorophylls) and lymphatic exercises, burning surplus fat becomes much easier.

If the lymphatic system is sluggish it can cause many health issues and weight problems due to backed up metabolic acidic or dietary waste. Basically, this means that the body's method of removing harmful acidic chemicals and toxins is not working efficiently and the body is building up toxic waste. That also makes it difficult to lose weight as acid binds to fat in order to protect our organs. If you move enough to break out in sweat you'll start burning fat and eliminate acids!

What is Detox

Drinking 1 or 2 cups of green juice or smoothie every day is not the same as detoxing.

The process of detoxification starts when the body has been eating raw, fresh, high-alkaline fruits and vegetables and drinking fresh alkaline drinks and water for at least 1 day (24 hours). Then you are going into a 'detox,' and that means that your body starts eliminating toxic acid while you rebuild your cells with real nutrients.

Doing a 3-day (72 hours) detox on alkaline liquids and alkaline salads or only on green alkaline liquids, will start cleaning your cells and give them optimal nutrients. If you choose 3 days without chewing foods, taking only super alkaline liquids, you give your bowel and organs rest to start to restore for a while. Liquids are easily absorbed directly into your cells in a very short time, and your body will get rid of more acidic pollution as your body hardly uses any energy to digest.

If you need to do a real cleanse of the whole body you would need a cleanse period from 7–14 days.

When you detox you need alkaline minerals for metabolism and detoxification.

Alkaline minerals such as:

Sodium, potassium, calcium, magnesium and iron from alkaline fruits and vegetables.

NOTE:

You need to get the pH supplements and a proper guide when detoxing for more than 3 days. Contact me for further advice.

3-Day Detox

Imagine how fantastic you will feel after 3 days on alkaline liquids with recipes from this book.

Have you been reading this book and tried the alkaline recipes for a while?

Did you start adding the four foods (water, omega oils, chlorophyll, salt) daily for at least 3 weeks?

Then you might be ready for 3 days on alkaline smoothies, juices, soups, alkaline water, healthy oils and alkaline salt.

Just follow the dark green spots in this book and enjoy as many greens as you want!

When you start to detox moderate exercises and breathing exercises will help in eliminating your toxins.

Keep going and soon you will feel fresh, energised and inspired to continue your alkaline lifestyle.

Do not forget to drink your water, consume your omega oils and take healthy salts.

After 3 days on alkaline liquids you can start eating salads. It is important to chew well. Continue your green smoothies or juices every morning.

You can make a 3-day detox as often you feel you need it.

Do you need more inspiration and motivation?

Then you might want to join me and my alkaline team on our alkaline cooking retreats or alkaline liquid detox retreats.

You will be guided towards your new lifestyle, safe and lovingly!

See more on: www.alkaline-institute.com

Whole Body Cleanse

The bowels eliminate toxic waste and the absorption of nutrients takes place in the small intestine. Consuming acidic and unnatural food for a long time creates a state of toxicity and eventually damage of the intestine walls.

Food, chemicals, medicine, etc., are stored in your body until you make a full pH cleanse. The cleanse will eliminate your impurities and normalise digestion and metabolism to regain the alkaline balance in your body. You will once and forever cleanse your body, your lymphatic system and your bowel while rebuilding your cells for a sustained healthy, body and mind.

The pH Miracle Whole Body Cleanse eliminates acid wastes and negative microforms throughout your body, detoxifying your blood, tissue, and entire alimentary canal/alkaline buffering system ... pH Miracle Cleanse is a liquid feast as you sustain yourself on highly alkaline juices and smoothies, not just water.

Dr. Robert O. Young

When doing a Whole Body Cleanse it is important to work with an experienced detox coach so that you do not waste time and money on programs you do not need.

Get the right program that exactly suits you with the utmost essential supplements.

The combination of the right program, the right pH-supplement and the right coaches and/or experts is crucial for you to obtain the safest and most efficient cleanse results.

Contact us for further information at: www.alkaline-institute.com

Alkaline Start Programme

21-DAY PROGRAMME

This 21-day programme is made to help you implement the alkaline diet and lifestyle exercises daily and get into a routine. It is an easy-to-follow programme and will help you step by step to make the transition time easy, realistic and inspiring so that everyone can follow it no matter, education, budgets or lifestyle choice. It is a honest an natural approach to regain your health.

