

Joy in Living: The Alkaline Way

A HEALTH STUDIES COLLEGIUM RESOURCE GUIDE

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Page composition by David Tai Bornoff

Designed in USA

Dear Friend,

Welcome to *Joy in Living: The Alkaline Way* (*The Alkaline Way* from here forward). As you move through the steps of this program, more than your body will transform. You'll find that having a personalized plan for what to eat, drink, think, and do will influence both your health and your quality of life. You'll look better and feel better. And, you can document that your body is functioning more efficiently and effectively using our predictive biomarker tests.

By following *The Alkaline Way*, you will naturally transition away from damaging foods or behaviors toward optimal health. As you deepen your practice of *The Alkaline Way*, sustainable health will become second nature, so that you may live life more fully.

Yours in health's journey,

A handwritten signature in cursive script that reads "Russ Jaffe".

Dr. Russell Jaffe, MD, Ph.D., CCN, FRMS
FASCP, FACN, FACAAI, FAMLI, FOCIS



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“Beyond fight or flight, we can choose fortitude in response to life stress.”

Dr. Russell Jaffe (paraphrasing Bhan  Dharmawara)

Chapter 1. The Alkaline Way™: What It Is and Why It Matters

The Alkaline Way is based on the most effective approaches we have found in over forty years of global investigation and research to improve quality of life and sustain health and happiness.

Since we are a product of what we eat, drink, think, and do, it is critical that we remember that optimal health and happiness come down to choice much more than to chance. That's why this guide is designed to inform you so you can make healthier choices when it comes to how you nourish your body, mind, and spirit. Here is everything you need to support your body's own natural immune defense and repair, and digestive, detoxification, and neurohormone functions. The goal is to prevent illness and disease by more safely and completely meeting your body's needs. More than that, following the Alkaline Way approach to diet and mindfulness provides such motivation, inspiration, and serenity that it creates a powerful sense of well-being and resilience.

Health Is a Matter of Balance: Acid vs. Alkaline Cells

Health is a matter of balance. The cells of our bodies are always seeking a healthy balance to keep us alkaline. Even a small shift toward more acid is linked to a great increase in disease and loss of cell resilience. When our bodies are in a more acidic state, they are weaker and more vulnerable to disease; our defenses and ability to repair from usual wear and tear are down. When our bodies are in a healthier, more alkaline state, they are more resilient and can resist and recover from illness more effectively.

Foods that we choose have a great impact on our health, as summed up by their effect on our acid and alkaline balance. Measuring our pH, as explained in *Appendix A: Testing Your Acid-Alkaline Balance*, tells us whether our bodies are in a healthy balance.

“Just a Burger and a Cup of Coffee...”

When we consume a diet high in fat, processed foods, sugar, and protein—also known as the common American diet—our bodies become more acidic, and less resilient. This state is known as metabolic acidosis. On the other hand, when we enjoy a diet rich in greens, plants, fruits, vegetables, minerals, and antioxidants, our cells become more alkaline, and more resistant to everyday stress. Just a slight shift in either direction can have a dramatic impact on our health—for better or worse.

**“We are what we
Eat, Drink, Think, and Do!”**

Health Choices Matter

Less Alkaline (Body Cells More Acid)

- Kidney disease
- Autoimmune disorders
- Premature aging
- Cardiovascular disease and stroke
- Weight gain, obesity, and diabetes
- Bone disorders: osteopenia and osteoporosis
- Bladder / kidney stones & other risks
- Hypertension
- Hormone imbalances
- Joint pain, aching muscles, and lactic acid buildup
- Slow digestion and poor elimination
- Yeast/fungal overgrowth

More Alkaline (Body Cells In Balance)

- Kidney protected
- Better immune defense and repair
- Healthier bones and joints
- Deeper, more restorative sleep
- Abundant physical energy
- Resist better and recover more quickly from colds, flu, illnesses, and headaches
- Healthier digestion
- More flexible and comfortable
- Candida (yeast) suppressed naturally
- Increased resistance to parasites

Life in Balance

Our pH is the measure of how acid or alkaline we are. A pH of 0 is absolutely acid, and a pH of 14 is completely alkaline; 7 is neutral. Our bodies seek to maintain a slightly alkaline pH of approximately 7.35 in the blood in our veins (the blood vessels that bring blood back to lungs and heart to be recharged). The foods that we eat impact our body's pH balance and can either increase or decrease overall health. On average, the standard American diet (meat, dairy, eggs, sugar, soda, coffee, tea, alcohol, nicotine, processed foods, and so on) is quite imbalanced and increases our risk of ill health, in part by contributing to an excess acid load.

Burdened by an excess acid load, our bodies have a harder time resisting sickness and bouncing back from stress, resulting in fatigue, illness, and infection risks.

In contrast, having a balanced (more alkaline) body pH can lead to less illness and infection, lowered cancer risk, better digestion, abundant energy, more restful and restorative sleep, reduction of yeast and parasite hospitality, increased mental alertness, and more.

Diabetes Protection

Studies show that even the slightest degree of metabolic acidosis produces insulin resistance and systemic hypertension. A strongly acidic diet, combined with excess body weight, lack of physical exercise, and aging, may result in metabolic syndrome and type 2 diabetes. These conditions, in turn, may lead to impaired cardiovascular health. In contrast, increased intake of fruits and vegetables, and healthy body/mind practices, as outlined in *The Alkaline Way*, are associated with lowered risk of diabetes and cardiovascular conditions.

Kidney Protection

An alkaline diet contributes to the health and protection of our kidneys—one of the most vital organ systems in our body. Our kidneys remove wastes from our body, help control blood pressure, and help keep bones healthy. An alkaline diet contributes to lowered risk of kidney disorders, such as kidney stones, kidney disease, and kidney failure.

Bone Protection

More than 40 million Americans currently suffer from bone loss, as osteoporosis or osteopenia—a major cause of hip fracture. After decades of our and others' work, scientific and medical communities now widely accept that an acidic diet plays a key role in bone loss and weakening of bones. This happens because acidosis increases the loss of minerals from bones and joints, where mineral reserves (magnesium, calcium, and a dozen others) are stored.



“NIH researchers confirm metabolic acidosis is a major, often undiagnosed, health risk.”

As you progress through *The Alkaline Way*, you will find easy-to-follow guidelines to help you personalize your way to optimal health.

Chapter 2: *The Alkaline Way Seven Principles* provides seven key principles for healthy, sustainable eating.

Chapter 3: *Recipes and Menus* offers recipes and menu ideas to inspire your creativity and guide you with nutritious ingredients.

Chapter 4: *Substitute for Reactive Foods* offers replacement strategies for avoiding common allergenic and difficult-to-digest foods, which will ease the burden on your immune system.

Chapter 5: *Supplementation and Resilience* guides you in supplementation for your immune-tolerant diet. Supplements help to counteract internal stress and stress related to environmental factors. You will find general guidance and some specific recommendations.

Chapter 6: *Detox and Cleanse Guide* introduces the vital process of cleansing and reviews its beneficial impacts on long-term health and well-being. Several methods of cleansing are described, including Dr. Jaffe's C Cleanse and Calibration.

Chapter 7: *Healthy Practices for Mind and Body* recommends a series of stress-reducing lifestyle practices that are known to steady the mind and fuel positive, peaceful energy. These practices are integral to lowering acid levels in the body and maintaining long-term health.

Appendix A: *Testing Your Acid-Alkaline Balance* provides guidelines on how to test your pH and appropriate recommendations for your results.

Appendix B: *Assessing Your Transit Time (Consumption to Elimination)* helps you to measure your transit time—the interval between food ingestion and the excretion of digested waste. Learning your transit time will enable you to learn how efficiently your digestive tract is working and how to take the proactive steps toward any needed adjustments.

As you embark on living the Alkaline Way, remember that things don't change over night... Be patient. Persevere in your journey. Perseverance rewards you. Results often come slowly and then become a permanent part of our lives. When practiced over time, the Alkaline Way lifestyle will become a key to extraordinary changes in your energy levels, your mood, and your physical well-being.



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Chapter 2. Seven Principles of Eating The Alkaline Way

Eat...

- 1. A wide variety of fresh, high-quality, whole foods**
- 2. 60% alkaline foods to maintain health; 80% to recover**
- 3. Immune system-friendly foods**
- 4. 60-70% plant-based, complex carbs; 15-20% protein; 15-20% healthy fat**
- 5. Probiotic & fermented (cultured) foods and drinks**
- 6. Plenty of fiber and water**
- 7. Healthier (more delicious) food combinations**

1) Eat a Wide Variety of Fresh, High-Quality, Whole Foods

Your first consideration for eating the Alkaline Way is to eat predominantly whole foods (better even when grown organically or biodynamically). This is the basis of eating the Alkaline Way.

Your focus should be on eating plant-based, what we call “life-ly” foods—including fresh vegetables and fruits, lightly toasted nuts and seeds, lightly steamed vegetables, sprouts of grains and beans, fermented foods, freshly squeezed fruit juices, and vegetable juices. These foods retain active enzymes that enhance digestion.

For maximum health benefit, eat a wide variety of whole foods. Eating the same foods repeatedly limits digestive and nutritional variety and also increases the likelihood of becoming reactive to those foods if digestion is weak, stressed, or compromised. Diversify your choices for those foods that are easy for you to digest, assimilate, and eliminate. Experiment with new flavors—and often get a health bonus as well.



Superfoods

(Healing Foods and Beverages)

- Seeds, Nuts, and Sprouts
- Dark Fruits & Berries
- Sea Vegetables and Mushrooms
- Lentils, Beans, and Artichokes
- Healthy Oils, Vinegars, and Spices
- Fermented/Probiotic Foods



2) Eat 60–80% Alkaline-Forming Foods

Principle two is to select predominately alkaline foods. If you are already in good health, we recommend eating at least 60% alkaline-forming foods. If your immune system is compromised or reacting to something or your health needs to be restored in any way, we suggest an 80% alkalinizing diet, to help calm your immune system and support digestion.

Refer to the *Food & Chemical Effects on Acid/Alkaline Body Chemical Balance* chart on pages 13 and 14 (and online at AACHRT.PERQUE.COM) to learn about acid-forming and alkaline-forming foods. Those foods that are alkalinizing and that you most enjoy will become the cornerstones of your shopping lists—the staples of your personal healthy eating plan. You will refer to this chart frequently when creating shopping lists.



3) Eat Immune System Friendly Foods (Based on Your LRA by ELISA/ACT™ Test Results)

The third Alkaline Way principle for healthy eating is to avoid any foods to which your immune system reacts. Use the list of reactive foods from your LRA by ELISA/ACT tests results if you have had testing for delayed allergies; if you have not yet been tested, it is highly recommended. See www.ELISA/ACT.com.

Once you have your checklist of immune-reactive foods, be sure to cross those off the chart and avoid those foods when shopping and eating. *Chapter 4: Substitute for Reactive Foods* provides a wide range of healthy and delicious substitutions for common food allergies.

Most overweight people lose weight effortlessly (even if they eat more calories) and enhance metabolism when they substitute nonreactive foods for those that cause them reactions and eat the Alkaline Way. Conversely, many underweight people gain healthy weight, because protein synthesis and repair are enhanced through a health-promoting diet.

Sample LRA reactions list

ELISA/ACT® LRA RESULTS		Patient, Sample 65056 September 1, 2011
.....		
STRONG REACTIONS		<u>Avoid for at least 6 months.</u>
• Blueberry	• Cottonseed Oil	• Pepper, Black
• Candida albicans	• Nitrates/Nitrites	• Chlordane
.....		
MODERATE REACTIONS		<u>Avoid for at least 3 months.</u>
• Apple	• Cucumber	• Safflower Oil
• Sucanat	• Dill	• FD&C Red #2
• Gum, Guar	• Methyl paraben	• Propyl paraben
• Vinyl Chloride	• Chloroform	• Horseradish
.....		
Thus of the 401 substances tested, reaction is noted to 18 items.		
While both strong and moderate reactions are equally burdensome to your immune defense and repair systems, we have found that it takes about half as long to restore tolerance of moderate reactions as compared to the strong ones.		





