

# **SPECIAL REPORT:**

## **Top 10 Alkaline Weight Loss Tips for Busy People**

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### Does This Apply To You?

So you're busy, huh? Well, join the club! ☺

If you're reading this special report, then you're probably one of the victims of our modern life: We have so little time to take care of the minutia in our lives that we forget about our most valued possessions: our bodies.

Well, I'm in the same boat as you are! And believe me, were it not because of my alkaline lifestyle, I'd have a major weight problem to deal with!

Before I share my Top 10 Alkaline Weight Loss Tips for Busy People with you, let me add a caveat.

These tips are most effective when they are used within the realm of the alkaline diet they support. To get the best results, you should educate yourself about our bodies' acid/alkaline balance and how to best maintain it. You could scrounge up enough information from several web sites and books to get by... but the smartest, most logical approach is to attend one of my seminars where I discuss all the relevant points in full detail. So be on the lookout for emails about upcoming seminars.

### How To Use These Tips

Since you are a busy person looking to lose weight, I will keep these tips **short and to the point**. I will give you only enough information to make you effective... sort of an executive briefing. In that spirit, here's the short and sweet version of how to use these tips to support your weight loss efforts:

- If you do any one of these tips consistently, you will improve your weight loss results.
- If you do all of these tips consistently, you will lose weight for sure...
- If you follow a fully alkaline diet, you will lose weight faster and keep it off for good.

With that said, let's get to our Top 10 Tips!

## Top 10 Alkaline Weight Loss Tips For Busy People

### **Tip #1. Drink, Drink, And Then Drink Some More!**

By far the most important and yet the easiest way to accelerate your weight loss results is to hydrate consistently. There is more research on the positive effects of hydration on weight loss than you can imagine... so I won't bore you with the details! After all, you are a busy person, right?

Let's just say that water is the most critical element in maintaining and facilitating your body's chemistry (after oxygen, of course). Strip your body of water, and it will strip you of your health, energy, and ultimately, your life!

Hydration is so critical that I have dedicated an entire chapter of my e-book "*Acid Alkaline Diet Simplified!*" (see [www.AcidAlkalineDiet.com/letter.htm](http://www.AcidAlkalineDiet.com/letter.htm)) to the subject of hydration.

The generally advised 8 glasses a day are enough if you are an "average" person: 5'8", 160 lbs. male in good shape! I doubt this applies to you, or else you wouldn't be interested in weight loss, right?

So, what's the bottom line?

To stay properly hydrated, you must drink a minimum of 7 oz. of pure (not tap) water for every 10 lbs. of body weight. More if you're active, work out, or live/work in a dry place. That's 105 oz. of pure water if you weigh 150 lbs... just over 3 liters.

And don't try to climb Mt. Everest in one day: GRADUALLY work your way up to the amount that's right for you.

One more thing: get yourself a good water filtration system. This is not only the most cost-effective way to get pure water, but it's probably your best bet for getting good quality water.

Finally, to make hydration more effective, all water you drink should be alkaline water. Alkalizing your water not only adds oxygen to your water, but it also helps neutralize the acids that make you fat (see Tip #2). One of the best ways I know of to alkalize your water is through alkalizing agents like Prime pH (check out <http://www.InnerLightSuperGreens.com> for more information on this product...)

Avoid Coffee, Tea, Soda, And Other Acidic Drinks

I knew that after reading Tip #1 you were going to ask if coffee, tea, and soda counts! It does NOT! As a matter of fact, you need to avoid these and all other acidic liquids in general.

Here's why...

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Your body will do whatever it must to maintain its delicate internal acid/alkaline balance (pH balance). Your blood alkalinity level (pH) must be in the range 7.360 - 7.370 ALL THE TIME or you will die! When you drink acidic liquids, you throw off this pH balance.

So, to save your life, one of the first things your body will do is to **park away** the acids somewhere where they can't damage your body. Where do you think is the best place to park poisonous acids?

You guessed it! **FAT CELLS!**

So while you're enjoying your diet soda, you're actually making yourself create and fill up more fat cells!!! The more acidic your drink, the more you will aggravate this situation.

With that in mind, here are some numbers to put things in perspective:

- Pure water is neutral.
- Tea (like Lipton, regular or decaf) is 600-800 times more acidic.
- Coffee (decaf, half-caf, and full-caf) is 700-1000 times more acidic.
- Soda (regular and sugar free) is 50,000 times more acidic.

