



ALKALINE VS ACIDIC





"NO disease,
including cancer,
can exist in an
alkaline environment."

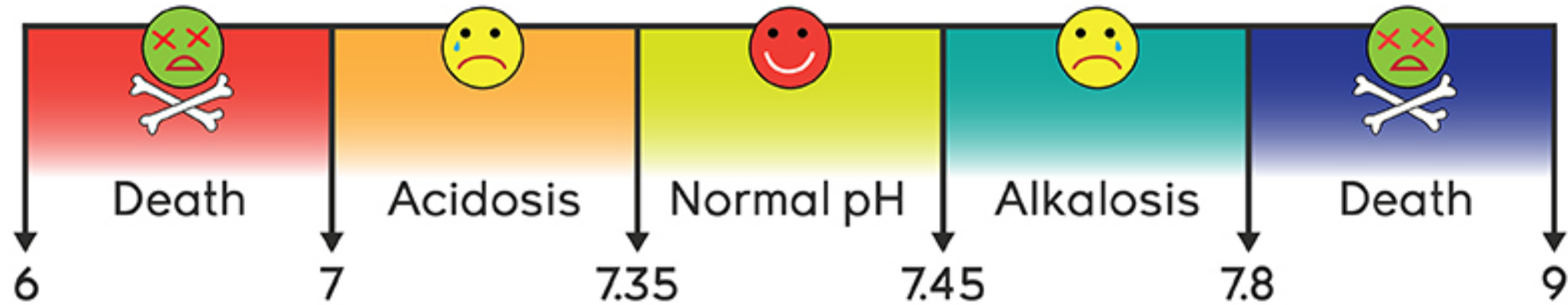
Dr. Otto Warburg,
1931 Nobel Prize winner
for cancer discovery

What is pH ?

- pH stands for the potential of Hydrogen
- Is the concentration of hydrogen in a given substance.
- [] is the symbol for concentration.
- In other words pH is $[H^+]$ in a substance.



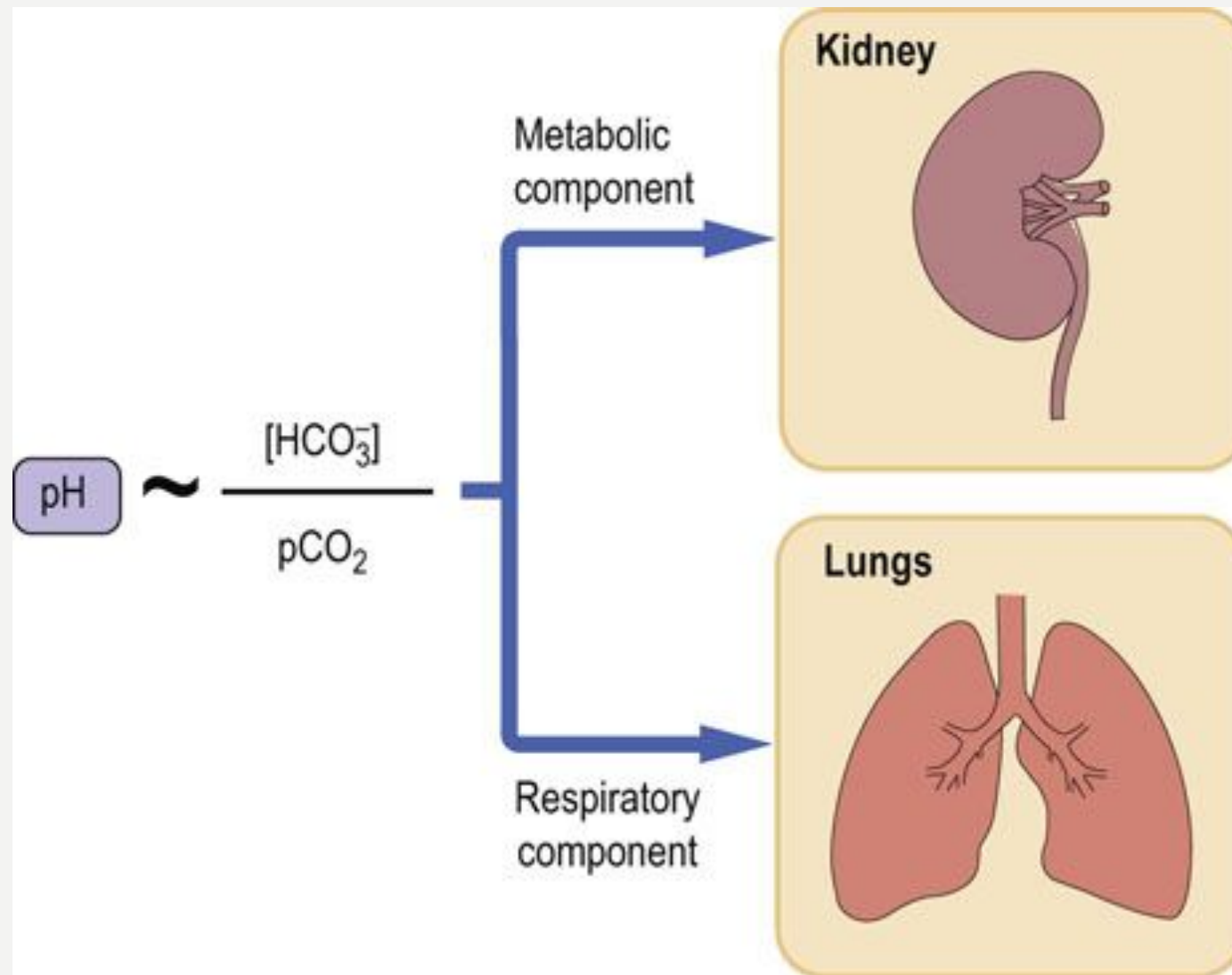
Blood pH Levels



How does the body maintain pH?

