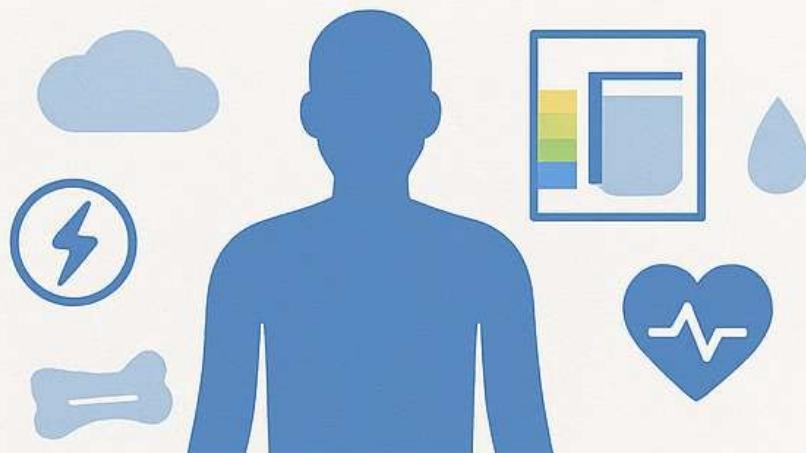


## INTRODUCTION

# Why Your Body's pH Balance Matters More Than You Think



Every day, your body works hard to stay in balance. But modern life—stress, processed food, poor sleep, and pollution—can push your internal environment toward acidity, making you feel tired, achy, bloated, and out of sync.

That's where the alkaline lifestyle comes in. It's not a fad. It's a science-backed approach to eating and living in a way that supports your body's natural efforts to maintain balance.

**This guide is for anyone who wants:**

- ⚡ More energy
- 🌿 Less inflammation
- 🦴 Stronger bones
- 🌿 And a lifestyle that lasts

In the next few pages, you'll learn how small, simple shifts in your daily habits—like drinking more alkaline water or eating a plate of greens—can bring big results.

**No extreme diets. No gimmicks. Just a smarter way to feel better.**

# HOW TO SUPPORT YOUR HEALTH WITH ALKALIZING FOODS



An alkaline diet is built around fresh, whole, plant-based foods – the way humans have eaten for most of history.

These foods have a neutralizing effect on your body's acidic load, helping to bring your pH into balance.

Focusing on eating more of these alkalizing foods is the first step toward a more resilient, healthier you.

## Add more alkaline foods to your diet:



### Fruits & Vegetables

Pile half your plate with greens and a variety of colorful produce.



### Nuts & Seeds

Snack on almonds, walnuts, chia, hemp, and flaxseeds.



### Legumes

Include beans, lentils, and peas for fiber and protein.

# COMMON PROBLEMS LINKED TO ACIDITY

A poor diet high in acid-forming foods can disrupt your pH balance and may contribute to a number of common health issues.



## Fatigue

Acidosis can impair cellular energy production, leaving you feeling tired and sluggish.



## Inflammation

A state of chronic low-grade acidosis can lead to or worsen inflammation in the body.



## Digestive Issues

Acidity may cause symptoms like heartburn, indigestion, or bloating.



## Hormone Disruption

Acidosis can interfere with hormone regulation, affecting metabolism, stress and sleep.

# THE ALKALINE DIET EXPLAINED

An alkaline diet emphasizes foods that help neutralize acidity in the body. These foods are primarily plant-based and include fruits, vegetables, nuts, and seeds.



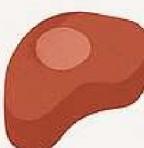
## pH Balance

The goal is to maintain a more alkaline pH level in the blood and urine.



## Alkaline-Forming Foods

These are foods believed to have an alkalinizing effect on the body.

