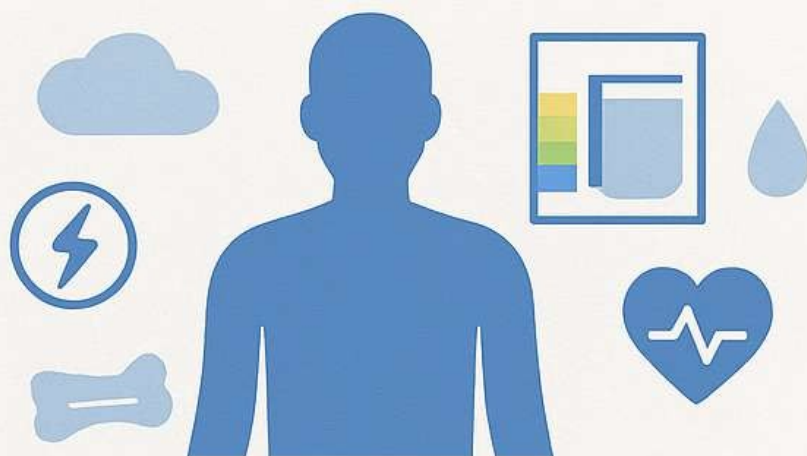


INTRODUCTION

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.



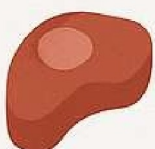
pH Balance

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 alkalizing effect on the body.

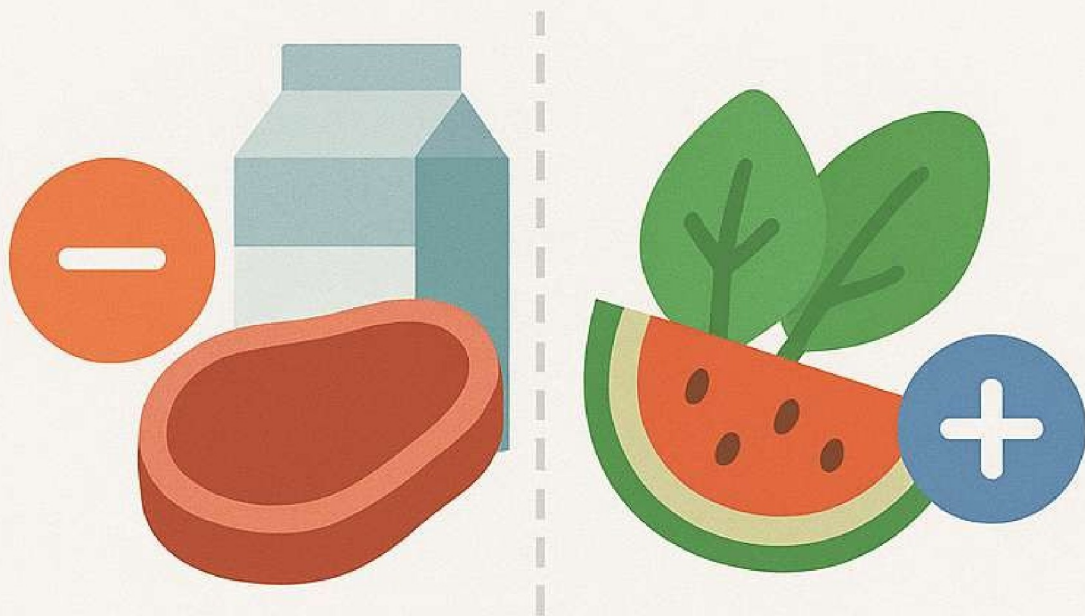


Acid-Forming Foods

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.

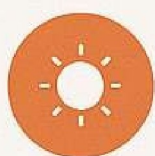
Alkaline Foods

Fruits, vegetables, legumes, nuts.

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

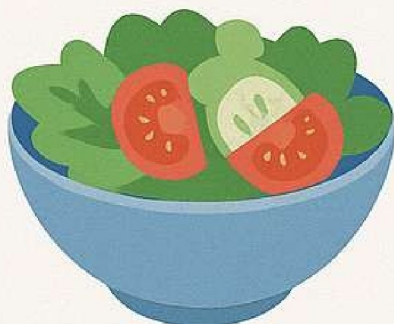
WHAT AN ALKALINE DAY LOOKS LIKE

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

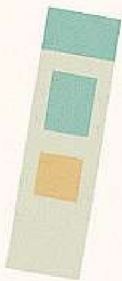
Testing and monitoring your pH can be done in the following ways:



Check your urine pH

Track your urinary pH over a period of time

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



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 Australia click here](#)

[In the EU click here](#)

[In the UK click here](#)

[In Canada 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
Brussel Sprouts
Cauliflower
Alfalfa Grass
Seaweeds

Raw Broccoli
Red Cabbage
Carrots
Cucumbers
Asparagus

Artichokes
Raw Cellery
Potato Skins
Collards
Lemons & Limes

9.0

Olive Oil
Raw Zucchini
Sprouted Grains
Raw Green Beans
Mangoes
Tangerines
Grapes

Most Lettuce
Sweet Potato
Raw Eggplant
Blueberries
Papayas
Melons

Borage Oil
Raw Peas
Alfalfa Sprouts
Pears
Figs & Dates
Kiwi

8.0

Apples
Tomatoes
Turnip
Bell Peppers
Pineapple
Wild Rice
Cantaloupe
Oranges

Almonds
Fresh Corn
Olives
Radish
Cherries
Strawberries
Honeydew
Grapefruit

Avocados
Mushrooms
SOYbeans
Rhubarb
Millet
Apricots
Peaches
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

6.0

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

Milk, Yogurt
Most Grains
Eggs
Kidney Beans
Processed Juices
Brown Rice
Sprouted Wheat Bread
Oysters

Fruit Juices
Soy Milk, Goat's Milk
Fish
Lima Beans
Rye Bread
Cocoa
Oats
Cold Water Fish

Cooked Spinach
Coconut
Tea
Plums
Spelt
Rice & Almond Mill
Liver
Salmon, Tuna

5.0

Cooked Beans
Sugar
Potatoes w/o Skins
Garbanzos
Butter, Salted
Wheat Bran

Chicken & Turkey
Canned Fruit
Pinto Beans
Lentils
Rice Cakes
Rhubarb

Beer
White Rice
Navy Beans
Black Beans
Cooked Corn
Molasses

Acidic pH

Consume in
Moderation

4.0

Reverse Osmosis Water
Coffee
Pistachios
Cranberries
Wheat
Popcorn

Distilled & Purified Water
White Bread
Beef
Prunes
Most Nuts
Peanuts

Most Bottled Water
& Sports Drinks
Blackberries
Sweetened Fruit Juices
Tomato Sauce

3.0

Lamb
Shellfish
Goat Cheese
Pasta
Worry
Tobacco Smoke
Sweet'N Low
NutraSweet

Pork
Pastries
Soda
Pickles
Lack of Sleep
Chocolate
Equal
Processes Food

Wine
Cheese
Black Tea
Stress
Overwork
Vinegar
Aspartame
Microwaved Foods

2.5

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

Soda! (off the chart)

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?