MORE ACID

(Consume Less)



Food Category	☹☹☹☹	☹☹☹	☹☹	☹
Citrus Fruit Fruit		Cranberry Pomegranate	Plum Prune Tomato	Coconut Fig Guava Persimmon Juice Cherimoya Date Dry Fruit
Bean Vegetable Legume Pulse Root	Soybean Carob	Pea Green Snow Peanut Legumes (other) Carrot Chick Pea/Garbanzo	Bean Pinto White Navy/Red Aduki Lima or Mung Chard Split Pea	Bean Fava Kidney Black-eyed String/Wax Spinach Zucchini Chutney Rhubarb
Grain Cereal Grass	Barley <i>Processed Flour</i>	Corn Rye Oat Bran	Wheat Semolina Spelt, teff Kamut White Rice Buckwheat	Triticale Brown Rice Millet Kasha
Fowl	Pheasant	Chicken	Goose/Turkey	Wild Duck
Meat Game Fish/Shell Fish	Beef Shell Fish (Processed) Lobster	Pork/Veal Mussel/Squid	Lamb/Mutton Game Meat Shell Fish (Whole)	Gelatin/Organs Venison Fish
Egg				Egg, Chicken
Processed Dairy Cow/Human Soy Goat/Sheep	<i>Processed Cheese</i> Ice Cream	Casein Cottage Cheese Milk, Soy	Milk; Goat, Cow, Sheep	Cream/Butter Yogurt Cheese; Goat, Sheep
Oil Seed/Sprout Nut	<i>Cottonseed Oil/Meal</i> <i>Fried Food</i> Hazelnut Walnut Brazil Nut	Oil Chestnut Palm Kernel Lard Pistachio Seed Pecan	Oil Almond Sesame Safflower Tapioca Seitan or Tofu	Oil Canola Pumpkin Seed Grape Seed Sunflower Pine Nut
Beverage Preservative Sweetner Vinegar	<i>Beer</i> <i>"Soda"</i> <i>Table Salt</i> Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar	Coffee Aspartame Saccharin Red Wine Vinegar	<i>Alcohol</i> Black Tea Benzoate Balsamic Vinegar	<i>Kona Coffee</i> MSG Honey/Maple Syrup Rice Vinegar
Spice/Herb	Pudding/Jam/Jelly	Nutmeg	Vanilla Stevia	Curry
Therapeutic	<i>Antibiotics</i>	<i>Psychotropics</i>	<i>Antihistamines</i>	



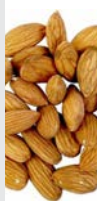
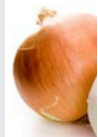


MORE ALKALINE

(Consume More)



+	++	+++	++++	Food Category
Orange Banana Blueberry Raisin, Grapes Currant Strawberry	Lemon Pear Avocado Apple Blackberry Cherry Peach	Grapefruit Canteloupe Honeydew Olive Mango Citrus Loganberry	Lime Nectarine Raspberry Watermelon Tangerine Pineapple	Citrus Fruit Fruit
Brussel Sprout Beet Chive/Scallion Celery/Cilantro Squash Artichoke Lettuce Jicama Turnip Greens	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Eggplant Pumpkin Collard Greens	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Jerusalem Artichoke Ginger Root Broccoli	Lentil Broccoli Seaweed Noril Kombu Wakame Hijiki Onion/Miso Daikon/Taro Root Sea Vegetables Burdock/Lotus Root Sweet Potato/Yam	Bean Vegetable Legume Pulse Root
Quinoa Wild Rice Oat				Grain Cereal Grass
				Fowl
				Meat Game Fish/Shell Fish
Egg, Duck	Egg, Quail			Egg
Ghee Human Breast Milk				Processed Dairy Cow/Human Soy Goat/Sheep
Oil Avocado Coconut Olive/Macadamia Linseed/Flax Seeds (most)	Oil Cod Liver Primrose Sesame Seed Almond Sprout	Poppy Seed Pepper Chestnut Cashew	Pumpkin Seed	Oil Seed/Sprout Nut
Ginger Tea Sulfite Sucanat Umeboshi vinegar	Green or Mu Tea Rice syrup Apple Cider Vinegar	Kambucha Molasses Soy Sauce	Mineral Water Sea Salt	Beverage Preservative Sweetner Vinegar
White Willow Bark Slippery Elm Artemesia Annu	Herbs Aloe Vera Nettle	Spices/Cinnamon Valerian Licorice Agave	Baking Soda	Spice/Herb
Algae, Blue Green	Sake		Umeboshi Plum	Therapeutic



Italicised items are NOT recommended

4) Eat 60–70% Plant-Based, Complex Carbs; 15–20% Protein; 15–20% Healthy Fat

Our fourth Alkaline Way principle encourages a healthy ratio of complex carbohydrates to proteins to fats.

Recommended Ratios:

- 60–70% of calories from whole food (plant-based) complex carbohydrates
- 15–20% of calories from protein
- 15–20% of calories from healthy fats (including plenty of omega-3 fats)

Whole Food (Plant-based) Complex Carbohydrates:

Unless your health care practitioner instructs you differently, your Alkaline Way eating plan should be rich in complex carbohydrates from vegetables, whole grains, and legumes (beans, peas and lentils), as well as seasonings, spices, and herbs. These should comprise about 60-70% of your food intake.

Quality Protein:

Proteins should be approximately 15-20% of your total calorie intake. Approximately 50 to 60 grams of protein per day is a good amount for most people. Sources of protein may include organic eggs and dairy products, whey protein, as well as deep cold-water fish such as mackerel, sardines, tuna, herring, and salmon. Additional protein sources include nuts and seeds, sprouts, nutritional yeast, blue-green algae, miso, and mushrooms. You may also create “complimentary proteins” (by pairing grains with beans, and/or grains with dairy), see *side bar*. Protein requirements may be higher if you are pregnant, recovering from chronic illness, exercise intensively, or have other specific needs. Be sure to work with your health care practitioner if you have special circumstances.

Healthy Fats:

Fat should be 15-20% of your daily calories. Be sure to focus on healthy omega-3 essential

Food Pairing to Create Complete Proteins:

Unlike animal proteins, plant proteins lack some essential amino acids. By pairing foods based on the amino acid supplied, you are able to obtain a complete protein. For example, brown rice and cooked beans each lack an important amino acid and are incomplete proteins when eaten alone; however, when eaten together, they complement each other and provide a source of complete protein.

Some food pairings that make a “complete protein”

- Beans and rice or corn
- Legumes with grains, nuts, seeds or dairy
- Grains with dairy
- Dairy with nuts, seeds and legumes

As described in Francis Moore Lappé’s bestseller *Diet for a Small Planet* and updated more recently by Michael Pollan, complementary proteins are as ancient as agriculture. These are reflected in many contemporary dishes, including:

- Corn, beans, and rice
- Rice and Indian dal
- Brown rice with chopped walnuts
- Bulgur wheat dishes with garbanzo beans
- Whole wheat bread with almond butter



fats, which enhance your body’s energy production, protein production, and tissue repair. Food-based sources of protective omega-3 essential fats are found in fresh nuts and seeds as well as cold-pressed organic oils such as avocados, olive oil, safflower, flaxseed, walnut, sesame, peanut, and pure deep-sea fish oils.

Other sources include borage, black currant, grape-seed and evening primrose oils, and Udo’s oil™. Unless you eat line-caught, oily, deep-water fish more than three times per week, omega-3 supplements are recommended. When selecting omega 3 supplements ensure they are obtained from uncontaminated sources and are not contaminated or oxidized during processing. PERQUE EPA/DHA Guard (EPAD.PERQUE.COM) is the recommended Alkaline Way omega-3 supplement.

Avoid Trans Fats and Hydrogenated Oils

“Trans” fatty acids are handled by the body as if they were natural saturated fats like butter or coconut oil, but these types of fat are more harmful. Trans fats cross the placenta, are stored in fetal tissue, and can cause long- term problems with cell membrane function.

Unfortunately, “trans” fats are found everywhere—in fried foods such as French fries, in many processed foods, and in everything from conventional name-brand cooking oils to bakery goods and candy.

Use unsaturated, non-hydrogenated “expeller-pressed” and preferably organic or biodynamic oils such as olive, grapeseed, coconut, and peanut, along with exotic oils such as avocado, almond, and mustard seed. Avoid solid cooking fats such as margarine, hydrogenated vegetable oils, lard, and Crisco. You’ll also want to pass up deep-fried fast food.

Hydrogenated oils can interfere with liver enzymes and are associated with higher cholesterol levels. These artificial oils can also have a negative effect on immune function and are known to promote certain types of tumors.

Foods That Contain Hydrogenated (or Partially-Hydrogenated) Oils

Shortening	Baked Goods	Meats and Entrées	Miscellaneous
Margarine	Breads, crackers, cereals	Processed meats	Potato chips, corn chips, French fries
Commercial oils (partially hydrogenated oils such as Wesson, etc.)	Cookies, cakes, pies, candy	Any type of prepared food	Mayonnaise, catsup, mustard, salad dressing

5) Include Probiotic and Fermented (Cultured) Foods and Drinks

The fifth principle of The Alkaline Way is to make a habit of consuming a wide range of probiotic (cultured or fermented) foods and drinks. The term probiotic means promoting life. A healthy gastrointestinal tract is home to a plentiful variety of beneficial (probiotic) bacteria responsible for keeping our bodies and immune systems in balance. Poor diet, stress, illness, and antibiotics can deplete these beneficial bacteria, giving pathogens free rein to proliferate. We consume probiotics to colonize the gut with beneficial bacteria.

Consuming probiotics in food or drink form is ideal, since this provides the highest levels and variety of probiotics. Additionally, probiotic supplements, such as **PERQUE Digesta Guard**, are highly beneficial. We recommend 2-4 capsules with each meal.

Some Probiotic-rich Foods and Drinks

- * Kombucha (fermented tea)
- * Kefir (fermented milk)
- * Yogurt (dairy or nondairy, with live cultures)
- * Sauerkraut (fermented cabbage)
- * Kimchi (a spicy fermented cabbage common in the Korean diet)
- * Tempeh (fermented soybeans)
- * Microalgae (freeze dried)
- * Hatcho Miso soup
- * Pickles
- * Olives
- * Natto (a fermented soybean)



6) Eat Plenty of Fiber and Water

Plentiful water and fiber intake make up the sixth Alkaline Way principle. Americans, as a whole, consume far too little water and food fiber. Traditional cultures that remain free of Western degenerative diseases consume 40-100 grams of dietary fiber daily from whole, lively foods. By contrast, Americans typically consume 10 grams.

We recommend a daily fiber intake of at least 40 grams. The beneficial “roughage” from fiber makes the stool bulky and soft and helps to maintain a shorter transit time—the time from food consumption to waste elimination. Adequate fiber encourages wastes to be eliminated easily and comfortably on a regular basis. Keeping your body clean and clear means it is less likely that toxic waste matter will be reabsorbed back into circulation.

A healthy transit time ranges from 12–18 hours. This reduces the opportunity for unhealthy bacteria and yeast to dominate in the body. (To learn to measure your transit time, see *Appendix B: “Transit Time: From Consumption to Elimination”* or visit TIME.PERQUE.COM).

The Importance of Water

Plentiful water intake is key to health—especially when consuming a high-fiber diet. Water helps fiber do its job of efficiently moving wastes through the body, and every system of the body depends on water to function. When following *The Alkaline Way* program, we recommend consuming at least one 8-ounce glass of purified water 8 times daily. For every 5-8 ounces of caffeinated beverages, add a glass of water. Take a rest from drinking water 20-30 minutes before and after meals to assist the body’s digestive process. If you must drink at these times, make it small amounts of room temperature or hot water (or healthy tea)—cold water can really slow down digestion. Fresh lemon juice, lime juice, and/or ginger act as digestive aids and alkaline enhancers while enhancing the taste of water.



7) Eat Healthier Food Combinations

Smart food combining is an integral component of the Alkaline Way and is our final principle. The way we combine foods together during mealtime can have a tremendous impact on digestion, and therefore overall health. Just as the typical American diet is unhealthy, the American meal—usually represented as meat (protein) and potatoes (starch)—combines foods in the least effective manner.

The art of healthy food combining is an important aspect of balanced nutrition, and lessens wear and tear on the digestive system. Pay extra close attention to food combining if you are prone to any digestive discomforts (acid reflux, bloating, leaky gut, heartburn, irritable bowel, diverticulosis, or other digestive problems).

While this guide can't cover every facet of optimal food combining, we encourage you to read about and research healthy food combining. The main principles of healthy food combining are simplicity and compatibility. Here are just a few basic principles to get you started.

Simple Eating and Food Combining Tips for Optimal Digestion and Assimilation

- Fundamental rule: simple meals digest better.
- Do not overeat! Eat until 75% full, leaving 25% for digestion.
- Eat foods that digest faster first.
- In general, have fruit juice and healthy sweets on their own (30 minutes before or 2 hours after a meal has digested).
- Do not combine concentrated proteins (meat, fish, or eggs) with starches/carbs while your digestion is weak or repairing. Eat these at separate meals.
- Green, non-starchy vegetables pair with everything (except fruit).
- Do not drink cold water with meals as it dilutes digestive juices and reduces digestive ability. (We do recommend a glass of warm water or broth to start any meal or 1 hour after meals.)
- Lightly sipping hot tea during or at the end of a meal may assist with digestion.

Food Combining Chart

FOR HEALTHIER DIGESTION COMBINE FOODS IN OVERLAPPING CIRCLES

Protein & Starch: NO!
 Protein & Vegetables: YES!
 Starch & Vegetables: YES!
 Fruit by Itself: YES!

Vegetables

Leafy greens

(e.g., sprouts, escarole, Kale, endive, green beans all lettuces)

Non-starch

(e.g., asparagus, radish, broccoli, beet sugar, spinach, mushroom)

Mildly-starchy

(e.g., beets, garlic, onion, peas, carrots, artichokes, chives)

Proteins

(e.g., fish, eggs, fowl, meats, raw nuts and seeds, milk, cheese)



Starches

(e.g., wheat, barley, white & brown rice, oats, dry beans / peas, potatoes, yams, corn)



Acid/Sub-Acid Fruit

(e.g., oranges, lemons, limes, pineapples, apples, pears, grapes, berries, peaches)

*Nuts are OK with these fruits

Water & Liquids

Cold: Drink 15 mins before eating or 1 hr after eating

Warm: With meal



Sweet Fruit

(e.g., bananas, dates, grapes, dried fruit)