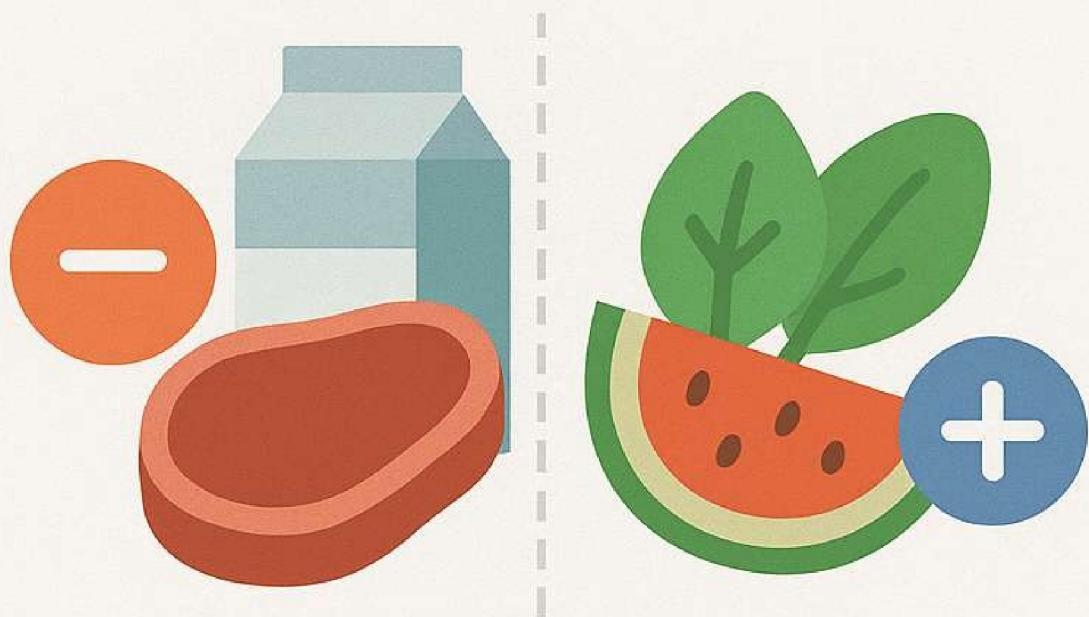


## Acid-Forming Foods

Meat, dairy, and processed foods are considered acid-forming and are typically minimized.

# ACIDIC vs. ALKALINE FOODS

Foods are classified based on the effect they have on the body's acid levels after digestion.



## Acidic Foods

Meat, dairy products, refined grains, and processed foods.

These foods are thought to increase acidity in the body.

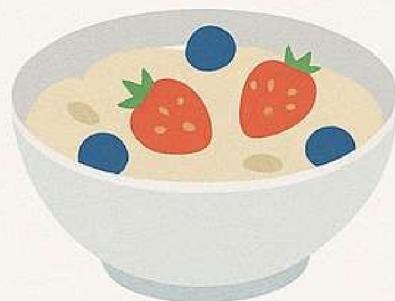
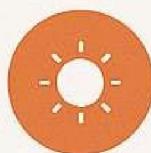
## Alkaline Foods

Fruits, vegetables, legumes, nuts.

These foods are considered to help reduce acid levels in the body.

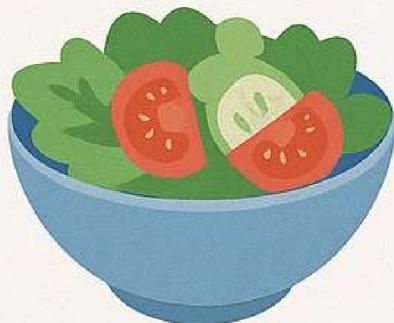
# WHAT AN ALKALINE DAY LOOKS LIKE

Here's an example of a one-day alkaline diet, emphasizing foods that are alkaline-promoting.



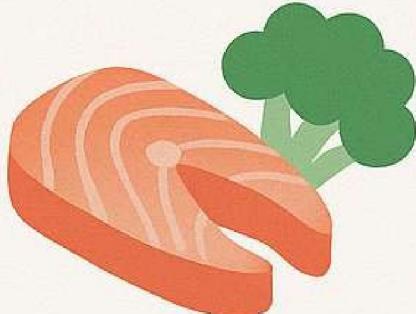
## Breakfast

Oatmeal with berries



## Lunch

Large green salad



## Dinner

Salmon and broccoli

[Download your 7 Day Alkaline Meal Plan Here](#)

# THE BENEFITS OF AN ALKALINE DIET

Following an alkaline diet may offer various health advantages, including:



## Reduced bone loss

Alkaline diets are associated with protecting the bones

---



## Improved muscle strength

Muscle function tends to benefit from an alkaline-promoting diet

---



## Better pain management

There may be relief from pain with an increase in alkaline food choices

---



## Increased energy

People have reported having more energy on an alkaline diet

# LIFESTYLE STRATEGIES

The following can help support an alkaline-balanced body:



## Manage stress

Practice stress management techniques

---



## Regular exercise

Engage in physical activities on a consistent basis

---



## Avoid smoking

Smoking can add to the body's acidic load

---



## Get enough sleep

Aim for around 7-9 hours of quality sleep per night

# HOW TO TRACK YOUR pH

Testing and monitoring your pH can be done in the following ways:



## Check your urine pH

Track your urinary pH over a period of time

[Click here to download your pH Journal and Monitoring Sheet](#)

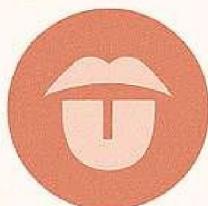
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## Use pH test strips

Compare the test strip to the color chart on the packaging

---



## Consider saliva pH

Testing salivary pH may provide additional information

Purchase your pH test strips worldwide from our very supportive friends at Just Fitter. They have been providing these pH test strips since 2015.

