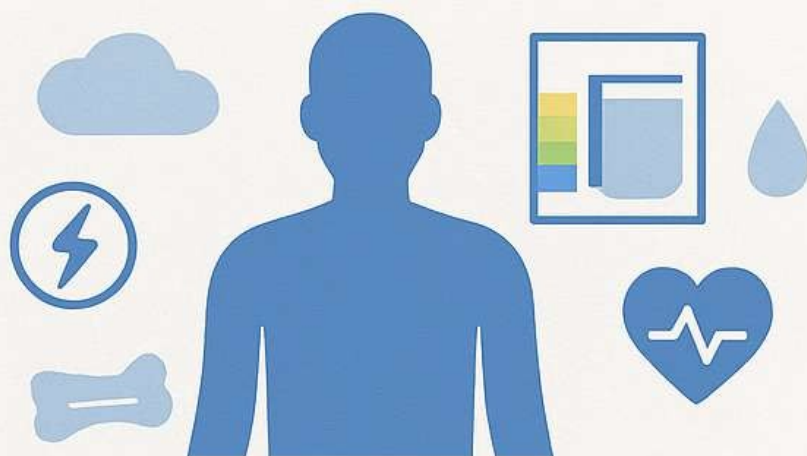


## INTRODUCTION

# 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.



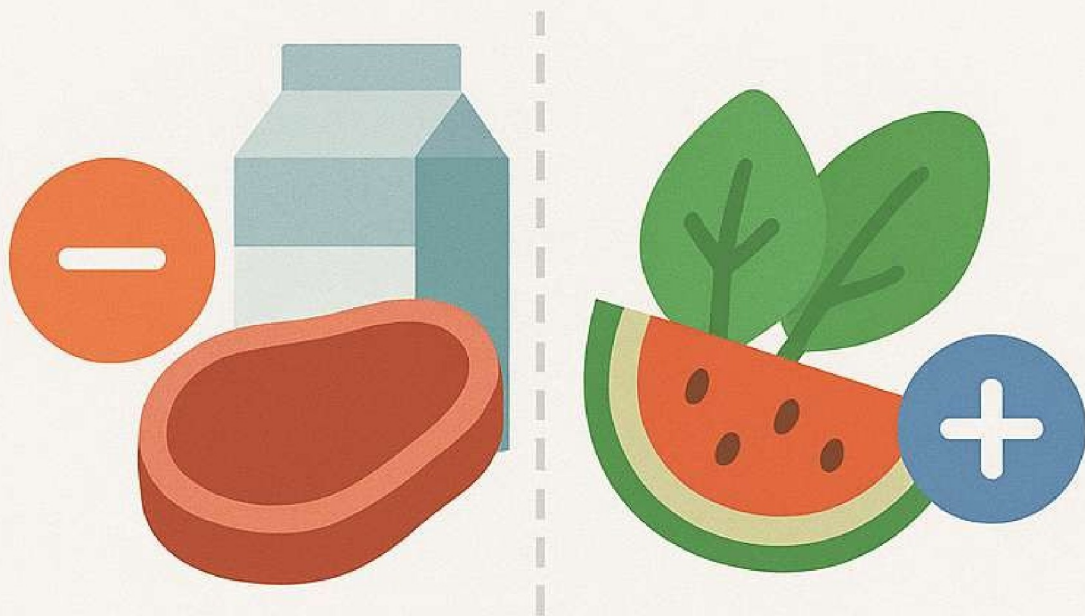
## **Acid-Forming Foods**

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.

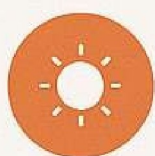
## Alkaline Foods

Fruits, vegetables, legumes, nuts.

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

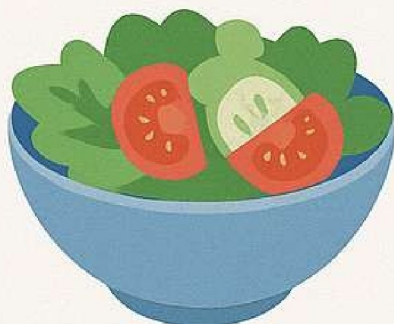
# WHAT AN ALKALINE DAY LOOKS LIKE

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

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## **Improved muscle strength**

Muscle function tends to benefit from an alkaline-promoting diet

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## **Better pain management**

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

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## **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

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## Regular exercise

Engage in physical activities on a consistent basis

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## Avoid smoking

Smoking can add to the body's acidic load

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## 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:

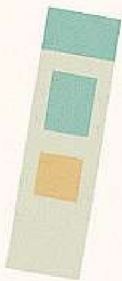


## Check your urine pH

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

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## 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.



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## 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?