- Kidneys
 - Regulate bicarbonate in the ECF
 - The kidneys will retain or excrete H^+ ions or HCO_3 ions as needed
 - Normally acidic urine
- Lungs
 - Control CO_2
 - Adjust rate and depth of ventilation in response to amount of CO_2 in the blood
 - A rise in arterial blood CO_2 stimulates respiration





The pH Scale



How **ACIDIC** FOODS Affect The **BODY**

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LUNGS

Creates excess mucus in the body, manifesting as coughing, breathing trouble, chest pain, fatigue, sinus issues

BONES

Strips our bones of crucial minerals like calcium to help buffer acidic overload in body - results in brittle bones & osteoporosis

BRAIN

Neurological conditions like Alzheimer's, dementia, parkinson's and reduced mental clarity

HEART

Acidic plaques causing heart attacks, strokes, & cardiovascular disease

LIVER / KIDNEYS

Most susceptible to acidic damage. Causes inflammation, ulcers, stones and cancer

STOMACH

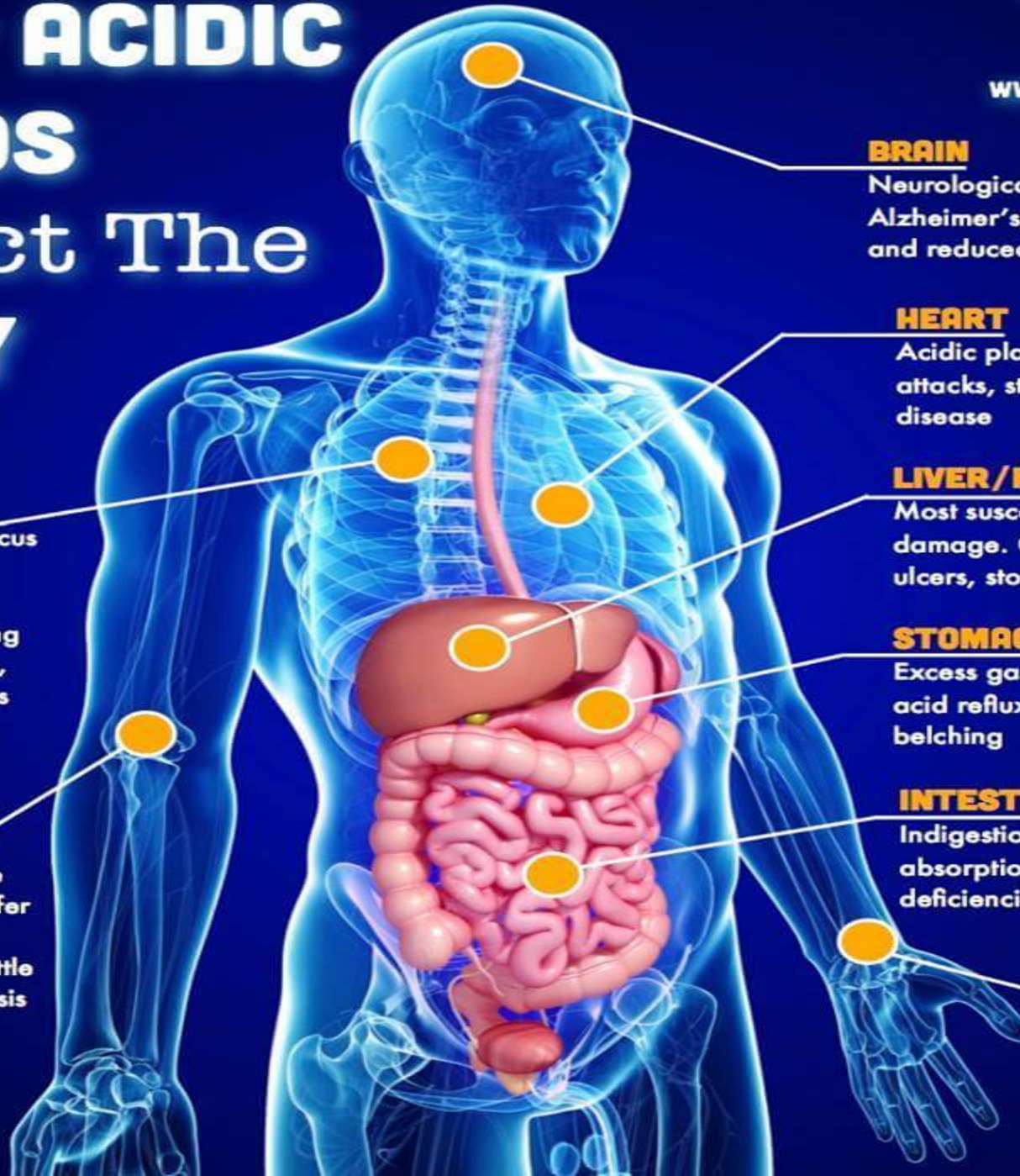
Excess gas, nausea, indigestion, acid reflux, bloating, bad breath, belching