What does that mean?

If you want to lose weight, you must avoid all acidic drinks and liquids like coffee, tea (except herbal), soda, vinegar, Gatorade, Red Bull, beer, hard liquor, and malted beverages. Replace them with good, pure, alkaline water.

The choice is yours. Where would you rather have the poisonous acids go? In your fat cells, or out with your urine?

### **Tip #2. Avoid Foods With Preservatives, Food Coloring, And Additives**

Remember what we just talked about in Tip #2 above? Well, the same concept that holds true for acidic liquids also holds true for other poisons. That includes all food preservatives, food coloring, and synthetic food additives.

Your body wasn't designed to digest these chemical substances, so it must either:

- a. Eliminate them,
- b. Somehow neutralize them, or
- c. Park them away where they can't damage your body (at least, not immediately).

If you're not hydrating properly (see Tip #1), then forget about (a). Your body will then do either or both of (b) and (c). I've already told you where all the poisons get "parked" away in your body (see Tip #2), so let's look at (c).

To neutralize acids, your body creates and pulls alkaline buffers from anywhere it can:

- It creates cholesterol to neutralize the acids (now you know why so many people suffer from high cholesterol problems)
- It bleaches iron from your red blood cells (can you see how anemia develops?),
- It pulls calcium from your bones (can you say osteoporosis?),
- It steals potassium from your muscle tissues (do you get muscle spasms?),
- It pulls zinc, magnesium, and other elements from everywhere else.

These not only create additional health problems for you, but they force your body to work overtime, wasting the precious energy you worked so hard to produce on neutralizing toxins. This is energy you could be spending on staying active and losing weight.

This is so important and so often overlooked by people on "healthy" diets that I have dedicated an entire section of my e-book "*Acid Alkaline Diet Simplified!*" (see [www.AcidAlkalineDiet.com/letter.htm](http://www.AcidAlkalineDiet.com/letter.htm)) to this subject.

Take some time to educate yourself on this topic... and make a habit of carefully reading the labels of the foods you buy, and avoid these poisons at all costs.

### ***Tip #3. Avoid Artificial Sweeteners Like The Plague That They Are***

Ever heard of NutraSweet, Sucralose, Aspartame, or Saccharin? If you have been trying to lose weight, chances are you have relied on these artificial sweeteners to cut calories.

Well, I'm sorry to be the one to tell you, but you've been literally shooting yourself in the foot! Here's why:

You remember what we said in Tip #2 and Tip #3 about acids, preservatives, alcohols, and toxins? The same holds true for artificial sweeteners, except it's even worse here! Artificial sweeteners not only present your body with an acidic waste removal problem, but they also affect other parts of your body in seriously adverse ways.

NutraSweet, the commercial name for Aspartame, has been linked to nervous system damage and neurological problems through countless studies.

The other artificial sweeteners are not much better. Saccharin manufacturers tell you right on the package that their product can cause cancer! But that couldn't happen to you, could it?

What's the bottom line?

If you are eating or drinking any artificial sweetener, you are not only making your weight loss efforts a virtual impossibility, but you are damaging your body in ways that may not be repairable.

The only natural sugar substitute I have found that has been used for hundreds of years without any reported side effects is Stevia.

### ***Tip #4. Always Have Cut Veggies And Soaked Nuts Ready In Your Fridge***

How successful do you think you would be in your weight loss program if you had to fight your cravings along the way, every minute of every hour of every day? I bet not too successful.

Well, if you were on an alkaline diet, this would not be an issue because your cravings would disappear by themselves over time. I get into that in much more details in my e-book "*Acid Alkaline Diet Simplified!*" (see [www.AcidAlkalineDiet.com/letter.htm](http://www.AcidAlkalineDiet.com/letter.htm))

But for now, I want to show you a quick way to deal with your cravings.

First thing to note is that most people cannot tell the difference between the thirst and hunger signals in their bodies. They reach for food when they are in effect thirsty (dehydrated). But this should not be an issue for you if you follow Tip #1 and hydrate properly.

Now for the quick way to deal with your cravings... when you feel like eating something, first make sure you're not actually thirsty. Drink a couple of glasses of water, and wait a minute or two. Then, if you're still craving something, eat something good for you. The point is to get your jaws moving. The best trick is to use raw, cut veggies and soaked nuts, since they have the biggest crunch, require more chewing, and take the most volume in your stomach... hence, you feel full faster.