Melons

Best eaten alone, do not combine with other foods



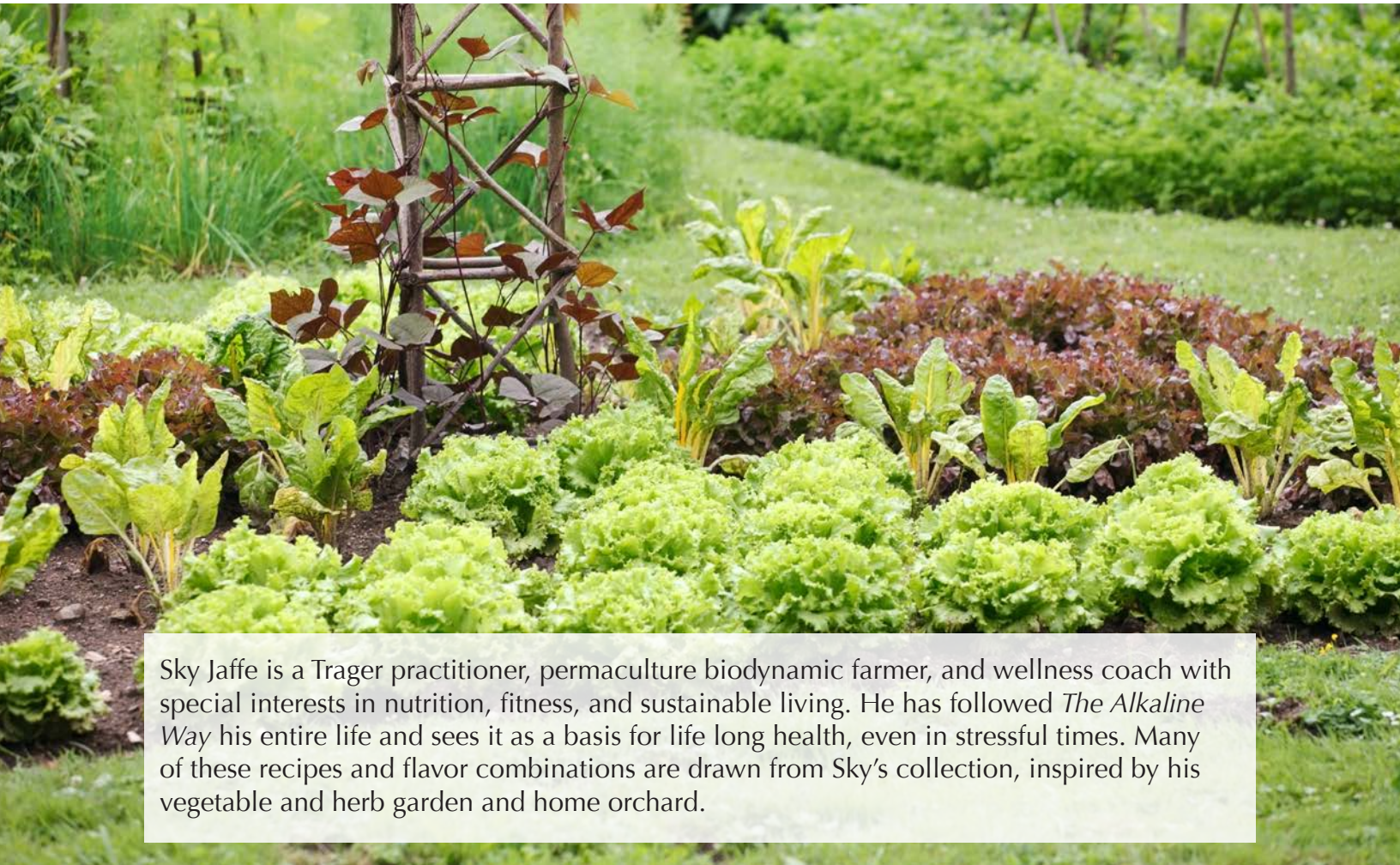
Visit FOODCOMBINE.PERQUE.COM for a full list of foods that can and cannot be combined

Chapter 3: Recipes and Menus

Lives are sustained by what we choose to eat, drink, think, and do. These recipes are intended to inspire your creativity and guide you with nutritious ingredients. Freshen them up and season them to your taste, using the natural flavors of whole foods as inspiration. Explore flavors that can be paired, as well as those that contrast. You'll find many of the flavors that go well together also provide complementary health benefits.

You can adapt almost any cuisine to an alkaline approach. There are a great many cookbooks, websites, and blogs that have delicious and easy alkaline recipes. To get you started, we've put together some sample meals to help you become familiar with the world of alkaline foods. These basic suggestions are exceptionally tasty. Experiment and prepare foods to your palate and specificity (raw or cooked, sweet or spicy, etc.). Substitutions can easily be made based for any allergies or sensitivities.

Once you've settled into your new alkaline lifestyle, we suggest exploring and experimenting with as many alkaline-forming foods as you can and coming up with your own delicious recipes to enjoy! Many of the meal options in this chapter can serve as breakfast, lunch, or dinner according to your personal preference. As you use these recipes and fine-tune your eating habits, begin to recognize which foods or lifestyle habits help you to feel energized and balanced, rather than depleted or weighed down. Choose what feels good on every level.



Sky Jaffe is a Trager practitioner, permaculture biodynamic farmer, and wellness coach with special interests in nutrition, fitness, and sustainable living. He has followed *The Alkaline Way* his entire life and sees it as a basis for life long health, even in stressful times. Many of these recipes and flavor combinations are drawn from Sky's collection, inspired by his vegetable and herb garden and home orchard.

Breakfast Options

Breakfast Quinoa (or Millet or Barley) (Serves 4)

Ingredients:

- 1 cup quinoa (or millet or barley)
- 2 cups water
- 1 2-inch cinnamon stick or $\frac{3}{4}$ tsp ground cinnamon
- 2-3 tbsp maple syrup

Tasty Options:

- $\frac{1}{2}$ cup blueberries, raspberries, or strawberries
- 2 tbsp raisins
- 1 tsp lime or lemon zest
- $\frac{1}{4}$ tsp freshly grated nutmeg
- 3 tbsp whipped coconut cream
- 2 tbsp chopped cashews or nuts of choice
- Optional yogurt (sheep or goat yogurt preferred) and maple syrup sweetener to taste.



Place the grain in a fine-mesh strainer and rinse well. Combine the water and grain in a medium saucepan and bring to a boil. Add the cinnamon stick, if using. Cover, reduce heat, and simmer for 15 minutes, or until the liquid is absorbed. Remove from heat and fluff with a fork. Add cinnamon and maple syrup to taste and then add one or more of your favorite tasty options.



Steel-Cut Oats (Serves 4)

Ingredients:

3 $\frac{3}{4}$ cups water
1 $\frac{1}{4}$ cup steel-cut oats
 $\frac{1}{4}$ tsp salt

Creaminess options:

1 tbsp either almond butter, coconut milk, or coconut oil

Your choice for added flavor:

1 tsp cinnamon, or $\frac{1}{2}$ tsp nutmeg, $\frac{1}{2}$ tsp lemon pepper, or
1 tsp garam masala, etc.

Your choice of fruit and nuts:

Mixed berries, diced mango, sliced banana, dried fruit and nuts, etc.



In a medium saucepan, boil the water over a high heat and then stir in the steel-cut oats and salt. Reduce the heat to medium-low and simmer for 20–25 minutes or until thick, stirring occasionally. Add almond butter, coconut milk, or oil and a flavor of choice and remove from heat.

For a quicker option, you may soak the steel-cut oats overnight. To do that, bring 4 cups water to boil in a medium saucepan, add 3 $\frac{1}{4}$ cups oats and $\frac{1}{4}$ tsp salt. Let them boil for about one minute, stir and remove from the heat. Cover and let them soak overnight. The next morning, heat the oats over a medium heat, stirring occasionally, until heated through.

Serve with fruit and nuts of choice.



Millet Porridge (Serves 4)

Ingredients:

- 1 cup millet
- 2 cups water
- 1 cup milk of choice
- 1 ½ cup mixed fresh berries or ½ cup mixed dried fruit
- 2 tbsp maple syrup
- ½ cup Greek yogurt or coconut cream
- 4 tbsp chopped nuts, lightly toasted



Combine the fresh berries and maple syrup and bring to boil. Reduce the heat and cook for 1-2 minutes, until softened.

If using dried fruit, soak in water overnight, drain and set aside. You may also soak the millet overnight if you wish, or toast it in a skillet for 4-5 minutes for a nutty flavor.

In a large pot, combine the millet, water and milk and bring to boil. Reduce heat and simmer for 15-20 minutes, stirring occasionally, until the grains are soft. Add more water or milk to get porridge consistency. Serve in bowls, topped with the cooked berries and yogurt or coconut cream and sprinkled with nuts.

Rice Porridge (Serves 4 to 6)

This rice porridge, called congee in Asia, is a popular breakfast dish in many Asian countries. It can be made the night before and then reheated in the morning. The Haiga (Japanese word for “germ”) rice is half-milled white rice, which still has its germ; therefore, it is much more nutritious than regular white rice and also cooks faster than brown rice.



Ingredients:

- 9 cups water
- 1 ½ cups short-grain brown rice or Haiga white rice
- ½ tsp salt

Starting the previous night, bring the water to a boil in a 4-quart pot. Add the rice and salt and as soon as it boils again, turn off the heat, cover, and let stand overnight.

In the morning, return covered pot to stove and cook at medium-high heat, stirring occasionally until the porridge is creamy. You may add a little water or soy milk if too thick. When the rice is the desired consistency, remove from the heat and serve in bowls with topping of choice.

Some toppings ideas: chopped hardboiled egg, scallions, cooked greens, shredded seaweed, brown sugar, toasted nuts and seeds, fresh or dried fruit.

Sunchoke Hash (Serves 4)

Sunchokes (Jerusalem artichokes) are a tasty, healthier alternative to white potatoes.

Ingredients:

- 3-4 sunchokes, sliced thinly (we blanch them first)
- 5-6 brussel sprouts, sliced thinly (optional)
- Sea salt and fresh ground pepper to taste
- Drizzle of truffle oil or rosemary infused extra virgin olive oil (optional)
- Spring onion garnish, finely sliced



Plunk sunchokes into a bowl of cold water right after slicing them. Rinse three times in cold water, then pat very dry to slow oxidation so the sunchokes stay colorless.

Warm a saute pan over medium heat, add oil or ghee. Add sliced brussel sprouts and sunchokes; sauté until sprouts and sunchokes are cooked through, about 4 minutes. If you coarse chop the sunchokes, you can make a delicious hash on a medium high-heat griddle.

Sunchoke Chips

Ingredients:

- 2 pounds unpeeled sunchokes (Jerusalem artichokes), scrubbed
- Organic peanut or olive oil (for frying)
- 1 tablespoon sea salt
- 1 1/2 teaspoons minced fresh rosemary

Fill large bowl with cold water. Slice sunchokes into thin rounds (about 1/16 inch thick), immediately dropping into bowl of water to prevent browning. Rinse and drain 3 times. Pat very dry with paper towels.

Pour enough oil into large deep skillet to reach depth of 1/2 inch. Submerge bulb of deep-fry thermometer into oil; lean top of thermometer against skillet rim. Heat oil to 375°F; mix 1 tablespoon salt and rosemary in small bowl. Using fingertips, blend well, rubbing salt and rosemary together.

Working in batches, fry sunchoke slices until golden brown, stirring occasionally (3 to 4 minutes). Using skimmer, transfer chips to paper towels to drain. Sprinkle chips with some rosemary salt. Chips can be made 2 hours ahead. Let stand at room temperature.

Miso Soup (Serves 4)

Ingredients:

- 5 cups water
- 1/4 cup dried seaweed, such as hijiki, wakame, or kelp, crumbled or torn
- 1/4 block firm or extra-firm tofu chopped into small bite-sized squares
- 1/2 cup miso paste



Bring the water to a boil and then turn off the heat. Add the seaweed and the tofu. Take out 1 cup of the water and mix in the miso paste. Add the miso paste water mixture back to the pot and cover. Let sit for 5 minutes.

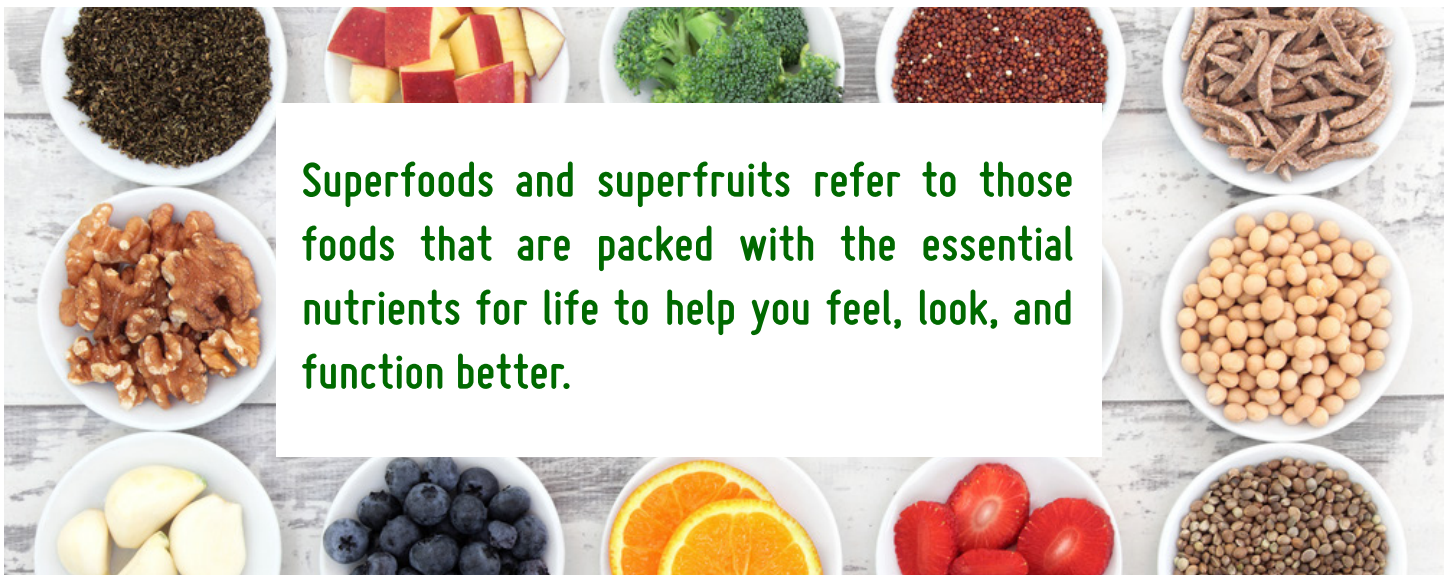
Sky's Superfood Fruit Salad (Serves 2-6)

Fruits belong to the superfood category and are recommended for daily intake as they are high in nutrients, antioxidants and fiber.

Ingredients:

- One or more stone fruit: peach, apricot, nectarine, plum, cherries, sapote
- One or more seed fruit: pomegranate, berries, grapes, papaya, pear, apple, melons
- Tasty Options: raw honey, maple syrup, yogurt, raw nuts or seeds

Cut fruit into bite-sized pieces and combine in a large bowl. Drizzle with raw honey or maple syrup, sprinkle with chopped nuts and fresh mint and serve with a dollop of Greek yogurt.