INTESTINES

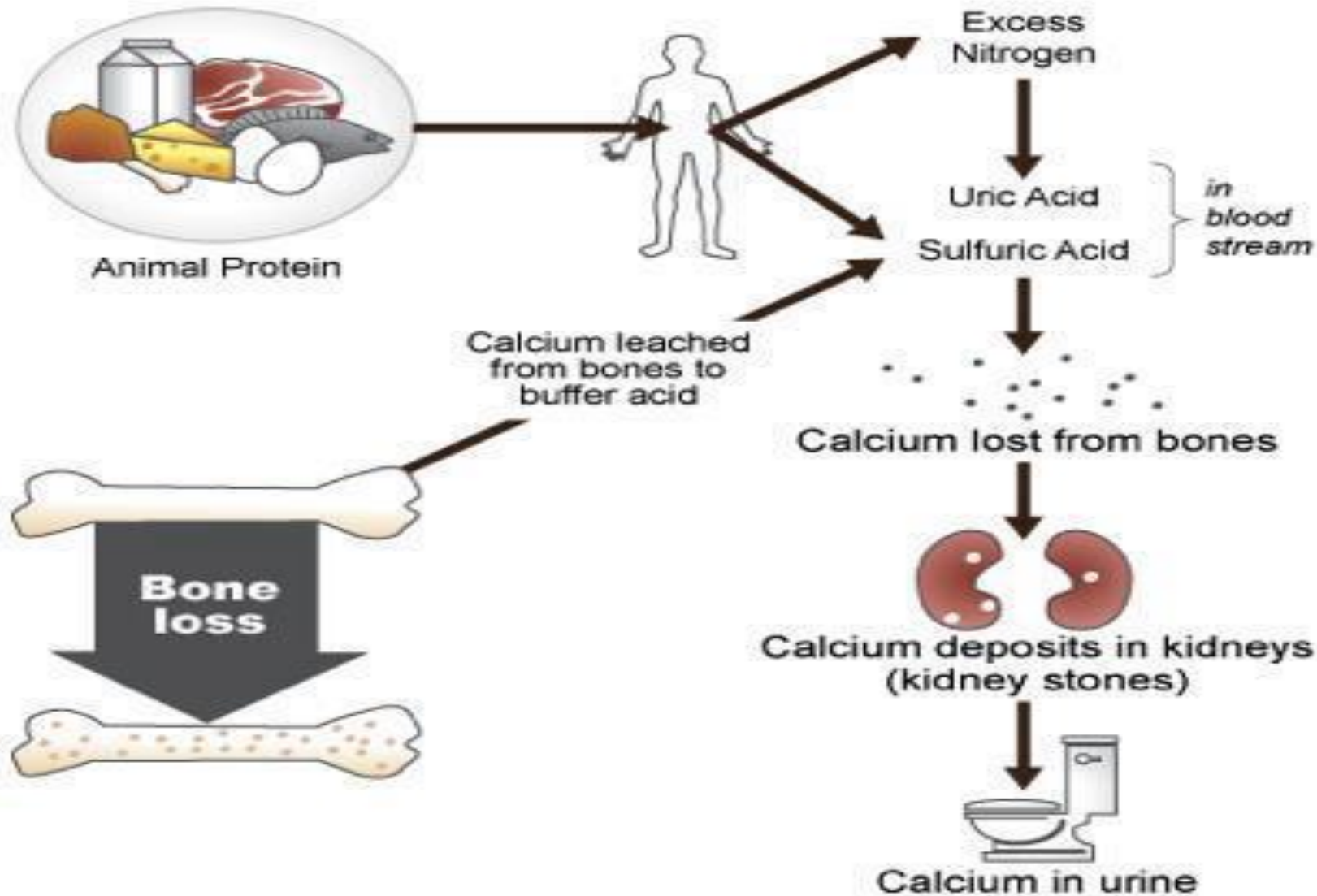
Indigestion, reduced nutrient absorption (vitamin/mineral deficiencies), bloating, candida

SKIN

Chronic acidosis results in eczema, acne, rashes, all dermatitis types & random breakouts



Animal Protein and Osteoporosis



Acid/Alkaline Food Chart					
Most Acidic	Acidic	Acidic	Alkaline	Alkaline	Most Alkaline
Artificial sweeteners Alcohol Beef Hot dogs Bacon Milk Cheese Ice cream White flour White sugar White pasta Soft drinks Box cereal	Wheat Whole wheat Barley Oat bran Chicken Turkey Cod Haddock Eggs Butter Corn Corn oil Currants	Oysters Shrimp Salmon Sardines Yogurt Peanut butter Pecans Pinto beans Spelt Kamut Peas Pumpkin seeds	Almonds Amaranth Apples Apricots Avocados Bananas Beets Cabbage Carrots Cauliflower Celery Cherries Cucumbers Parsnips Dates Flax seeds Grapes Green beans Mushrooms Tofu Wild rice Green tea Maple Syrup Raw honey Ginger tea	Kiwi Lettuce Millet Molasses Musk Melon Oranges Peaches Pears Pineapples Sweet Potatoes Squash Zucchini Quinoa Okra Radishes Berries Sauerkraut Coconut Sugar Green tea	Lemons Limes Watermelon Grapefruit Asparagus Broccoli Garlic Onions Mangoes Papaya Parsely Spinach Dandelion Kale Swiss chard Umeboshi plums

Most Acidic	Acidic	Acidic	Alkaline	Alkaline	Most Alkaline
Artificial sweeteners	Wheat	Oysters	Almonds	Kiwi	Lemons
Alcohol	Whole wheat	Shrimp	Amaranth	Lettuce	Limes
Beef	Barley	Salmon	Apples	Millet	Watermelon
Hot dogs	Oat bran	Sardines	Apricots	Molasses	Grapefruit
Bacon	Chicken	Yogurt	Avocados	Musk Melon	Asparagus
Milk	Turkey	Peanut butter	Bananas	Oranges	Broccoli
Cheese	Cod	Pecans	Beets	Peaches	Garlic
Ice cream	Haddock	Pinto beans	Cabbage	Pears	Onions
White flour	Eggs	Spelt	Carrots	Pineapples	Mangoes
White sugar	Butter	Kamut	Cauliflower	Sweet Potatoes	Papaya
White pasta	Corn	Peas	Celery	Squash	Parsely
Soft drinks	Corn oil	Pumpkin seeds	Cherries	Zucchini	Spinach
Box cereal	Currants		Cucumbers	Quinoa	Dandelion
			Parsnips	Okra	Kale
			Dates	Radishes	Swiss chard
			Flax seeds	Berries	Umeboshi
			Grapes	Sauerkraut	plums
			Green beans	Coconut Sugar	
			Mushrooms	Green tea	
			Tofu		
			Wild rice		
			Green tea		
			Maple Syrup		
			Raw honey		
			Ginger tea		

ALKALINE FORMING FOODS

Asparagus
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Celery
Collard Greens
Cucumbers
Eggplant
Garlic
Ginger Root
Kale
Mushrooms
Mustard Greens
Seaweed
Sweet Potatoes