Go to your favorite supermarket, wholesale club, or farmers market, and pick up a large bag of pre-washed, cut veggies. Optionally, pick up a couple of varieties of hummus to dip the veggies in for added taste.

The best nuts to soak are almonds, with hazelnut and walnuts a distant second. Of the three, almonds are the most alkalizing, taste the best, and are the most filling.

To soak almonds, just rinse them in cold water, place them in a jar/container, and fill the container with pure water. Make sure there's enough water to cover the almonds as they plump up. Leave the container in the fridge over night, and in the morning, take the soaked almonds out of the water, pat them dry in paper towels, and store them in an airtight container in your fridge. They'll keep fresh for a good 5-7 days.

The procedure for soaking the other nuts is the same, except they take anywhere from 4 to 6 hours to soak properly.

Quick Tip: Take your cut veggies and soaked nuts on the road, to work, to sporting events, or anywhere else you tend to snack on junk food. Just stick them in a Zip Loc bag and you're all set to enjoy a healthy snack.

### ***Tip #5. Make A Huge Salad Every 3 Days***

Ever come home so hungry you're ready to eat the first thing that you can get your hands on? Do you regret binging on the junk food, and wish you could have made something better to eat?

Well, this tip is going to make that happen.

If you prepare a huge salad that would last you 3 straight days, you will never again come home and wonder what you can eat. With a salad in your fridge - ready to eat - you can get started eating right away, and make something more substantial (and nutritious) while you enjoy your salad.

It may not sound like much of a tip, but believe me, I have lost count of how many times this has saved me from binging on junk foods that I know I would later regret eating. Try it! And you'll see that it works.

If you're too lazy to make a salad, just go to a wholesale club, and pick up a couple of bags of the ready-made, pre-washed salads. You must make the salad, decorate it nicely and place it in a large bowl - ready to eat - in your fridge. Otherwise you may never eat the veggies... the salad doesn't look too appetizing sitting in a plastic bag, does it?

Just don't cover the salad with any dressing, or mix cut cucumbers or tomatoes in it until you're ready to eat it. If you store these in/on your salad in the fridge, they will make the salad all watery and dripping wet – not so appealing.

Bonus Tip: Here's one of the best weight loss tips you will ever get: Eat a **huge** salad with every meal! Make the salad the main course, not just an excuse to pig out on foods you know are not good for you.

### ***Tip #6. Breathe!***

No, I'm not kidding!

I bet you didn't know that proper breathing is one of the **best** ways to alkalize your body – and dispose of fat.

Most people are what we in the field call “chest breathers”. You can find out if you are one by doing a quick test:

- a. Lay down on the floor on your back.
- b. Put your hand on your chest.
- c. Take a normal breath.
- d. If your hand moved up and down with your chest, you are a chest breather.

If you find out that you do breathe with your chest, then you're probably not using your lungs to their fullest capacity. That, in turn, means that your body is not getting as much oxygen as it could optimally get with each breath.

So what?

The more oxygen you get into your body, the better your body will function, the more energy your body will have, the easier it can get rid of the acids in your body.

How do you breathe to alkalize?

You take deep breaths, filling the lower parts of your lungs to their fullest extent before filling the upper lungs (chest area). Hold the breath for a brief moment, and exhale slowly in reverse order. You'll need to use your diaphragm to make this happen, sticking out your stomach with each breath.

What we're after is keeping the lower parts of your lungs (the most blood-rich part) filled with air for as long as possible with each breath.

Take 10 breaths like this, 3-5 times a day, and watch the weight melt off you!

### **Tip #7. Combine The Right Foods**

Did you know that the healthy foods you eat could be making you fat? How?

Remember what we said in Tip #2 and Tip #3? The point was that anything that is acidic or toxic will force your body to work overtime, parking the acidic waste into fat cells, producing more cholesterol, and leaching your much-needed minerals to neutralize the acids.

If the foods you eat are not combined properly, you could be causing them to spoil right in your stomach, producing acids and toxins your body must clean up.

Each type of food, proteins, carbohydrates (carbs), and fats require a different internal environment in your system for proper digestion. Carbs are mainly digested in your small intestine, and require an alkaline environment. Proteins, on the other hand, require a more acidic environment and are mainly broken down in the stomach.