Superfoods and superfruits refer to those foods that are packed with the essential nutrients for life to help you feel, look, and function better.

Berry Berry Lassi

Dark, colorful fruits and berries are staples in an Alkaline Way diet. Biodynamic or organic, locally grown, and vine-ripened are recommended whenever available.

Ingredients:

- 1 heaping cup berries (organic or biodynamic recommended), washed
- ½ cup spring water or third aquifer well water
- 2 tbsp evaporated whole cane juice or raw honey (if more active)
- 1 cup natural yogurt and/or 2 capsules **PERQUE Digesta Guard Forté**
- ½ tsp lime or lemon juice
- 2 mint leaves



In a blender or food processor, blend all of the ingredients to a puree. Add optional items to suit your tastes and energy needs. If you want lassi with a superfine texture, strain the mixture through a coarse sieve.

Alkaline Detox Smoothies

Ingredients:

- ½ cucumber or similar vegetable
- 1 cup spring or filtered water

Options:

- Juice of ½ lime, cilantro or parsley
- 2 to 4 leaves of chard, spinach, or kale
- Ground flax, sesame, or chia seeds
- Cashews (or other nuts) blended with applesauce, mango, banana, apple, or pear
- Maple syrup or raw honey
- Celery, pear, and nectarine add fiber



For delicious added protein, five hours of steady blood sugar, stable energy, mood, and ability to concentrate, add **PERQUE Whey Guard™** or **PERQUE Whey Guard Repair™** to your smoothie. **PERQUE** meal powders add approximately 10 grams of protein and have glycemic loads of less than 10! Whey is an easily digestible protein, well tolerated by most people.

Additional Breakfast Ideas

- Mix and match from non-reactive LRA by ELISA/ACT foods (see *Chapter 4. Substitute for Reactive Foods*).
- Add fresh fruit, raw or lightly toasted almonds and pumpkin seeds to an alkalizing cereal made from quinoa, barley, millet, steel-cut oats, amaranth, japonica, or wild rice.
- Cinnamon can be used as a spice, while molasses, rice syrup, stevia, organic agave, Sucanat®, or raw, unpasteurized honey are welcome sweetness sources used in moderation.
- High-fiber, cold cereals are a good way to start the day. We enjoy them with almond or other nut milks, oat milk, or rice milk.
- Eating fresh organic fruit is delicious any time and a great morning energy booster. A fruit salad with added unsweetened pomegranate juice is full of vitamins and minerals.
- A vegetable Hatcho miso soup is warming and nourishing in the morning, and offers a probiotic kick. Make it more filling by adding quinoa, millet, or buckwheat.
- If you have any left-over vegetables, incorporate them in your breakfast for a healthy morning meal. Make a veggie scramble with 2 eggs per person, scallions, cherry tomatoes, red bell peppers, and spinach or other leafy greens.



Salads

Tasty Greens Salad with Sweet Dressing (Serves 4-6)

Ingredients:

- 2 cups garden sorrel leaves, washed
- 1 head red leaf lettuce or butter lettuce, torn into bite-size pieces
- $\frac{3}{4}$ cup nectarines, thinly sliced
- 3 tbsp white wine vinegar
- 1 tbsp grapeseed oil
- 2 tbsp maple syrup
- $\frac{3}{4}$ tsp Dijon mustard
- 2 tbsp shallot, minced
- 1 tbsp fresh mint, finely chopped
- 1 tbsp chives, finely minced
- Salt and freshly ground black pepper to taste



In a large bowl combine the sorrel, lettuce, and nectarines. Whisk together the rest of the ingredients in a small bowl and season. Drizzle the dressing over salad, toss lightly, and serve.

Mixed Spring Greens and Apple Salad (Serves 4-6)

Mixed greens and apple, dressed with just olive oil and lemon juice make an excellent salad. For an added crunch, toss in some chopped olives, blanched broccoli florets, and toasted walnut halves.

Ingredients:

- 8 cups of mixed spring greens, such as: watercress, baby arugula, baby spinach, pea shoots, dandelion, etc.
- 1 celery heart, finely chopped
- 2 Granny Smith apples, thinly sliced
- 1 $\frac{1}{2}$ tbsp olive oil
- Zest and juice of 1 lemon
- Salt and freshly ground black pepper

In a large bowl combine the mixed greens, celery, apple slices, and lemon zest. Drizzle with the lemon juice and olive oil and season. Toss and serve immediately.

Variations:

If you have access to a garden, making this salad with fresh lettuces and herbs adds a whole new dimension to the flavors. Try a combination such as fresh leaves, chopped fresh herbs, toasted pumpkin seeds, and balsamic vinaigrette. Whenever you make a salad, you always have the option of adding raw, presoaked sunflower seeds, pine nuts, almonds, or other types of nuts. Fresh berries or dried cherries, cranberries, raisins, or currants also make a good addition.

Kale and Clementine Salad (Serves 4-6)

Kale is nutrient-dense, rich in antioxidants and high in fiber. Just 1 cup provides as much calcium as 1 cup of milk.

Ingredients:

- 2 cups kale, rinsed and chopped into thin strips
- 1 ½ tbsp olive oil
- ¼ tsp salt
- 2 clementines, peeled and segmented
- 1 cup baby carrots, sliced
- 3 tbsp clementine juice
- 1 tbsp lemon juice
- 1 tbsp raw honey
- Dash of vanilla extract
- Salt and freshly ground black pepper

Begin tenderizing the kale by compressing with a rolling pin or between two cutting boards. Then, in a large bowl, toss kale with 1 tbsp olive oil and ¼ tsp salt. Rub kale between your hands for 2-3 minutes. Take a bite to check if the bitter taste has disappeared and if needed, continue rubbing for 1-2 minutes. This will tenderize and help the dressing settle into the kale more evenly. Add the clementine segments and sliced carrots.

In a small bowl, mix together clementine and lemon juices, honey and vanilla and drizzle over salad. Toss salad and let sit for about 5 minutes before serving.



Orange, Baby Kale and Jicama Salad (Serves 4-6)

This colorful, crunchy salad has a refreshing taste and is loaded with fiber and vitamin C.

Ingredients:

- 2 oranges, peeled and cut into bite-sized pieces
- 1 jicama, peeled and diced
- 1 small red bell pepper, seeded and thinly sliced
- 3 cups baby kale or baby spinach
- 2 shallots, thinly sliced
- 2 tbsp olive oil
- 2 tbsp orange juice
- 1 tbsp lime juice
- 1 tsp lime zest
- 1 tsp orange zest
- ¼ teaspoon salt
- 1/8 tsp cayenne pepper
- Freshly ground black pepper to taste
- 3 tbsp cilantro, chopped
- 2 tbsp pumpkin seeds, toasted

In a small bowl combine olive oil, orange and lime juices and zests, salt, cayenne and black pepper and whisk until combined. Set the dressing aside. Place the oranges, jicama, red bell pepper and baby kale in a large salad bowl and drizzle with the dressing. Toss gently and chill for 10 minutes. Add cilantro and pumpkin seeds before serving.

Mung Bean Sprouts and Cucumber Salad (Serves 4-6)

Ingredients:

- 3 cups mung bean sprouts
- 2 cucumbers, thinly sliced
- 2 carrots, coarsely grated
- 2 scallions, thinly sliced
- 1 fresh red chili pepper, seeded and chopped
- 2 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 tbsp peanut oil or sesame oil
- 1 garlic clove, minced
- 1 tsp dark brown sugar
- 1 tbsp sesame seeds, toasted (optional)

Fill a pot with water and bring to boil. Rinse the mung bean sprouts and boil for 1-2 minutes. Drain and place into a large salad bowl. Add the cucumbers, carrots, scallions, and red chili. In a small bowl, whisk together rice vinegar, soy sauce, oil, garlic, and sugar. Drizzle over salad and toss gently. Sprinkle with sesame seeds (if using) and serve.

Dressings, Dips and Beverages

Almond Green Goddess Dressing

Ingredients:

- 1 cup almonds, presoaked for 8 hours
- 2 cups spring water or light vegetable stock
- Juice of 2 lemons
- ½ bunch parsley, chopped
- 2 scallions, chopped
- 2 cloves garlic, chopped
- Sea salt or tamari (wheat free)

Pour 1 cup of water or stock into blender; add lemon juice, parsley, scallions, garlic, and salt or tamari. Blend well.

Add ¼ cup of almonds and blend again. Slowly add remaining almonds and water. Continue blending until you have a smooth, creamy dressing.

Refrigerate before serving.



Sunflower Dressing

Ingredients:

- 1 cup raw sunflower seeds, presoaked for 8 hours
- 1 cup spring water or light vegetable stock
- Juice of 2 lemons
- ½ bunch parsley, chopped
- 2 scallions, chopped
- 2 cloves garlic, chopped
- Sea salt or tamari (wheat free)
- 2 Tbsp fresh tarragon or ½ tsp dried thyme

Pour ½ cup of water or stock into blender; add lemon juice, parsley, scallions, garlic, salt or tamari, and tarragon or thyme. Blend well.

Add ¼ cup of sunflower seeds and blend again. Slowly add remaining sunflower seeds and water. Continue blending until you have a smooth, creamy dressing. If the dressing is too thick, add additional water.

Refrigerate before serving.



Dill Tahini Dressing

Ingredients:

- 1 cup tahini (raw)
- 1/3 cup fresh lemon juice
- 2 Tbsp fresh minced dill or 1/2 tsp dried dill
- 1 Tbsp garlic powder

Mix tahini and lemon juice in blender. Add dill, garlic powder, and seasoning. Blend while adding water or stock until desired creamy consistency is obtained.



Cashew Dip

Ingredients:

- 1 cup raw cashews
- 1 tsp coconut oil
- 1 tbsp raw honey

Combine ingredients in a food processor and blend until smooth (add 1-2 tbsp coconut water to get desired consistency). Serve with sliced fruit as a dip.



Curried Pumpkin Dip

Ingredients:

- 2 cups grated pumpkin or butternut squash, raw or cooked
- 1/2 avocado, sliced
- 1 small tomato, chopped
- 1 celery stalk with leaves, sliced
- 2 scallions, chopped
- 2 tsp curry powder
- 2 Tbsp lemon juice
- Sea salt or tamari
- 1/2 cup purified water



Put water in blender and add vegetables. Blend until smooth. Add lemon juice and curry powder and season to taste with salt or tamari. Add additional water if too thick.

Refrigerate before serving.

Ghee Recipe

Place a pound of good-quality (grade AA) unsalted butter in a heavy saucepan. Allow the butter to melt either on top of the stove or in the oven. Note: It is possible to make ghee from salted butter, but the salt will mask the delicate flavor of the finished product.

Stir occasionally and bring the butter to a slow boil. When a layer of foam covers the surface, lower the heat and continue to cook undisturbed for about 1 hour on top of the stove or slightly longer (1¼ to 1½ hours) in the oven. By then, the butter will have separated. Under the layer of solid white surface foam will be amber-colored clarified butter (ghee), and at the bottom of the saucepan there will be some sediment. What has occurred is that the water has evaporated, and the protein solids have separated from the original butter.

Without shaking the saucepan, use a fine-mesh wire strainer to carefully skim off as much foam as you can from the surface. Strain the clear liquid ghee through several thicknesses of cheesecloth to remove the remaining foam. Discard the foam. Ladle the clarified ghee into a clean glass jar or crock with a tight-fitting lid. Refrigerate or freeze the ghee. At low temperatures, the ghee will become solid. Properly clarified, ghee has a long shelf life. One pound of butter will yield about 1 cup of ghee (about ¾ pound).

Nut Milk Recipes

Almond-coconut milk

Use 1 cup raw almonds soaked overnight in 1 quart water. Blanch the almonds (pour boiling water over nuts). After one minute, remove almonds from water and cool reserving water. Once almonds are cool, slip skins off with fingers. Blend the soaked, blanched and skinned almonds, and 1 cup of the water you used to blanch the almonds in blender until smooth, about 3 minutes. Gradually add the rest of the water. Strain if desired.

Almond-coconut milk

Follow directions for almond milk using part almonds and part raw, shredded or flaked (unsweetened) coconut.

Almond-cashew milk

Follow directions for almond milk using equal parts of almonds and cashews.

Almond-sesame milk

Follow directions for almond milk using equal parts of almonds and hulled sesame seeds. Blend until smooth, then strain.

Other nut milks

1 cup presoaked raw cashews, Brazil nuts, pecans, walnuts, or a nut mixture in 1 quart water.
1 Tbsp cold-pressed oil or melted ghee (optional).
Blend well (about 3 minutes) until very smooth. Chill.

Coconut milk

1 cup fresh coconut in 1 cup water or fresh coconut water.

Whip in blender until smooth. Strain well, or use on cereal unstrained.

Coconut milk can be added to other nut milks: coconut-almond, coconut-sesame, and coconut-cashew.

Fruit and Wine Spritzers

Fill a glass with the freshest; ripest fruit you would like (for example, stone fruits, berries, pineapples, melon, grapes, and kiwi).

Add wine (optional) or fruit juice diluted by half with spring or sparkling water.

Sip until the glass needs refilling.

Eat some of the fresh fruit. Enjoy the crisp flavors and texture, reminding yourself that you are eating a protective superfood.



Lunch and/or Dinner Flavors

TIP! We recommend making lunch your main meal because your digestion may be stronger then.

Indian Lentil Dal (Serves 4-6)

Ingredients:

- 1 cup red lentils
- 2 green chilies
- ½ tsp cumin seed
- ½ tsp turmeric
- 1-inch piece ginger, grated
- 1 clove garlic, minced
- 1 medium onion, sliced
- 2 medium tomatoes,
- 1 Tbsp oil
- Salt to taste
- Chopped cilantro, chopped finely for garnish
- Juice of ½ lime (optional)



Soak your lentils in water at room temperature for at least 6 hours before cooking. If you want to cook them quickly, start with a pressure cooker and then go to a saucepan to control the texture. Boil lentils with a pinch of the turmeric and just enough water. Keep the texture thick enough to manipulate the lentils by cooking over a low flame. Then simmer off any extra moisture. Mash with a potato masher or a whisk. Set aside.