Apples
Apricots
Avocado
Bananas
Blackberries
Cantaloupe
Cherries
Grapefruit
Grapes
Kiwi
Lemons
Limes
Mango
Peach
Raspberries
Strawberries
Watermelon

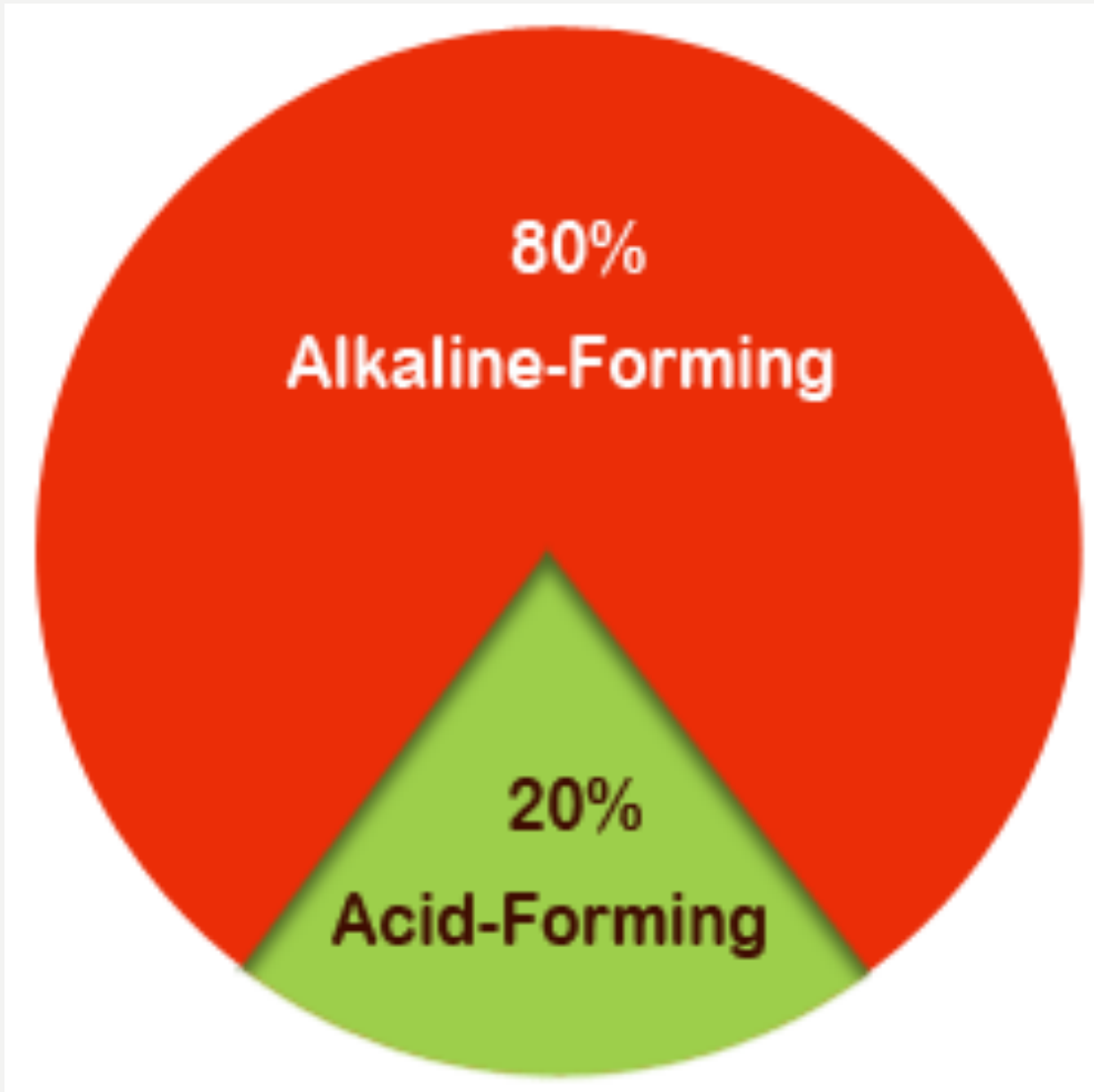
Apple Cider Vinegar
Almonds
Cashews
Coconut Oil
Distilled Water
Flax Oil
Green Tea
Herbal Tea
Kombucha
Lentils
Oats
Olive Oil
Quinoa
Pumpkin Seed
Sesame Seed
Sprouted Seeds
Sunflower Seeds

ALKALINE FOOD LIST

Foods Checker



- | | | | |
|--|---|---|---|
| 
Beet Greens | 
Pumpkin | ALKALINE FOODS | |
| 
Chard Greens | 
Spirulina | <i>Raw For Beauty</i> | 
Sea Veggies |
| 
Broccoli | 
Watercress | 
Dandelions | 
Celery |
| 
Mustard Greens | 
Cabbage | 
Alfalfa | 
Radishes |
| 
Cucumber | 
Chlorella | 
Edible Flowers | 
Collard Greens |
| 
Wild Greens | 
Spinach | 
Kohlrabi | 
Tomatoes |
| 
Cauliflower | 
Peppers | 
Dulse | 
Sprouts |
| | | 
Garlic | 
Wheat Grass |
| | | 
Barley Grass | 
Lettuce |
| | | | 
Kale |



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WHAT IS DEHYDRATION?

Dehydration occurs when the amount of water leaving the body is greater than the amount of water we can actually use, being taken in.

The body is very dynamic and always changing. This is especially true with water in the body.



How Much Water Should we Drink?