When you eat carbs and proteins together, these contradicting requirements can delay the digestion of both. This in turn could let the carbs ferment and the proteins putrefy, right in your stomach! It's almost like letting a cup of beef stew sit on your kitchen counter for a day or two (until it's nice and bubbly), and then eating it!

Let me make that point clear. Have you ever experienced acid reflux? What did you eat that made your body revolt like that? Think about it for a minute... unless you have a digestive disorder, it was because you were combining all sorts of proteins, carbs, fats, and may be even fruits in one meal.

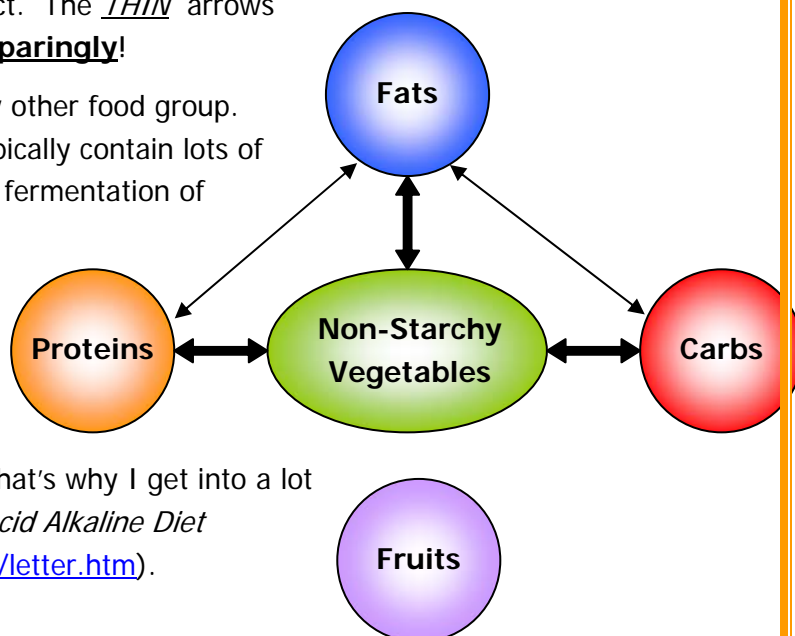
So how do you combine your foods properly?

The figure here puts it all in a nutshell for you. The **THICK** arrows mean that you can freely combine the food groups the arrows connect. The **THIN** arrows mean that you can combine these groups **sparingly!**

Note that you should not eat fruits with any other food group. Fruits in general digest very rapidly, and typically contain lots of sugars... which means that you could invite fermentation of other carbs or purification of proteins.

An exception to this is the following low-sugar fruits, which you can eat freely with the other food groups: lemons, limes, tomatoes, and avocados.

There's a lot more to say about this topic, that's why I get into a lot more detail on this subject in my e-book "*Acid Alkaline Diet Simplified!*" (see [www.AcidAlkalineDiet.com/letter.htm](http://www.AcidAlkalineDiet.com/letter.htm)).



### **Tip #8. Avoid Stress And Learn To Handle It Better**

I know you've heard this many times from other people... and I know it's virtually impossible to go through life these days without *some* stress.

Nevertheless, this is one of the most important tips that can make or break your weight loss program.

You see, when your body is under a lot of stress, you experience the emotions typically associated with stress: anger, fear, anxiety, worry, frustration, hostility, etc. Each of these emotions produces chemical reactions in your body that usually have adverse effects. Here are a few examples:

- Anger, fear, and anxiety typically cause a complete shut-down of your digestive system. That means the elimination of toxins STOPS! Then what? See Tip #8 about undigested foods.
- Worry, hostility, and anger cause your stomach to excrete extra acids. The end results in more toxins and half-digested foods to deal with. Definitely not good!

The more toxins you create and/or keep in your system, the more your body will try to park them in fat cells, leach minerals from your organs, etc., etc. So, what's the remedy?

There's simply not enough space or time to get into too much details here. I spend a whole section of my 2-day seminars on this topic. Keep an eye out for emails about upcoming seminars.

But to get you started, here are a few quick tips to deal with stress. I use these every single day, and trust me, they work... even if they sound too simplistic (that's the point... they are easy to do):

- Ask yourself "what difference will this make in 10 years?" If the answer is "not much", then take it easy... and deal with the problem with a cool head.
- Ask yourself "how can I use this?" I know the first answer you give is "What the heck are you talking about? There is no way to use this situation to my advantage?" But keep asking this question, and your brain will come up with an answer. Trust me, this one will shock you!
- Ask yourself "what do I want out of this situation/event/issue?" Again, you'll come up with a completely negative answer at first, but keep asking the question until you get a positive answer. This will change your focus from what you don't want to what you do want... and that will help you handle the stress much better.