To get fast delivery of your test strips, buy locally from the country you live in.



[In the USA click here](#)

[In the EU click here](#)

[In Canada click here](#)

[In Australia click here](#)

[In the UK click here](#)

[In Singapore click here](#)

# GETTING STARTED CHECKLIST

Follow these steps to begin your alkaline lifestyle:



**Learn which foods are acidic or alkaline**



**Stock your kitchen with alkaline foods**



**Plan your meals around alkaline foods**



**Incorporate lifestyle strategies**



**Begin tracking your pH**



Consume Freely  
(wash first)  
Raw is Best!

## Alkaline pH

Most foods become  
more acidic when  
cooked

10.0

### High Alkaline Ionized Water

Raw Spinach	Raw Broccoli	Artichokes
Brussel Sprouts	Red Cabbage	Raw Celery
Cauliflower	Carrots	Potato Skins
Alfalfa Grass	Cucumbers	Collards
Seaweeds	Asparagus	Lemons & Limes

9.0

Olive Oil	Most Lettuce	Borage Oil
Raw Zucchini	Sweet Potato	Raw Peas
Sprouted Grains	Raw Eggplant	Alfalfa Sprouts
Raw Green Beans	Blueberries	Pears
Mangoes	Papayas	Figs & Dates
Tangerines	Melons	Kiwi

8.0

Apples	Almonds	Avocados
Tomatoes	Fresh Corn	Mushrooms
Turnip	Olives	SOybeans
Bell Peppers	Radish	Rhubarb
Pineapple	Cherries	Millet
Wild Rice	Strawberries	Apricots
Canteloupe	Honeydew	Peaches
Oranges	Grapefruit	Bananas

## Neutral pH

6.7-7.0 is ideal for Urine  
7.0-7.5 is ideal for Saliva

7.0

### Most Tap Water

6.7-7.0 is ideal for Urine  
7.0-7.5 is ideal for Saliva

Butter, fresh, unsalt  
Cream, fresh, raw  
Milk, raw cow's  
Margarine  
Oils, except Olive

It takes 20 parts of  
ALKALINITY  
to neutralize  
1 part of ACIDITY  
in the body

## Acidic pH

Consume in  
Moderation

6.0

Milk, Yogurt	Fruit Juices	Cooked Spinach
Most Grains	Soy Milk, Goat's Milk	Coconut
Eggs	Fish	Tea
Kidney Beans	Lima Beans	Plums
Processed Juices	Rye Bread	Spelt
Brown Rice	Cocoa	Rice & Almond Mill
Sprouted Wheat Bread	Oats	Liver
Oysters	Cold Water Fish	Salmon, Tuna

5.0

Cooked Beans	Chicken & Turkey	Beer
Sugar	Canned Fruit	White Rice
Potatoes w/o Skins	Pinto Beans	Navy Beans
Garbanzos	Lentils	Black Beans
Butter, Salted	Rice Cakes	Cooked Corn
Wheat Bran	Rhubarb	Molasses

4.0

Reverse Osmosis Water	Distilled & Purified Water	Most Bottled Water & Sports Drinks
Coffee	White Bread	Blackberries
Pistachios	Beef	Sweetened Fruit Juices
Cranberries	Prunes	Tomato Sauce
Wheat	Most Nuts	
Popcorn	Peanuts	

3.0

Lamb	Pork	Wine
Shellfish	Pastries	Cheese
Goat Cheese	Soda	Black Tea
Pasta	Pickles	Stress
Worry	Lack of Sleep	Overwork
Tobacco Smoke	Chocolate	Vinegar
Sweet'N Low	Equal	Aspartame
NutraSweet	Processes Food	Microwaved Foods

2.5

Soda! (off the chart)

\*Please Note: Once you have recorded your results, we recommend that you consult a trained healthcare provider.

# CONCLUSION + RESOURCES

## Conclusion

Starting an alkaline lifestyle can address acidity and may support bone health. A diet rich in alkaline foods, combined with healthy living strategies, can help maintain your pH balance.



## Resources



[The Alkaline Diet: Is There Evidence That an Alkaline pH Diet Benefits Health?](#)



[Alkaline Diets and Muscle](#)



[Alkaline Diets and Aging: A Real Science or a Fake Science?](#)