How much water you should drink, before factoring in physical activity

Calculation: $\text{your weight} \times 0.5 = \text{oz. of water per day}$

Example: $200 \text{ lbs.} \times 0.5 = 100 \text{ oz. per day}$

ACID



VS

ALKALINE





**"NO disease,
including cancer,
can exist in an
alkaline environment."**

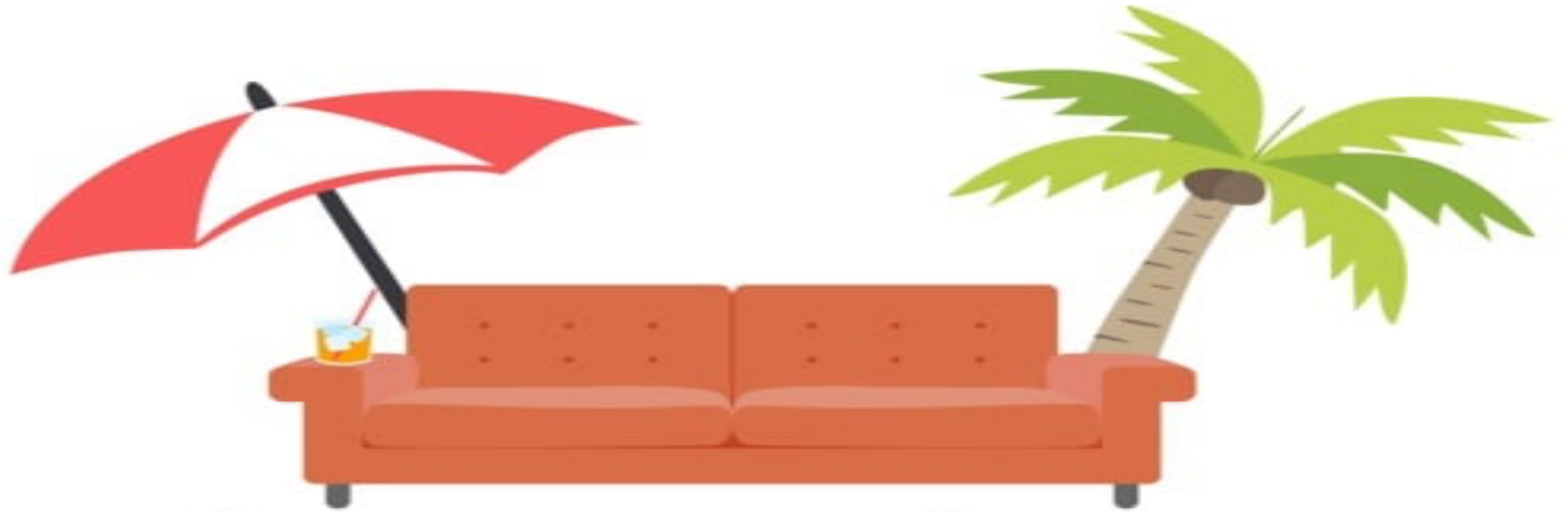
**Dr. Otto Warburg,
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BENEFITS OF FASTING

WHAT IS FASTING?

abstain from food, refrain from eating, deny oneself food, go without food, go hungry, eat nothing, starve oneself; go on hunger strike



**Currently on
STAYCATION**



UNDERSTANDING



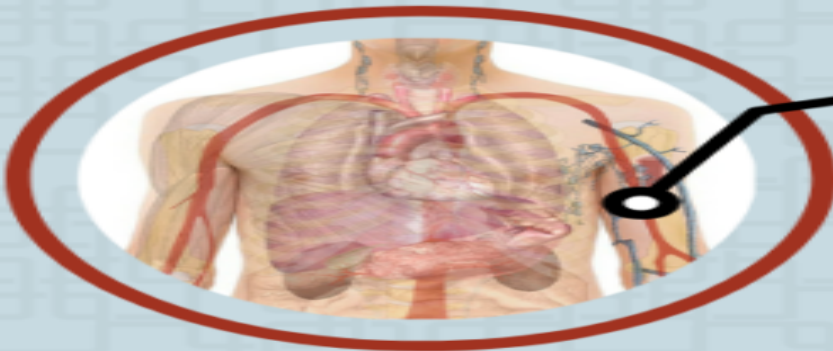
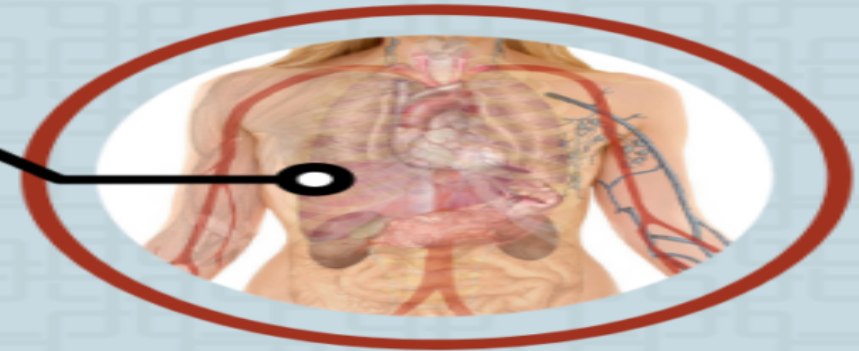
GLYCOGEN

GLYCOGEN

A sugar or carbohydrate that acts as an important energy store for the body.

LIVER GLYCOGEN

Stores in the liver assist in regulating sugar-dependent functions of the entire body, such as blood-sugar levels.



MUSCLE GLYCOGEN

In skeletal muscle, glycogen helps fuel and regulate physical activity, especially in high-intensity exercise and explosive movements.