In a separate pan, heat oil and add the onions. Add the cumin, ginger, garlic, and the rest of the turmeric. Add the chilies and tomatoes with salt and cook till well done. Add the lentils and bring to a boil. Take off the stove and add the lime juice.

Garnish with cilantro. Serve hot with rice or roti.

To provide complete protein, serve with grain (for example, whole wheat).

Vegetable Chili (Serves 4-6)

Ingredients:

- 2 tbsp vegetable oil
- 1 large onion, chopped
- 1 poblano chili, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 3 cloves garlic, minced
- 2 jalapeño chilies, seeded and chopped fine
- 1 ½ tsp chili powder
- 1 ½ tsp cumin powder
- 2 cups cooked beans, rinsed and drained
- 2 ½ cup vegetable stock or water
- 3 tsp lime juice
- 4 tbsp cilantro, chopped



Heat the oil in a cooking pot or Dutch oven and add the onions, sauté until translucent and add the poblano chili, red bell pepper, garlic and jalapeno. Cook for 2-3 minutes until the vegetables are tender and add the spices, stir and immediately add the beans and vegetable stock. Bring to boil and cook over medium-low heat for 10-15 minutes. Stir in the lime juice and sprinkle with cilantro before serving.

Before adding the beans, you may add your choice of additional ingredients. Remember: sugar, dairy, meat, and sodium chloride are acid-forming foods, so an alkaline-forming chili would not contain them. Instead, choose from the list of variations listed below.

Variations:

Add any of the following to soups or chilies: carrots, sweet potatoes, peppers, kohlrabi, daikon, jicama, burdock root, radish, Jerusalem artichoke, cabbage, or mushrooms.

For complete protein, serve with grain, seeds, or nuts (for example, lightly toasted almonds).

Vegetable Yum Soup (Serves 4-6)

Ingredients:

- 1 tbsp vegetable oil
- 1 garlic clove, minced
- 2 tbsp fresh ginger, grated
- 1 stalk lemongrass, minced
- ½ tsp crushed red pepper
- ¾ cup shiitake mushrooms, sliced
- 2 cups sweet potatoes, peeled and chopped
- ½ cup green bell pepper, chopped
- 5-6 cups vegetable stock
- 1 (14-oz) can coconut milk
- 2 tbsp low sodium soy sauce
- 3 tbsp cilantro, chopped

Heat the oil in a large pot and sauté garlic, ginger, lemongrass, and crushed red pepper. Stir in the mushrooms, sweet potatoes and bell pepper and cook for 1-2 minutes. Add the stock, bring to boil, and then reduce heat. Simmer for 10 minutes until the vegetables are tender. Add the coconut milk and soy sauce and stir. Serve sprinkled with cilantro or parsley (optional).



Lentil Stew with Greens (Serves 4 to 6)

Ingredients:

- 1 ½ cup beluga lentils (or other small, dark variety), rinsed and drained
- 4 cups chicken or vegetable stock
- 3 tbsp olive oil
- 1 onion, finely chopped
- 3 medium garlic cloves, crushed
- 1 tbsp mild curry powder
- 1 celery stalk, chopped
- 2 medium carrots, chopped
- 1 jalapeño, finely chopped
- 1 lb leafy greens (such as watercress, kale, beet greens, spinach, or a mix), washed and chopped
- 3 tbsp fresh coriander, chopped
- Salt and freshly ground black pepper
- 1 tbsp apple cider vinegar
- Plain yogurt (optional)

In a saucepan, add the lentils and enough stock (or water) to cover lentils. Bring to a boil and skim off any foam on top and cook over medium heat for 15- 20 minutes until the lentils are just cooked.

Heat the olive oil in a large skillet and add the chopped onions. Sauté the onions until softened, add garlic, celery, carrots and jalapeno and continue cooking for 5 minutes until vegetables are tender. Add the greens and cook for 1-2 minutes, covered until wilted. Add 1-2 ladles of the lentils to the vegetables and stir to combine. Pour the mix into the saucepan with the lentils, stir well and bring to boil. Cook for a few minutes until desired thickness. Stir in the apple cider vinegar and chopped coriander and season to taste. Serve with a dollop of yogurt (optional).



Slow-cooked Vegetable Stew (Serves 6 to 8)

Ingredients:

½ lb each of any of the following (choose 4 or more):

Eggplants, peeled and cut into 1 ½ -inch pieces

Zucchini, cut into 1 ½ -inch pieces

Yellow squash, cut into 1 ½ -inch pieces

Small potatoes, scrubbed and cut into 1 ½ -inch pieces

Cauliflower, cored and cut into 1 ½ -inch florets

Small whole okra, stem end trimmed

Green beans, ends trimmed

Pea pods

¼ cup olive oil

2 onions, chopped fine

3 medium garlic cloves, minced

1 tbsp fresh ginger, finely grated

1 jalapeño, deseeded and chopped fine

1 cinnamon stick, 2-inch (optional)

2 large red bell peppers, chopped

4 cups tomatoes, peeled and chopped, or two 14-ounce cans of peeled, diced tomatoes

1/8 tsp cayenne pepper

1 tbsp apple cider vinegar

Salt and pepper to taste

2 cups water or broth (vegetable, chicken or beef)



Heat the olive oil in a skillet, add the onions and until softened. Add the garlic, ginger, jalapeno and continue cooking for 1-2 minutes, stirring occasionally. Transfer to slow cooker and add red bell peppers, vegetables, tomatoes and spices. Add enough liquid to barely cover the top of the vegetables and season to taste. Cook for 6–8 hours on low.

Note: Don't cut the vegetable too small so that they don't disintegrate during the slow cooking. Also avoid adding too much water.

Poached Salmon (Serves 4)

Ingredients:

- 4 salmon fillets (or other line-caught deep water fish)
- Water or vegetable stock, or a mix of water and either fish stock, chicken broth, or white wine
- 1 tbsp chives, finely chopped
- Salt and freshly ground black pepper

Poach the fish on the stovetop by covering it with liquid and letting it simmer for 6-8 minutes, until fish is cooked, but still firm. Alternatively, place it in a roasting pan, cover with the poaching liquid and bake for 10 minutes in oven, preheated to 375° F. Remove from liquid, sprinkle with chives, and serve with roasted cherry tomatoes and nuts (for example, lightly toasted almonds).



Chicken Comfort Stew (Serves 4-6)

Ingredients:

- 2 tbsp olive oil
- 1 ½ lb chicken breasts, cut into bite-size pieces
- ½ cup marinated onions, chopped
- 2 garlic cloves, minced
- 1 tsp ginger, minced
- 2 celery stalks, chopped
- 3 medium carrots, peeled and chopped
- 2 Granny Smith apples, peeled and chopped
- 4-5 cups chicken broth
- 2 tbsp fresh parsley, chopped
- Freshly ground black pepper



Heat 1 tbsp oil in a large pot; add the chicken pieces and cook, stirring occasionally for about 5 minutes, until nicely brown. Transfer to a plate and set aside. Add the remaining 1 tbsp oil and sauté onions, garlic, ginger, celery, and carrots until tender, about 5 minute. Add the apples, chicken, and broth and bring to boil. Reduce heat and simmer for 10 minutes. Season and serve sprinkled with chopped parsley.



Rainbow Trout with Mixed Herbs and Vegetables (Serves 4)

Ingredients:

- 4 medium trout, gutted and scaled
- 3 tbsp olive oil
- ¼ cup mixed herbs (such as chives, fennel, parsley, lemon thyme and dill), finely chopped
- 3 cloves garlic, finely chopped
- 4 cups of mixed green vegetables (such as asparagus, squash and green beans), washed and cut into serving size pieces
- 3 tbsp lemon juice (hold 1 tbsp aside)
- ¼ cup vegetable broth
- Salt and freshly ground black pepper
- 1 lemon, cut into wedges
- 1 tbsp fresh parsley, finely chopped

Preheat oven to 350°F and line a baking sheet with foil. Pat the trout dry; make 3 diagonal cuts on each side and season to taste. Transfer to the baking sheet. Mix 2 tbsp oil with the herbs and 2 tbsp lemon juice and spread on top of the fish. Wrap the trout loosely in the foil and bake for 20-25 minutes. When done, transfer to a heated plate and remove the foil carefully.

Heat 1 tbsp olive oil in a skillet over medium-high heat and add the garlic and vegetables. Cook for 3-4 minutes, until the vegetables are tender, but still a little crunchy. Add the remaining 1 tbsp lemon juice and vegetable broth and cook for 1-2 minutes. Season and pour over the fish. Sprinkle with parsley and serve with lemon wedges.



Collard Greens (Serves 2 to 4)

Ingredients:

- 1 ½ tbsp olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp grated fresh ginger
- ½ tsp ground cumin
- ¼ tsp red pepper flakes
- 2 tbsp apple cider vinegar
- 3 bunches collard greens, rinsed, leaves roughly chopped and stems discarded
- 1 ½ cup water or low-sodium chicken broth
- 2 tbsp maple syrup
- 1 tsp lemon juice
- Salt and freshly ground black pepper

Heat the oil in a large pan and sauté the onions for 5-6 minutes, until softened. Add the garlic and ginger and cook for 1-2 minutes, then add the cumin and red pepper flakes and collard greens. Cook for a few minutes, stirring occasionally, until the greens have wilted down, and then add the apple cider vinegar and 1 cup of water or broth. Bring to a boil, reduce the heat, cover and simmer for 25 -30 minutes until the greens are tender. If there is liquid in the pan, increase the heat and cook uncovered until the almost dry. Add maple syrup and lemon juice, stir well, and season to taste.



Sweet and Sour Cabbage (Serves 6)

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 1 head red cabbage, shredded (8-10 cups)
- 1 cup pomegranate juice, unsweetened
- 1/3 cup water
- 1 Granny Smith apple, peeled, cored, and diced
- 3 tbsp apple cider vinegar
- ¼ tsp ground cloves
- 4 tbsp raw honey
- Salt and freshly ground black pepper

Heat the oil in a large saucepan and sauté the onion. Add the cabbage and pomegranate juice and bring to boil. Reduce the heat and simmer until the cabbage is tender, about ½ hour, stirring occasionally. Add splashes of water if needed. Stir in the apples and the remaining ingredients, season to taste, and continue cooking for 5-6 minutes, until apples are tender. Serve hot or cold.

Flavored Quinoa

Quinoa is an excellent gluten-free source of protein, calcium, iron, B-vitamins and fiber. Rinse well before cooking because it has a coating of saponin resin that gives it a bitter taste.

Ingredients:

- 1 part quinoa
- 1 ½ parts water
- ¼ teaspoon salt for 1 cup of grain, optional
- syrup, chopped fresh or dried fruit and nuts.

Cook quinoa in water for about 10-12 minutes until water is absorbed. Fluff with a fork and store in the refrigerator up to 5 days.

For a savory taste, add minced herbs such as mint, chives, coriander or parsley, spices, sprouts, and chopped vegetables.

For a sweet flavor, you might add maple.

Millet

Millet, like quinoa, is naturally gluten-free and rich in iron, calcium, and B vitamin. For a nutty taste, toast it over a medium to low heat for 3-4 minutes.

Ingredients:

- 1 cup millet
- 2 ½ cups water
- 1 tbsp coconut oil
- Sea salt to taste

Bring the water to a boil. Add millet, coconut oil, and salt. Return to a boil, stirring frequently. Cover and simmer over medium-low heat for 15 minutes, until water is absorbed. Fluff with a fork and add more coconut oil to taste.

Delicious with hummus, layers of vegetables, or sauces. Grains and beans are complementary, so millet and garbanzo beans, for example, provide a complete protein.

Barley and cous cous are equally tasty alternatives that are not gluten-free.

Barley

Barley is a healthy high-protein and high-fiber grain with numerous health benefits. It lowers cholesterol and reduces the risk of coronary heart disease, colon cancer, and diabetes.

Ingredients:

- 1 1/2 cup barley
- 2 1/2 cups water
- Sea salt to taste

Bring water to boil over a high heat, add barley and salt; reduce the heat to low, cover and simmer until tender and the liquid is absorbed, about 40-45 minutes. Fluff with a fork. Use in salads, soups and stews; substitute in risotto recipes or mix with chopped fresh fruits or dried fruits and nuts for breakfast.



Meat

As a rule of thumb, when serving meats it is healthier to treat them as a condiment rather than a staple. Remember that for health restoration, 80% of the items on your plate should be alkaline-forming foods (and meat is an acid food).

Other Lunch and Dinner Ideas

- Mix and match, avoiding anything that you are reactive to according to the results of your **LRA** tests for delayed allergies.
- Lentils/pulses (in soups, puree, dal, or lentil loaves) with vegetables such as pumpkin, okra, kale, and/or broccoli served with rice.
- Whole grain or grass (brown, japonica or wild rice, millet, quinoa, etc.) served with steamed or sautéed vegetables and a small amount (2–4 ounces) of protein, such as white meat or fish.
- A stir-fry is a quick and tasty meal and you can make with a variety of meat, poultry, fish, or use tofu or tempeh and any of your favorite vegetables.
- Serve baked fish, chicken, turkey, or other meat or game over a nonreactive grain or root vegetable (e.g., squash, sweet potatoes, yams, taro, or Jerusalem artichokes) and steamed or sautéed greens to deliver a protein boost.



Sample Dessert Ideas

Alkaline desserts are viewed as nourishing sweets. They add nutrient value as well as pleasure to your meals. Whole grains, fresh fruits, nuts, seeds, health-promoting spices, and alkalinizing sweeteners can be combined in endless variety for nourishment and delight. Mix and match the suggestions below, avoiding anything to which you are reactive according to your **LRA by ELISA/ACT®** test results.