Your first step is to start adding the essential foods for life by juicing or blending and soon you will feel more energised and alive and understand the miracle of green foods, oils, water and salt.

You will learn how to get a perfectly healthy balanced pH by adding some delicious, simple alkaline liquids, salads and meals. You will also learn how to test the pH level of your saliva and urine so you can follow the changes day for day.

Water • Oil • Chlorophyll • Salt



Oxygen

Increased Energy • Mental Clarity • Better Immune System
Glowing Skin • Stronger Bones and Muscles
Anti Aging • Weight Loss • Better Sleep • Wellness

See more about this programme at: www.alkaline-institute.com

About me

I feel younger than ever due to my alkaline lifestyle, which is not only an excellent way of maintaining health, regardless of age, but also an excellent anti-aging lifestyle. Without becoming fanatic about it, I have learned that consistency can be rewarding, especially when you are working towards improving your mind, body and spirit.

My alkaline journey has taught me to listen to my body, to understand how it works, to live my life more in accordance with nature, always to put organic plant-based foods at the top of my list, to practice natural exercises and, to never give up on improving myself.

Throughout the wonderful benefits of alkaline food and lifestyle I have found a happier place in my mind and body, I have developed the fundamentals for a sustainable healthy lifestyle and I have found the energy I needed in order to make all of this happen.

I learned that true happiness is a combination of physical, emotional and mental balance. An understanding of who I am knowing that I can take care of myself being guided in my spiritual journey by connecting to my inner self.

Practicing meditation for about 20 years has helped me to acknowledge my inner peace, my inner voice and the light in my heart. It improves my intuition, my ability to handle the challenges in life and develops my awareness inside out. It also helps my ability to reflect upon myself to avoid being caught in negative feelings, old patterns or a stressful lifestyle.

I have become aware that the balance between mind, body and spirit is connected in proper and healthy eating and positive thoughts. It all connects to my heart and to the world I live in.

Becoming reconnected to natural foods has been the best thing that has happened to me, and it can be the best thing happening to you, if you allow the alkaline lifestyle to be a part of your journey towards a better health – a state of purity and balance.

I founded the Alkaline Institute, to share my expertise, offering workshops, holding detox retreats and cooking classes.

I will guide you into the healthy lifestyle of a new world with natural food and teach you to prepare appealing dishes with cooking techniques that maintain the energy of the food which makes it both delicious and very healthy.

Working with both the diet and lifestyle, my mission is to inspire and motivate you to regain balance and allow the body to rebuild naturally.

Light and Love,
Your Alkaline Coach and Chef

Simonne Holm



ALKALINE Institute
●●●●● *your balance for life*

Get free alkaline tips at:
www.alkaline-institute.com

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ALKALINE Smoothies, Juices Soups & Desserts

With a plethora of healthy living tips and tricks available everywhere, it's not that easy to find and follow a natural lifestyle. Luckily, things are about to get a lot less complicated with this alkaline guide. Are you anxious about premature aging? Looking for a healthy and easy way to get energized? Want to cleanse your body of all the unwanted toxins? Concerned about gaining weight? Dream of a healthier skin? This alkaline guide has the solutions for your worries and a lot more. From tips and tricks to efficient and delicious smoothies, juices and soups recipes, find them all within the pages of a wonderfully crafted guide and photos towards a healthier and happier life. There is nothing more satisfying than working towards the improvement of your mind and body with the help of natural and delicious ingredients, so why not find out how you can mix those ingredients to your advantage?

The information that is contained in this book on the alkaline lifestyle and diet will not only change your life but will extend the quality and quantity of your life. The recommendations and recipes are based upon proven science to help to achieve better health and fitness. All you need to do is to give it a try and you will find out for yourself.

Robert O. Young D.Sc., Ph.D.

Simonne Holm wrote this book with a sole purpose in mind: showing everyone just how easy it is to stay healthy, rebuild your body and improve your overall state. All you need is the desire to better yourself and learn how to nourish your body with natural essential foods, perform easy alkaline exercises and how to meditate in order to relax and unite with nature.

Simonne's book is much more than a recipe book, as it perfectly explains the principles behind the alkaline lifestyle and how everyone can benefit from it. Based on scientific research New Biology®, the alkaline diet will help you achieve the harmonious mind-body-spirit connection with little effort, delicious meals and a life-changing journey.