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Lipid Metabolism

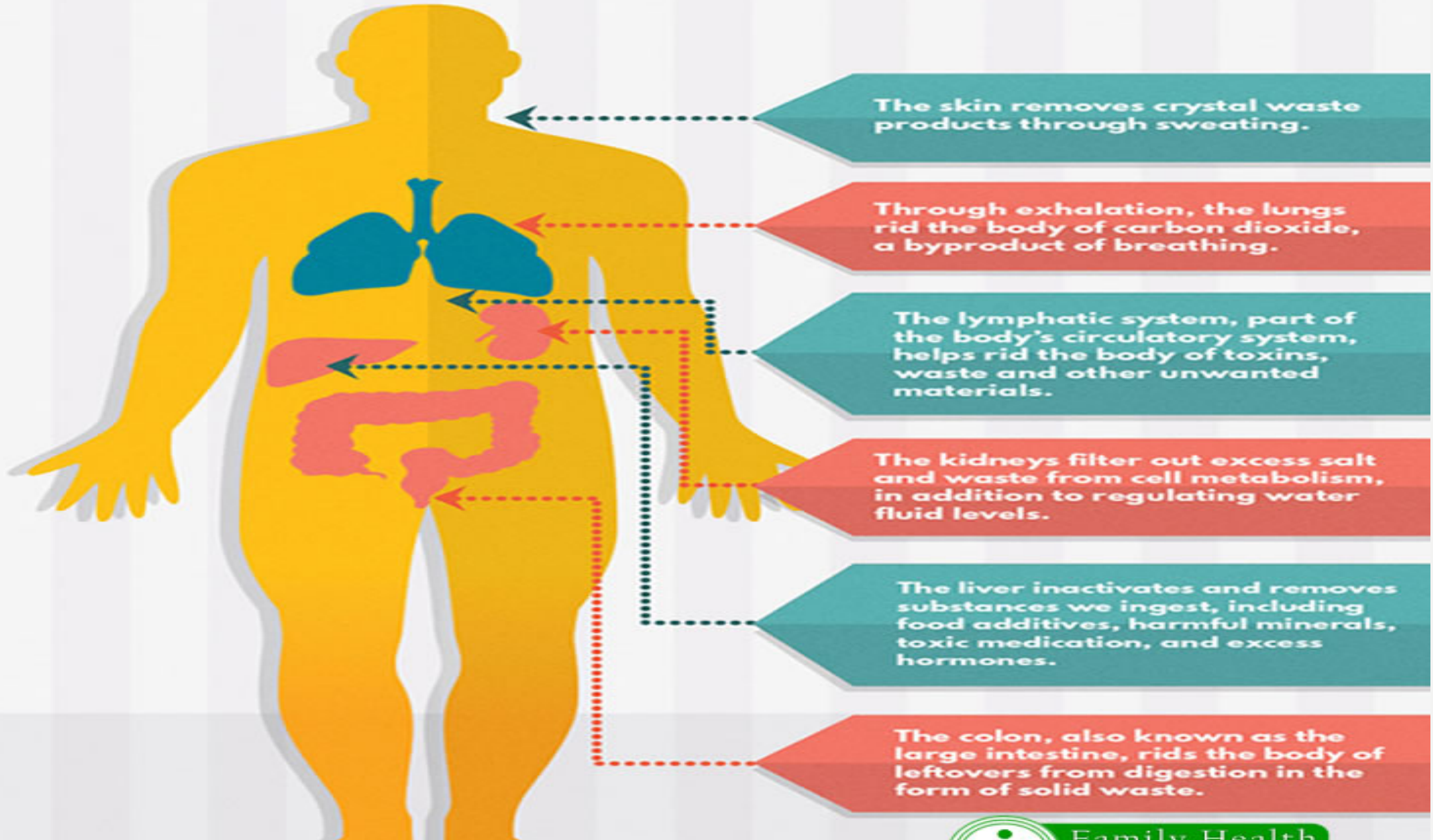
Newly imported triglycerides first form small droplets at the periphery of the cell, then merge with the large, central globule.



As the central globule enlarges, the fat cell membrane expands to accommodate its swollen contents.

- Fat can be stored or used for energy
- Storage as fat
 - Adipose tissue
 - LPL = lipoprotein lipase

Organs that Detox Your Body





How many Chemical are Introduced Every Day

Pervasive Exposures

The Chemical Environment

- 80,000 chemicals in the Federal inventory
- 2,000 to 3,000 new chemicals introduced each year

Liver Detoxification

Toxin Types

- Pollutants
- Contaminants
- Pesticides
- Drugs
- Alcohol
- Food additives
- Metabolic End products
- Microorganisms



Phase 1

(Break Down Toxins)

Nutrients needed

- Fat-soluble vitamins: A, C, D3, and E
- Calcium
- Antioxidants
- B vitamins
- Glutathione
- Detoxifying herbs and spices: milk thistle, turmeric, dandelion, ginger

You can get these from fruits, veggies, organic animal products, sunshine, herbs and spices.

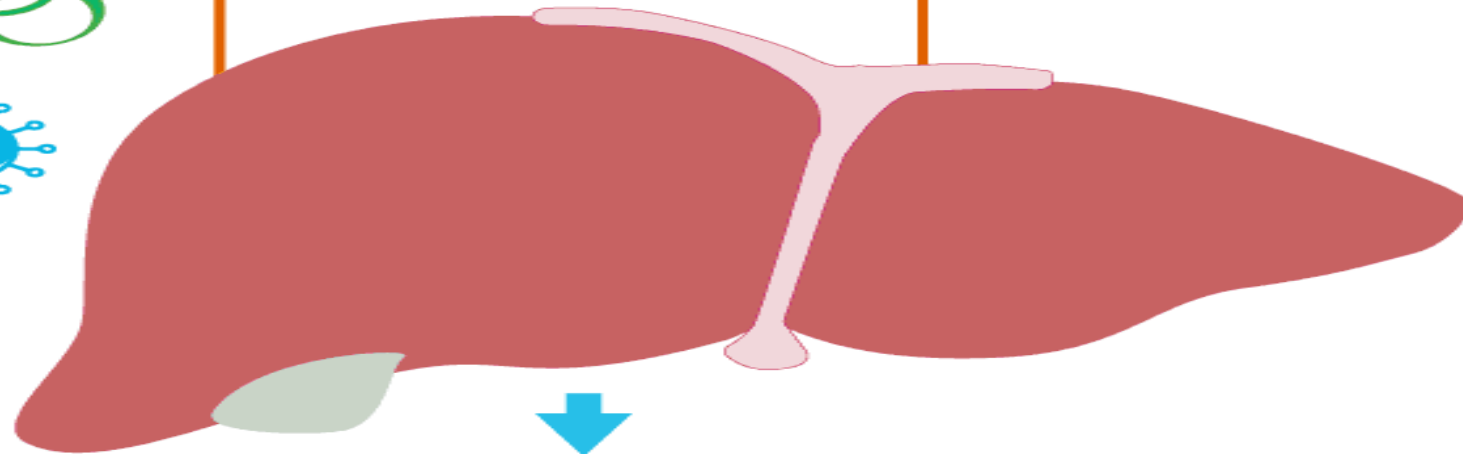
Phase 2

(Neutralize Toxins)

Nutrients needed

- Amino acids: Glutamine, glycine, lysine, taurine, cysteine
- Magnesium
- Vitamins B and C
- Glutathione
- Choline
- Sulphur

You can get these from proteins such as eggs, fish, gelatin, bone broth and some veggies.