- Baked apples, stewed pears, or other fruit compotes.
- Top baked or stewed mango, nectarines, or pineapples with coconut cream or ricotta cheese, whipped with a sweetener of choice. Add a pinch of cinnamon or nutmeg to taste.
- Whole grain puddings flavored with cinnamon, nutmeg, maple syrup, Sucanat®, coconut sugar, or rice syrup.
- Gelatin treats made of unsweetened gelatin, kudzu, or agar agar and fresh fruit juice—with or without fruit.
- Make fruit pies and other desserts with almond or quinoa flour and oatmeal crust.
- Whole grain cakes and cookies.
- Organic coconut-based frozen treats.

TIP! Eat sweets or fruits before carbs and protein (eat dessert first!) or wait several hours after a meal. This is because starches and proteins are digested in the stomach (before the intestines), while fruit is digested in the intestines. Eating fruit/sugar with or after the meal can delay the digestion of fruit, causing it to ferment and creating gastric discomfort.

Raw Chocolate Pudding (serves 4)

Ingredients:

- 1 avocado, chopped and/or 2 bananas, chopped
- 3 tbsp raw cacao powder
- 1 tbsp raw honey
- 1 tsp lemon juice
- 1 tsp coconut oil
- 2-3 tbsp coconut milk
- Unsweetened shredded coconut

Blend avocado, bananas, cacao, honey, juice, and oil until smooth. Add coconut milk as needed to achieve desired consistency. Serve sprinkled with shredded coconut.



Decadent Figs (Serves 4)

Ingredients:

- 1 ½ lb fresh figs, not overly ripe, quartered
- ½ cup Greek-style yogurt
- ¼ cup goat cheese
- ¼ cup ricotta
- ¼ tsp cinnamon powder
- 4 tbsp walnuts, toasted and chopped
- 4 tbsp cup raw honey

Place the yogurt and cheeses in a food processor, add the cinnamon, and blend until smooth. Spoon the mix into serving bowls and top with the figs. Drizzle with honey and sprinkle with walnuts just before serving.



Chapter 4. Substitute Reactives

If you have known (immediate) or suspected allergies or intolerances, this section offers replacement strategies for avoiding common allergenic and difficult-to-digest foods. Eating this way will greatly ease the burden on your digestive and immune systems.

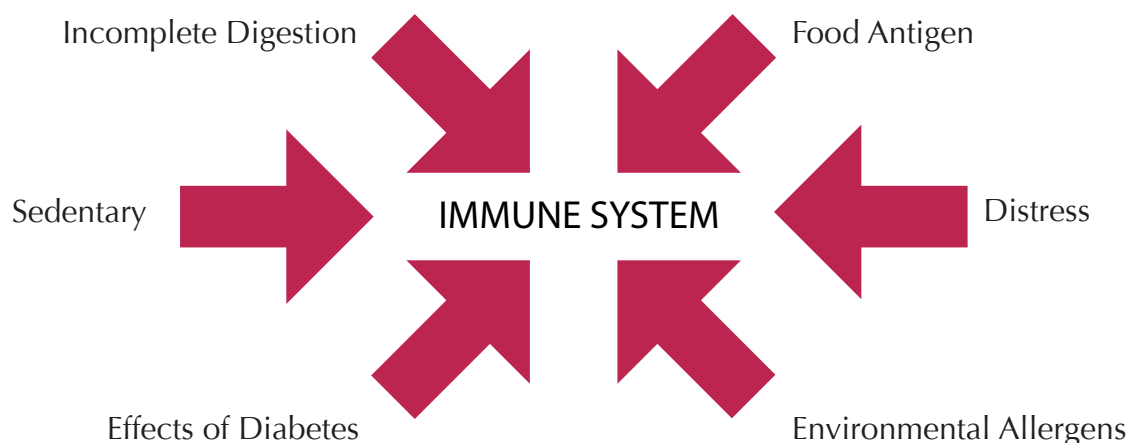
Be Nice to Your Immune System

A healthy immune system defends you from foreign invaders like viruses and bacteria. It also repairs your body after injury. When your immune system is too focused on defending you, it can't repair as effectively—even after minor illness and stress. Over time, an overstressed immune system can become exhausted, leaving you at increased risk of autoimmune disorders and chronic health conditions.

The assaults that place the greatest burden on the immune system are remnants of incomplete digestion, antigens from foods (foods that cause your immune system to react), the effects of diabetes, and environmental allergens. By identifying immune triggers and minimizing exposures, the immune burden can be reduced or eliminated, allowing defense and repair systems to return to healthy, resilient function. The result is improved, sustained good health.

Replacing Reactive Foods

This section describes easy-to-follow steps that you can take to replace reactive foods and substances with those that are nonreactive. By substituting for the substances that are likely triggering inflammation for three to six months (depending on the severity of your reactions), you will give your immune system the time it needs to reset and restore. A highly functioning immune system is key to the prevention of chronic infection, disease, and avoiding or recovering from any damage caused by repair deficits and inflammation. Once you have a highly functioning immune system, you can begin to restore yourself to life long health.

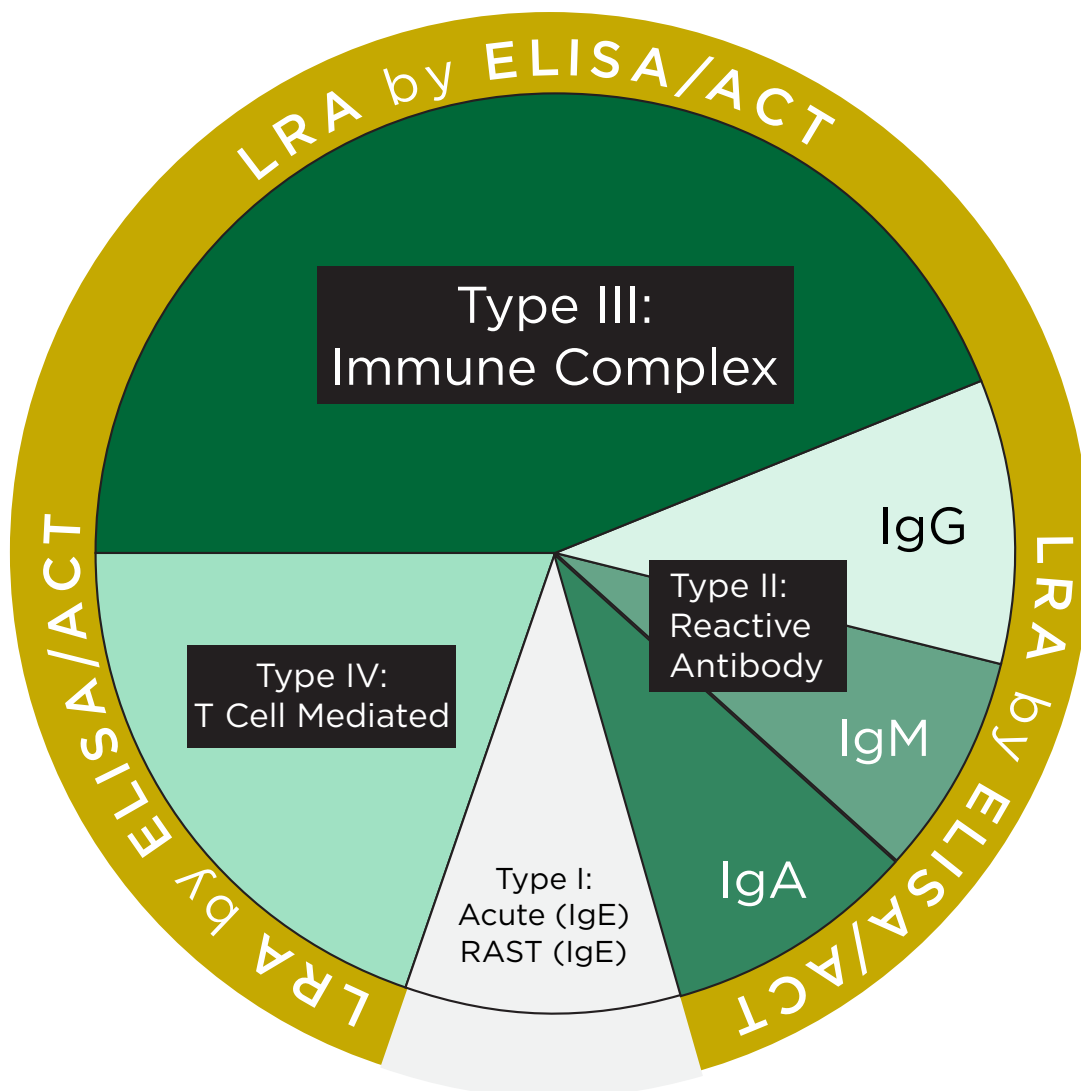




Delayed or hidden allergies:

The **LRA by ELISA/ACT**[®] is a state-of-the-science therapeutic and diagnostic test that can analyze hundreds of common substances known to cause immune reactions. The test measures the reactivity of your white blood cells (lymphocytes). Since many allergic reactions or sensitivities are delayed, occurring hours to weeks after exposure, your immune system can be triggered by any number of these substances without your being aware of the link. In that case, your system shifts into a constant defensive mode. Identifying and eliminating the substances that are causing these reactions can lighten the burden on your immune system allowing a healthy restoration of repair ability and resilient defense.

LRA by ELISA/ACT Tests: Novel breakthrough because it includes all three delayed allergy pathways





At A Glance: Wheat Alternatives

Reactant Food

Wheat

Wheat is the grain most commonly used in the United States. Unless otherwise noted on the label, all “flours” (semolina, durum, and enriched white flour) are wheat flours.

Suggested Substitutions

Wild rice, oats, barley, millet, quinoa, corn, cous cous, amaranth, teff, and buckwheat are good as whole or ground grains substitutes.

Starchy roots (sweet potatoes/yams, turnips, parsnips, potatoes, yucca, and Jerusalem artichokes) can sometimes substitute for wheat bread and pasta products.

Commercial wheat-free breads are available at food co-ops, health food stores, and specialty markets.

Wheat-free Eating

While tasty, wheat can be difficult to digest and is a common cause of allergic and hypersensitive reactions. If you've learned that you are sensitive or allergic to wheat, your first step is to get in the habit of reading labels. Breads and other baked goods, cereals, pastas, and crackers all usually contain wheat. Wheat contents may be listed as durum, enriched white flour, unbleached white flour, semolina, wheat, whole wheat, wheat bran, wheat germ, multigrain, bulgur, couscous, triticale (a cross-pollination of wheat and rye that contains some wheat reactors), wheat starch, orzo, vegetable gum, vegetable starch, or modified food starch.



With wheat being so prevalent, you may be wondering if there is life without wheat. Though wheat continues to be the most popular grain in the United States, take heart. There can be enjoyable eating without wheat, and substitutions are much easier to find than you might imagine. Most health food/gourmet shops offer a wide range of choices. In many neighborhood grocery stores, many alternatives are being offered in response to public interest. This chapter gives you a variety of substitutions to help you get started on your wheat-free journey. In addition, there are a wide variety of web sites and books available to help you learn more.

Basic Substitutions for Wheat

Alternatives to wheat add variety and nutrients to your meals. Common wheat substitutes include:

- Nonreactive grains and root vegetables such as baked potatoes, yams, parsnips, and winter squash.
- Rice flour-based baking mixes and bread, rice cakes, and crackers.
- Oriental rice noodles and bean noodles (Check the label to make sure they are wheat free!) Sprouted breads and rolls.
- Grain, flour, and pasta made from quinoa, millet, wild rice, barley, cous cous, or Jerusalem artichoke.
- Cooked cereals that contain steel-cut oats, buckwheat, corn grits, or millet.
- Ready-to-eat cold cereals that feature organic puffed rice, corn flakes, puffed millet, amaranth, or 100% oat content.

Contaminants and Grain Production

While you are on this journey, it is also important for you to know that grains are commonly contaminated with molds and mold spores, insect parts, rat and mouse hairs and droppings, and when not grown organically, pesticides. There is no way to prevent this. It is a part of the process of commercial grain production and storage. While scientists continue to study the problem, we recommend that you act cautiously and avoid these contaminants wherever possible. Any of these contaminants can cause a reaction upon eating the grain in a sensitive individual. This explains why some people react only some of the time to wheat when in fact they are reacting to an avoidable contaminant. How can you avoid a contaminant? Thoroughly washing all grains and using organic grains as much as possible will help in controlling exposure to these contaminants.

- Corn pasta and tortillas.
- Spaghetti squash.
- Commercial wheat-free breads and baking, pancake, and waffle mixes.

Wheat-free Meals

Wheat-free Breakfast Ideas

- Fresh vegetables and fruits make a healthy breakfast or combine your favorite fruits and vegetables into a smoothie.
- Non-wheat cereal such as rice, corn, barley, rye, millet, amaranth, teff, or buckwheat can be enjoyed either as a commercial or home preparation. You can grind any of these grains to make a fresh creamed cereal. These hot cereals can be eaten thinned with water or milk (cow's or goat's milk, rice, soy, almond, or oat milk).
- Pancakes, waffles, muffins, and crackers can be made using wheat-free flours or commercial baking mixes.
- Organic eggs (or a vegetable omelet) are great with wheat-free toast or almond butter on rice cakes or crackers.



Wheat-free Lunch and Dinner Ideas

- A basic meal of cooked low-carbohydrate vegetables with beans or meat (fish, chicken, turkey, beef, etc.) or grain or root vegetables.
- Bean soups (lentil, black bean, etc.) with cooked vegetables and leafy greens.
- Stir-fried vegetables with meat or tofu.
- Seafood with wheat-free pasta.
- Broiled or poached fish with root vegetables and salad.
- Grain casseroles, such as Indian millet with currants and/or sunflower seeds.
- Wild rice with roasted pecans.
- Bean dishes, such as twice-cooked beans wrapped in corn tortillas, red lentil dal, or vegetarian chili.
- Poultry, such as fresh chicken-vegetable soup or baked, roasted, or stir-fried chicken with vegetables and salad.
- Family favorite comfort foods can be adapted with whole food substitutes. For example, you could substitute French fries with baked white or sweet potato fries. You can create vegetable dips with active-culture yogurt. Puddings and jellos can be made with agar agar or pure Knox gelatin with fruit juice.