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I promise you, with a little practice, these three questions by themselves will help you keep a cool head, and manage stress better than you ever thought you could. You probably will have even better results than you thought possible in those situations! ;)

### ***Tip #9. Buy & Use Top-Quality Green Powders***

I saved the best for last! This tip alone has helped many of my personal coaching clients lose a lot of weight in just a few weeks.

Why is that?

There are several reasons. Here are two of the most important ones:

- a. Your body is constantly fighting to maintain its delicate pH balance. To do this, your body needs all the vitamins, minerals, trace elements, and phytochemicals it can get. Unfortunately, most foods these days are totally void of any live nutrients... and you get very little of these from your average multivitamin pills – most of the vitamins and minerals in these pills ends up in your urine. Live, top-quality, green vegetable powders are the best way to get a concentrated dose of these vital organic chemicals.
- b. In its natural process of digestion, respiration, and elimination, your body uses many enzymes, minerals, and trace elements. Again, the best way to get these in a concentrated form is through top-quality green vegetable powders.

Important Note: You should remember that when it comes to green vegetable powders, you get what you pay for. Cheap powders are typically of lower quality, and won't have the same effect or taste as the top-quality ones.

What's top quality? Here are a few factors I consider to be important:

- a. All vegetables in the powder must be certified organic,
- b. They must have been dried at low temperatures to preserve their enzymes,
- c. They must contain a good mixture of at least 40 vegetables,
- d. They must not contain any yeast, fungus, or algae,
- e. They must not contain any additives, artificial sweeteners, sugars, or preservatives
- f. They must not contain any animal by-products.

One of the best brands I have seen – and the one I have personally used for over a year – is a product called SuperGreens, manufactured by InnerLight Inc. This product is a bit on the pricey side compared to the other products on the market... but trust me when I tell you that you will feel the difference in quality after using it for a few weeks.

Check out this and other products by that same company at [www.InnerLightSuperGreens.com](http://www.InnerLightSuperGreens.com).

## Top 10 Alkaline Weight Loss Tips For Busy People

### There You Have It!

Use all the tips I have given to you in this Special Report, and be well on your way to incredible results with your weight loss program. Tear this page out of the special report, and post it some place you will see it every day to remind yourself of the tips, which are:

- Tip #1. Drink, Drink, And Then Drink Some More!
- Tip #2. Avoid Coffee, Tea, Soda, And Other Acidic Drinks
- Tip #3. Avoid Foods With Preservatives, Food Coloring, And Additives
- Tip #4. Avoid Artificial Sweeteners Like The Plague That They Are
- Tip #5. Always Have Cut Veggies And Soaked Nuts Ready In Your Fridge
- Tip #6. Make A Huge Salad Every 3 Days
- Tip #7. Breathe!
- Tip #8. Combine The Right Foods
- Tip #9. Avoid Stress And Learn To Handle It Better
- Tip #10. Buy & Use Top-Quality Green Powders

As I mentioned earlier, though, you will get the best results by combining these techniques with the other alkaline diet principles. Only with a complete system will you experience the full power of an alkaline diet... not just for weight loss, but also for taking your health to levels you haven't experienced since you were a child.

So, how do you get a complete system?

When I began learning about alkaline diet and lifestyle, I had to read 3 separate books about the topic just to get a good sense of how to get started... and most of those books were written by scientists (not a very easy read, as you can imagine!) Unfortunately, there hasn't been a real step-by-step guide, written in plain English that you and I can understand, about how to do an alkaline balanced diet... until now!!

Recognizing the pain that others like me (who want the results of an alkaline diet) would have to go through in reading a bunch of books, I decided to create a home-study course to cover all the important points... especially how to get started on the right foot!

I also created a web library of the important information I had collected in my research, including audio and video interviews, recipes, FAQ's, etc.

What began as a labor of love took me over 400 man-hours to complete... and you get to take advantage of my work, and experience all the benefits. If you're interested in taking your results to the next level, go get the home-study course at:

[www.AcidAlkalineDiet.com/letter.htm](http://www.AcidAlkalineDiet.com/letter.htm)