Bowels

Gall Bladder

Waste

(water-soluble)
Excreted from the body

Kidneys

Urine

JUICE FAST



reduced toxins
reduced mood swings
reduced pain
improved memory
healthier lifestyle
increased energy
beautiful skin
weight loss
immune boost
reduced pain
reduced inflammation
allergy reduction
increased energy

Detox benefits
healthier lifestyle
immune boost
increased energy
reduced inflammation
reduced mood swings
hormonal balance
improved digestion
reduced toxins
beautiful skin
reduced mood swings
hormonal balance
reduced pain
pregnancy preparation
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Detox benefits
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weight loss
reduced inflammation
increased energy
hormonal balance
immune boost
pregnancy preparation
Detox benefits
allergy reduction
improved digestion
hormonal balance
improved memory
weight loss
reduced pain
pregnancy preparation
clear mind
healthier lifestyle
improved digestion
reduced pain
increased energy
beautiful skin
reduced inflammation
immune boost
allergy reduction
reduced toxins
reduced pain
immune boost
pregnancy preparation
clear mind
allergy reduction
immune boost
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immune boost
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clear mind
clear mind
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DETOX JUICE

5 CARROTS
2 APPLES
4 CELERY STALKS
1 LEMON



WHAT IS INTERMITTENT FASTING?



INTERMITTENT FASTING

- Intermittent fasting is an umbrella term for various eating diet plans that cycle between a period of fasting and non-fasting over a defined period

Intermittent

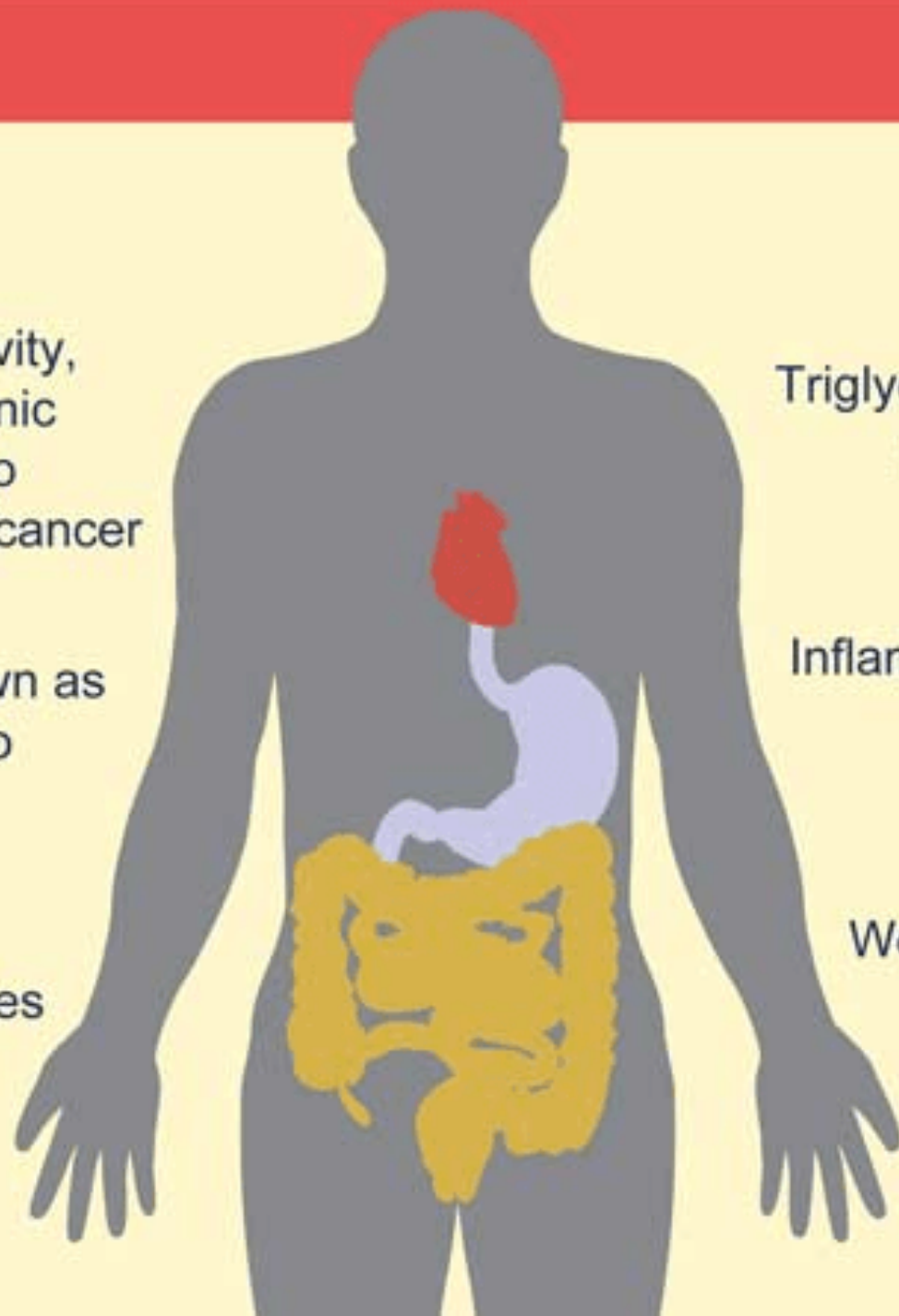


Fasting

BENEFITS

INCREASES

- ⬆ Insulin and leptin sensitivity, reducing the risk of chronic disease, from diabetes to heart disease and even cancer
- ⬆ Ghrelin levels, also known as "the hunger hormone," to reduce overeating
- ⬆ Ability to become "Fat Adapted", which increases your energy by burning stored fat