Wheat-free Snacks

- Japanese rice balls filled with avocado or tuna.
- Trail mix with fresh nuts and seeds.
- Wheat-free muffins or crackers.
- Baked corn or potato chips.
- Fresh fruit.
- All-natural gelatin sweetened with fruit juice.
- Fresh vegetables and bean dip.
- Lettuce roll-ups.
- Open-face sandwich on rice cakes.

Wheat-free Cooking and Baking

A Wide Range of Non-Wheat Flours

- Non-wheat flours are heavier in texture and usually require up to three times as much leavener like baking soda.
- Each non-wheat flour has its own taste and texture that will affect the recipe. For example, corn flour or finely ground cornmeal is crumbly and usually needs to be mixed with another flour to hold together.
- Tapioca and potato flours are known for their holding power and may be used to replace wheat flours. Recipes that require lots of stick-together power (for example, pasta recipes) often use these “sticky” flours in addition to the main non-wheat flour.
- Oat flour is sticky, but adds a pleasant chewiness to baked goods.
- Barley and rice flours are heavy but similar to wheat in flavor. They combine well with other flours in muffin recipes.
- Soy flour is heavy and should be used only in small amounts.

Good Substitutes for Wheat Flour in Cooking

Generally, you can use any of the following for 1 cup of wheat flour:

7/8 cup rice flour (white or brown)
5/8 cup potato flour
1 cup soy flour plus 1/4 cup potato flour
1 cup corn flour (if finely milled) or a scant cup finely ground cornmeal
1/3 cup soy flour, 1/3 cup potato flour, plus 1/3 cup rice flour
1/2 cup soy flour plus 1/2 cup potato flour

Good Substitutes for Wheat Flour as a Thickener

Use any one of these products as a substitute for 1 tablespoon of wheat flour:

1½ tsp cornstarch
1½ tsp potato flour
1½ tsp sweet rice flour
1½ tsp arrowroot starch
1½ tsp sago (sago palm starch)
1½ tsp gelatin
2 tsp quick-cooking tapioca flour
1 Tbsp white or brown rice flour
1 Tbsp kudzu per cup of liquid
½ Tbsp (1½ tsp) agar agar per cup of liquid



At A Glance: Gluten Alternatives

Reactant Food

Gluten

Gluten is a hard to digest, protein-rich sticky substance found in common grains including wheat, rye, teff, oats, spelt, Kamut™, and triticale.

Suggested Substitutions

Millet, quinoa, wild rice, barley, buckwheat, barley, amaranth, and their flours, along with seed and root vegetable flours are smart alternatives. Most people do not react to the glutens in oats and rice.

LRA by ELISA/ACT tests can identify which specific grains or grasses you should avoid.



Gluten-free Eating

What is Gluten?

Gluten is a substance that is high in insoluble protein, found in many grains including wheat, spelt, Kamut®, rye, teff, oats, and triticale.

Corn and rice have a different form of gluten—you can consume these unless you have tested as hypersensitive to them. Both corn and rice are generally referred to as gluten-free.



Good Substitutes for Gluten

Which complex carbohydrates are good alternatives to gluten?

- Grains such as wild rice, millet, quinoa, teff, buckwheat, and amaranth are tasty alternatives.
- Flour from beans, seeds, corn, potatoes, chestnuts, and tapioca are good substitutes for flour with gluten.
- Various complex carbohydrate tubers and vegetables make a satisfying substitute for grains. These include sweet potatoes and yams, white and red potatoes, parsnips, turnips, winter squash, yucca, spaghetti squash, taro, and Jerusalem artichokes.

Baking without Gluten

Substitution for gluten is easiest in cakes, pie crusts, and pancakes. When making gluten-free bread, it is difficult to duplicate the shape and texture of breads that contain gluten. In muffins and small cakes, however, rice or potato flours may be substituted for wheat, using baking powder as the leavener. Baking powder's ability to hold the rise is related to the size of the pan, so use smaller pans in gluten-free baking.

Gluten-free Meals

Gluten-free Breakfast Ideas

- Polenta French toast with berry syrup.
- Organic corn flakes, puffed rice, or puffed millet with choice of milk or juice.
- Cream of rice, cream of buckwheat, amaranth, or corn grits with appropriate milk, sweetener, or fruit.
- Miso soup with vegetables and rice.

Gluten-free Lunch and Dinner Ideas

- A non-gluten grain (wild rice, corn, buckwheat, millet, or quinoa) with vegetables

(sautéed, stir-fried, or steamed), with dressing (optional).

- Any variety of bean soup (split peas, lentils, chickpeas), bean dishes, or chili with alkaline vegetables.
- Fish with vegetables and a baked root vegetable or a non-gluten grain.
- Hummus, rice, and alkaline vegetables.
- Corn tacos with refried beans.

Gluten-free Snack Ideas

- Baked or oven-fried sweet potatoes/yams.
- Fresh nuts and seeds.
- Fruit and crunchy raw vegetables with bean dip or yogurt.
- Nut butters like almond and cashew with gluten-free crackers like rice crackers.
- Hummus or baba ghanoush with crackers and vegetables.





At A Glance: Corn Alternatives

Reactant Food

Corn

Corn is used in many forms such as maize flour, corn sweetener, corn syrup, cornstarch, and corn oil. Corn in all its many forms is a common food additive.

Suggested Substitutions

Other grains such as wheat, rice, barley, millet, quinoa, teff, potato starch, tapioca, and triticale flours can be used in place of corn.

Honey, maple syrup, rice syrup, rice or barley, malt, Sucanat®, molasses, and agave can be substituted for corn sweeteners.

Cornstarch can be replaced with kudzu, arrowroot, agar agar, natural gelatin, and a variety of flours like taro or tapioca.

Corn-free Eating

Corn is a favorite food for many of us and is one of the most common of all food allergens. Corn is found in corn flour, cornmeal, polenta mixes, corn syrups and corn sweetener, mannitol, sorbitol, fructose, cornstarch, maltodextrin, and zein.

Corn as a food additive is virtually everywhere. When eating corn-free, remember to avoid all items that have been sweetened with corn syrup or that contain any type of corn component. Read labels. Foods that often contain corn syrup or components include: commercial juices, candies, baked goods, ice creams, pudding, commercial soups, gravies, and more.

If you are taking medications (or vitamins) and are avoiding corn, beware of “zein,” a coating made from corn commonly used in the manufacture of vitamins and medications. You will want to substitute zein-coated medications and supplements. Speak with your pharmacist if you have any concerns.

Basic Substitutions for Corn

- A variety of grains such as wheat, rice, barley, buckwheat, millet, etc. can be substituted for corn.

- Sweeteners appropriate to substitute for corn syrup include Sucanat®, molasses, maple syrup, stevia, raw honey, agave, date sugar, and vegetable glycerin.
- Cornstarch is a widely used thickening agent; good substitutes include arrowroot, kudzu, potato flour, and agar agar, especially for puddings and sauces.
- High-carbohydrate vegetables like squash, sweet potatoes, yam, parsnips, yucca, and turnips can also serve as substitutes for corn.

TIP! If you have a Glucose Tolerance Test (GTT) planned and you have tested reactive to corn, the test should be done with a corn-free source such as a bagel and whole fruit jam or honey.

Corn-free Meals

Corn-free Breakfast Ideas

- Fresh vegetable or fruit juice or fresh fruit with yogurt.
- Non-corn cereals such as cream of rice, wheat, oatmeal, rye, buckwheat, cream of barley, or any corn-free cold cereal like amaranth.
- A variety of available corn-free baking mixes for pancakes, waffles, and muffins.
- Organic eggs or a vegetable omelet.
- Puffed rice, puffed millet, puffed wheat, or other corn-free cereal with dairy or dairy-substitute milks.

Corn-free Lunch and Dinner Ideas

- Seasonal steamed vegetables with a small amount of fish, poultry such as chicken, turkey, or duck, or animal protein such as lamb.
- A variety of vegetarian casseroles based on tofu or beans and vegetables.
- Bean soups and stews.
- Stir-fried vegetables with meat or tofu.
- Avocado with rice and steamed vegetables.

Corn-free Snack Ideas

- Pretzels or baked potato chips.
- Rice crackers with nut butter.
- Fresh fruit.
- Sliced avocado with crackers.
- Vegetables with yogurt dip.

Corn-free Alcoholic Beverages

If you are reactive to corn and/or the sugars in corn and you enjoy a social drink, try tequila, 100% potato vodka, or Silverado 100% grape-seed vodka to avoid the corn that is found in most other forms of alcohol, beer, and wine (except for Cru and Grand Cru wines).



At A Glance: Cow Dairy Alternatives

Reactant Food

Cow's Milk Dairy Products

These dairy products include all items made with or from cow's milk, such as butter and all types of cheese.

Note that cow's milk proteins, including casein, whey, lactoalbumin, and lactoglobuli, are frequently added to "dairy-free" foods.

Read labels closely. You only need substitutes for the proteins you react to according to functional tests such as **LRA by ELISA/ACT!**

Suggested Substitutions

Milks made of rice, soy, oats, or nuts, such as almonds, Brazil nuts, coconut, or pine nuts are alternatives to cow's milk dairy. Other options include goat's milk, goat/sheep cheeses, and yogurts.

Fruit juice in place of milk works well in many recipes.

Blended banana and almonds or cooked potatoes are cow's milk substitutes.

Soft tofu blended with water and lemon juice and/or sea salt is an excellent substitute for soft cheese.



Dairy-free Eating

Dairy products are found in many of the foods we eat, often in hidden forms. Dairy includes all foods made with any component from cow's milk. If you are sensitive to dairy products, you need to find substitutes for the following in your meal plans: cow's milk, butter, cream, cow's milk cheeses, buttermilk, yogurt, and kefir. Additionally, any foods that contain milk protein—either casein or whey—need to be replaced with other choices.



If you are sensitive to one cow's milk product, you can easily become sensitive to another. We suggest you avoid all cow's milk foods while following your program.

There are many nondairy products on the market to help you through the healing period. However, exercise caution—many products labeled as “nondairy” still contain casein or whey.

Examples of nondairy items that expose you to dairy antigens include Cool Whip, Coffee-mate, Irish Cream, Mocha Mix, and Lady Lee nondairy creamer. Many “nondairy” cheeses, like those made from soy or rice, often contain the dairy protein casein.

Close label reading will be very important when choosing foods. In short, avoid all sources of cow's milk dairy products to speed your healing.

Alternatives to Dairy

Like wheat, dairy products are a common staple of meals and snacks. Health food stores used to be the only source for alternatives to dairy foods, but now neighborhood stores stock more of these products. Nut milks (see recipes in *Chapter 3*), coconut milk, soy milk, and goat milk are all good substitutes for cow dairy.

Alternatives to Dairy in Baked Recipes and Soups

- Instead of milk or cream in a baked recipe, try water, fruit juice, or even vegetable soup stock, which is especially good in breads.
- A common substitute for dairy in sauces is sautéed and then pureed onions, carrots, or turnips.
- Coconut milk also serves as a delicious base for creamed soups and curries prepared Thai style.

Alternatives to Cow's Milk

A wide variety of cow's milk substitutes are now commercially available, including goat's milk, as well as soy, rice, almond, coconut, hemp seed, and oat milk. Many of these milks are quite tasty (sample a variety to find flavors and brands that you like) and are also easy to prepare from

scratch (see *Chapter 3: Recipes and Menus*). In addition to their uses in cooking, nut milks can be poured over cereal, enjoyed as a beverage, or used to make smoothies.

Caution: Some nut or rice milks may contain dairy proteins (check the label).

Alternatives to Butter

- A wide range of margarines.
- Vegetable oil spread (use caution and read labels—not all are dairy-free).
- Unrefined coconut oil.
- Earth Balance and similar products, which consist of a blend of medium-chain fatty acid oils (healthy fats) and are solid at room temperature.
- Ghee, a refined butter that is often entirely casein, whey, and lactose free (see page 33 for a ghee recipe.)

Alternatives to Cheese

- When recipes call for ricotta cheese, cottage cheese, yogurt, or sour cream, tofu is an excellent substitute.
- For dairyless ricotta or cottage cheese, crumble firm tofu and season it with a dash of soy sauce.
- For dairyless yogurt or sour cream, blend soft tofu with a small amount of water and a teaspoon of lemon juice.
- Sheep cheese (Romano) and/or goat cheese can be used in place of cow's cheese (based on immune tolerance).
- Yeast cheese, a nutritional yeast product grown on molasses, is a yellow, flaky powder that smells like chicken soup mix. Sold in health food stores, this “cheese” could be added to cooking for flavor.

Dairy-free Meals

Dairy-free Breakfast Ideas

- Fresh vegetable or fruit juice or fresh fruit.
- Any of the hot whole grain cereals, such as cream of rice, oatmeal, cream of wheat, or cream of barley served with rice, soy, almond, or oatmeal milk (or goat's milk, if tolerated)
- Any of the cold cereals with appropriate milk substitutes.
- Whole grain pancakes, waffles, or muffins made with the milk substitute of choice.
- Organic eggs or a vegetable omelet, again made with a nondairy milk.

Dairy-free Lunch and Dinner Ideas

- A basic meal of cooked low-carbohydrate vegetables, beans, or flesh (fish, chicken, or turkey).
- Bean soups (lentils or the bean of choice) with cooked vegetables.
- Stir-fried vegetables with meat or tofu.

- Seafood with wheat-free pasta.
- Broiled or poached fish.
- Grain casseroles like Indian millet with currants and/or sunflower seeds or roasted pecans with wild rice.
- Bean dishes, such as twice-cooked beans wrapped in corn tortillas or red lentil dal or vegetarian chili.
- Poultry, such as baked, roasted, or stir-fried chicken, or fresh chicken-vegetable soup.