DECREASES

- Triglyceride levels, decreasing your risk of heart disease ⬇
- Inflammation and free radical damage ⬇
- Weight gain and metabolic disease risk ⬇

7 Amazing Benefits to Fasting

Autophagy

- Body naturally removes cellular debris
- Body will always eat bad cells first

Rise in Stem Cells

- Stem cell based regeneration of new immune cells
- Healing of old injuries

Rise in Ketones

- Ketones produced burn fat cells for energy
- Ketones heal the brain, gut, and turn off bad genes

Energy Diversion

- Energy is diverted from digesting and assimilates food
- This down regulates inflammation and oxidative stress

Hormone Optimization

- Cells become more sensitive to hormones and insulin
- Insulin and glucose are controlled

Resets Microbiome

- Fixes gut barrier
- Influences our genetic expression

Resets DNA

- Turns off bad genes
- Powers up good genes

FASTING
RECHARGES
YOUR BRAIN,
REDUCES
RISK OF
DEMENTIA



Intermittent fasting
increases production of the
"master molecule"
Brain-Derived Neurotrophic Factor



BDNF goes up



EASTING NEWS





Neurogenesis

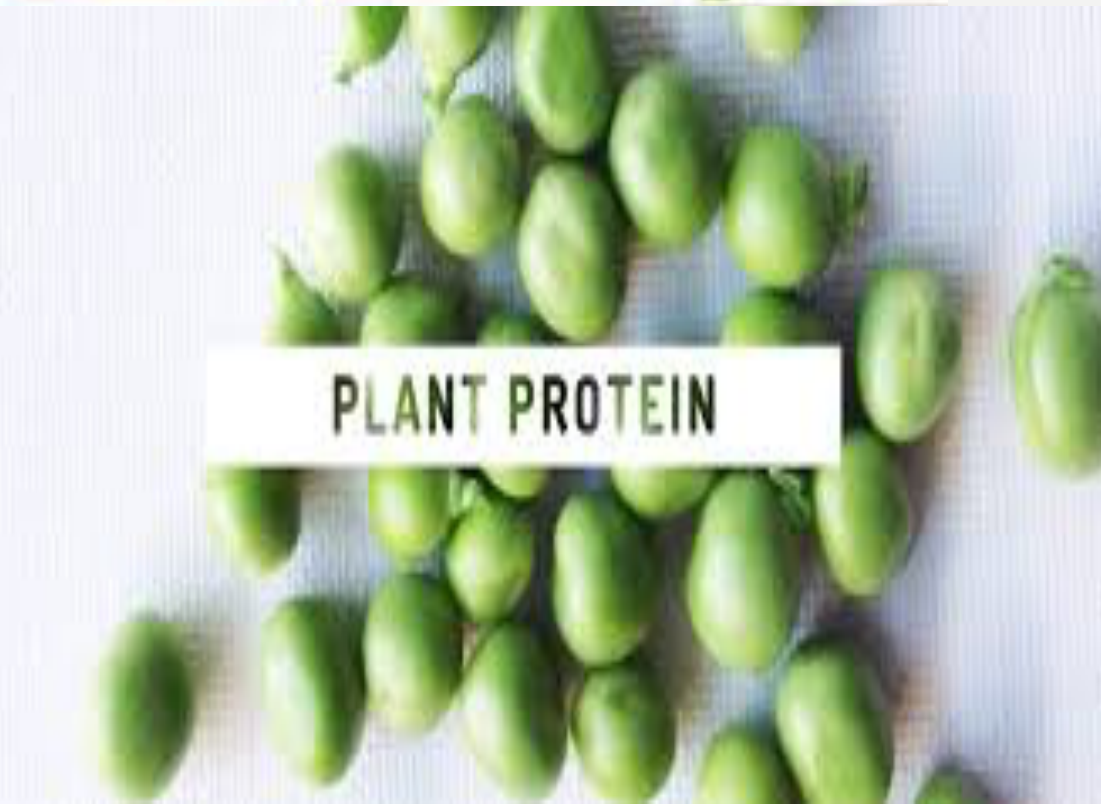
RECENT RESEARCH ON NEUROGENESIS

Most research on adult neurogenesis has focused on the DG area of the hippocampus. Hippocampal adult neurogenesis has been observed in all mammalian species studied to date. In the adult human brain, neurogenesis appears to occur in the hippocampus, a brain area that is particularly important for cognitive functions such as learning and memory, and for emotions, mood, anxiety and stress response.^{1,8,9}

(Lieberwirth C, et al. Brain Res. 2016; 1644:127-140. doi:10.1016/j.brainres.2016.05.015.

Knoth R, et al. Callaerts P, ed. PLoS One. 2010; 5(1):e8809.

doi:10.1371/journal.pone.0008809.)



HEALTHY FATS

Incorporate these healthy fats into your everyday lifestyle and LIVE A VITAL LIFE



CHIA SEEDS
1 TBSPN = 4 GRAMS



COCONUT OIL
1 TBSPN = 14 GRAMS



ALMOND BUTTER
1 TBSPN = 9 GRAMS



WALNUTS
1/4 CUP = 18 GRAMS



AVOCADO
HALF = 15 GRAMS



OLIVES
1/4 CUP = 4 GRAMS

EYES ARE EXTENSION OF THE BRAIN



THE 8 LAWS OF HEALTH



Nutrition



Exercise



Water



Sunshine



Temperance



Fresh Air



Sleep



Trust in God



THE BENEFITS OF SPIRITUAL FASTING

JUICE OF THE MONTH