Dairy-free Snack Ideas

- Fresh fruits.
- Fresh nuts and seeds.
- Rice crackers or other whole grain crackers with hummus or almond butter.
- Soy milk or goat milk yogurt (fruit optional).
- Vegetables with wholesome dips (made from eggplant, avocado, lemon juice, garlic, and your choice of herbs).





At A Glance: Yeast Alternatives

Reactant Food

Baker's and Brewer's Yeast

Yeast is regularly used to flavor foods, to leaven baked goods, and to make fermented foods.

Baker's Yeast:

Baker's yeast is a high-yield yeast strain used primarily in leavening bakery products, including breads, rolls, bagels, and other bread dough such as pizza.

Brewer's Yeast:

Brewer's yeast is commonly used in fermented foods like all alcoholic beverages (wine, beer, and hard liquor). It is also used in the making of vinegar (wine, apple, balsamic, etc.) and found in salad dressings and pickled foods. Other foods, including sauces, gravies, soups, bouillons, protein drinks, frozen entrées, vegetarian hot dogs and patties, etc., may include brewer's yeast as a flavoring agent. Alcohol in beverages, medications, and flavoring agents are also a source of exposure for yeast.

Suggested Substitutions

Replace yeast as a flavoring agent with herbs and spices. Replace yeast as a leavening agent with baking soda or baking powder (brands without aluminum are best), or buffered vitamin C.

Yeast-free crackers (check the label to be sure) include rice cakes and crackers, matzo, rye crackers (Wasa™ or Kavli™), corn tortillas, popcorn cakes, and unleavened pizza crust by Nature's Highlights.

Commercial yeast-free breads and bread substitutes include rice bread, Essene sprouted-grain breads, macrobiotic breads, and unleavened chapattis, as well as muffins, scones, and biscuits made with baking powder.

For salad dressings that are yeast-free, choose dressings made with oil and lemon or ingredients like Bragg's Organic Apple Cider Vinegar, a non-brewed, yeast-free vinegar.

Yeast-free Eating

It is wise to substitute for the yeasts to which you react while you are resetting your internal immune responses. While you are following your food program, be sure to consume only unprocessed/unrefined foods.



Reactive Yeasts (To Be Replaced)

- Baker's yeast is used as a leavening agent in all "risen" baked goods and many crackers.
- Brewer's yeast, also known as nutritional yeast, is used in all alcohol and vinegar production (except for Bragg Organic Apple Cider Vinegar) and some nutritional supplements. Avoid all sources of brewer's yeast during your period of substitution.

TIP! Those of you who are sensitive to the fungus (yeast) *Candida albicans* can also often be sensitive to other commonly used yeast/fungi (e.g., *Saccharomyces*).

Yeast Alternatives and Substitutions

Alternatives to Baker's Yeast

Baking soda and baking powder (preferably aluminum-free) are suitable alternatives to yeast as a leavening agent. Some cooks recommend buffered vitamin C in recipes as a substitute for baker's yeast.

Alternatives to Brewer's Yeast

With yeast allergies, it is important to avoid alcoholic beverages and vinegars. The one vinegar that is available that does not contain brewer's yeast is Bragg Organic Apple Cider Vinegar. This vinegar is made in a natural fermentation process that does not involve brewer's yeast.

TIP! When choosing supplements, select high-quality, hypoallergenic vitamins and minerals that contain no yeast, corn, soy, dairy, or gluten.

Yeast-free Breakfast Ideas

- Fresh vegetable or fruit juice or fresh fruit with yogurt.
- Whole cooked grains like rice, corn, barley, rye, millet, amaranth, oats, or buckwheat.
- Commercial preparations of cream of rice, rye, and barley, as well as corn grits. You may grind any of these grains to make a fresh creamed cereal. These hot cereals can be eaten thinned with water or taken with rice, soy, almond, or oat milk, or cow's or goat's milk, as appropriate.
- Many cold cereals are available at the health food store. These include pure rice, millet, or wheat puffs; 100% oat cereal; and corn flakes.

- Organic eggs or a vegetable omelet.

Yeast-free Lunch and Dinner Ideas

- A basic meal of cooked low-carbohydrate vegetables, beans, or fish, chicken, turkey, or red meat (beef, etc.), a grain dish, or a root vegetable.
- Bean soups (lentils, black bean) with cooked vegetables.
- Stir-fried vegetables with meat or tofu.
- Seafood with whole grain pasta (wheat-free pasta is easier to digest).
- Broiled or poached fish.
- Bean dishes like vegetarian chili.
- Poultry, such as baked, roasted, or stir-fried chicken or fresh chicken-vegetable soup.

TIP!: If you are yeast or mold sensitive, use only organic meats and eggs.

Yeast-free Snack Ideas

- Japanese rice balls filled with avocado or tuna.
- Trail mix with fresh nuts and seeds.
- Baked corn or potato chips.
- Fresh fruit.
- All-natural gelatin.
- Corn chips or potato chips with salsa.
- Hummus or baba ghanoush with vegetables or crackers.



Healthier Choices

Category	10 Food Ingredients to Always Avoid and Why	Example	Substitute
Sweetener	Artificial sweeteners that promote weight gain	Aspartame Sucralose	Maple syrup Raw honey Barley malt
Sugar	Fructose promotes fatty liver and belly fat	HFCS Corn syrup Agave nectar	Whole fruit conserves Maple syrup Raw honey Barley malt
Soy	Excess glutamate and plant estrogens that risk disrupting hormones	MSG Hydrolyzed protein Chelated minerals	Wild rice Barley Quinoa Millet Biodynamic soy
Food colors	Metabolic and immune burdens	Artificial colors Food/cosmetic dyes	Natural colors
Synthetic antioxidants	Metabolic and immune burdens	BHA BHT	Ascorbate Tocopherols
Meat preservatives	Promote cancer	Nitrates & nitrites	Preservative free meats
Preservatives	Oxidant that harms gut bugs	Potassium bromate	Potassium ascorbate
Growth enhancers	Impair digestion and increase antibiotic resistance	rBGH Antibiotics	Better nutrition
Processed fats	Too much omega 6 and too little omega 3 essential fats	Vegetable oils	EVO Organic peanut oil
Processed sugar, fat	Empty calories	Isolated sugar & fat	Whole foods, fruits, fresh veggie juices, lassi, herbal teas, bean puree dips



At A Glance: Egg Alternatives

Reactant Food

Eggs

Chicken eggs are one of the items tested in the LRA evaluation for delayed allergies.

You can be sensitive to egg white, egg yolk, or both. Duck and goose eggs have different reactive parts. Immune cross reactions between chicken, duck and goose eggs are rare.

Suggested Substitutions

To replace the binding effect of egg yolks, you can use arrowroot, ground flax, and fruit pectins such as apricot or guava. The leavening effect of egg whites can be replaced by baking soda, baking powder, and buffered vitamin C powder.

Egg-free Eating

Eggs are versatile, and are one of nature's most perfect proteins. But for those with egg allergies, fortunately, nature has also been kind enough to provide many alternatives.

Basic Substitutions

Alternative to Egg Yolks

- The best substitute for egg yolks in cooking and baking is arrowroot powder. Arrowroot is a tuber grown in the Caribbean and in North America. It is dried and powdered and looks and acts much like cornstarch. Arrowroot powder is sold in natural food stores and in many supermarkets in the spice section. Arrowroot yields the same smooth texture as egg yolk, but is thinner and tastes less rich.
- Other alternatives to egg yolks in baking are ground flax and fruit pectins, such as apricot or guava pectins.
- Many individuals allergic to chicken eggs are not allergic to duck or goose eggs and can use these to cook.

Alternatives to Egg Whites

If you are reactive to egg whites, here are three suggestions for baking without egg whites:

- Reduce the amount of space the batter needs to rise. For example, if a cake recipe calls for egg whites, make two smaller cakes, or muffins without the egg whites.
- Add two tablespoons of lemon juice or vinegar to the batter to raise its chemical activity, which helps make it lighter without egg whites.
- Triple the amount of baking soda or powder. Baked goods are slightly heavier without egg whites, so avoid recipes that have high egg-white content and depend on them for texture, such as soufflés or angel food cake.

Egg-free Meals

Egg-free Breakfast Ideas

- Fresh vegetable or fruit juice or fresh fruit with yogurt.
- Whole cooked cereals like rice, corn, barley, rye, millet, oatmeal, buckwheat, quinoa, or amaranth. You may grind any of these grains to make a fresh creamed cereal, served with cow's or goat's milk, or rice, soy, almond, or oat milk.
- Commercial preparations of cream of rice, rye, and barley and corn grits.
- Cold cereals including rice or millet puffs, 100% oat cereal, corn flakes, spelt flakes, flax, Kamut®, and kasha.

Egg-free Lunch and Dinner Ideas

- A basic meal of cooked low-carbohydrate vegetables, beans, or fish, chicken, turkey, beef, grain, or a root vegetable.
- Bean soups (lentils, black bean, white bean) with cooked vegetables.
- Stir-fried vegetables with meat or tofu.
- Seafood with pasta and vegetables.
- Broiled or poached fish.
- Grain casseroles, such as Indian millet or wild rice with nuts or seeds.
- Bean dishes, such as twice-cooked beans wrapped in corn tortillas, red lentil dal, or vegetarian chili.
- Poultry, such as baked, roasted, or stir-fried chicken or fresh chicken-vegetable soup.
- Egg-free sandwich made with eggless mayonnaise.

Note: Eggless mayonnaise, such as Veganaise, is widely available in health foods stores.

Egg-free Snack Ideas

- Japanese rice balls filled with avocado or tuna.
- Trail mix with fresh nuts and seeds.
- Whole grain muffins or crackers (wheat-free are easier to digest).
- Baked corn or potato chips.
- Fresh fruit.
- All-natural gelatin sweetened with fruit juice.



At A Glance: Sugar Alternatives

Reactant Food

Sugar

Sugar is the most common food additive used in this country. Many processed foods contain cane sugar, beet sugar, or corn sugar, also called corn syrup or high-fructose corn syrup (HFCS). Sucrose and dextrose are also sugars. Foods that often contain sugars include beverages, candy, ice cream, gelato and sorbets, baked goods, peanut butter, beer, most alcoholic beverages, hams, juices, and canned foods. It may also be found in vegetable dishes, many frozen foods, and salad bars, as well as in medications, lozenges, vitamins, and cosmetics.

Suggested Substitutions

Choose among the sweeteners to which you do not react:

Honey, maple syrup and maple sweeteners, barley and rice malt, fruit juice concentrate, date sugar, fig concentrate, and carob.

Evaporated whole cane juice.

Stevia and agave are also natural substitutes for sugar as a sweetener.

One of the most obvious reasons why sugary foods and drinks are bad and can undermine your health is that they tend to be high in calories but are not all that filling. That makes it easy to over-consume them, and the excess calories can cause you to gain weight.

Another way that sugar negatively impacts nutrition and health is that it displaces other healthier foods. People often eat sweets instead of other foods that are more nutritious and, as a result, their overall nutrition suffers. Put another way, if you were to replace sweets with nutritious foods like fruits and vegetables, you'd greatly improve the nutritional quality of your diet.

Sugar-free Eating

Sugar addiction is very real and can be the initial stage of more serious health conditions such as diabetes. To substitute for sugar, use unprocessed honey, molasses, and formaldehyde-free maple syrup (Canadian); "sweet" spices such as cinnamon, mace, nutmeg, etc.; dried organic fruits such as currants, raisins, or dates; and, of-course, fresh fruit. Xylitol, a fairly new sugar alternative, is also an option.

Artificial sweeteners like aspartame, Acesulfame K and saccharine are best avoided. Any food or beverage created in a lab instead of by nature is not recognized by the body and opens the door to short-term and long-lasting health problems.





At A Glance: Soy Alternatives

Reactant Food

Soy

Soy is found in many forms such as the bean itself, soy flour, soy oil, soy seasoning, soy protein. It is used in soy milk, tofu, miso, soy sauce, tempeh, and natto. Textured soy protein is a common meat substitute. Some “hidden” sources of soy include: vitamin supplements with amino acid chelates or mineral chelates, hydrolyzed vegetable protein, soy lecithin and soy isolate in commercial foods, and as natural flavoring (soy can be used as a carrier protein).

Soy protein isolate can be found in protein bars, meal replacement shakes, bottled fruit drinks, soups and sauces, meat analogs, baked goods, breakfast cereals, and some dietary supplements.

Soy also resides in products like soaps, printer’s ink, fertilizers, paints, and even in linoleum. It is important to scrutinize labels and products carefully. Unfermented soy contains plant estrogen hormones that can interfere with your own hormone messengers.

Suggested Substitutions

Soybeans can be replaced with many different varieties of beans, including kidney, black, pinto, white beans, chickpeas, etc.

Soy sauce can be replaced with sea salt, wine, mushroom broth, or other sauce preparations.

Soy protein can be substituted with fish, fresh meats, beans and a complementary protein, such as grains (see page 19 for more on food pairing for complete proteins).

Alternative oils are plentiful. If you react to soy oil, avoid fried fast foods or fried restaurant foods, since soy oil is likely to be one of the oils used in food preparation.

Soy-free Eating

Soybean is a high protein legume native to East Asia and used in the food world in many different ways. It is found in many forms such as the bean itself, soy flour, soy oil, soy seasoning, and soy protein.

Traditional non-fermented food uses of soybeans include soy milk and tofu. Fermented food uses of soy include soy sauce, miso, fermented bean paste, natto, and tempeh, among others.

Many vegetarians, or anyone reducing their intake of animal proteins is likely to eat soy quite often. Texturized soy protein is a common meat substitute and soy milk and cheese are common dairy substitutes.

Because soy in various forms is commonly used as additives and seasonings, reading labels carefully is necessary when avoiding soy. Some “hidden” sources of soy include: vitamin supplements with amino acid chelates or mineral chelates, hydrolyzed vegetable protein, soy lecithin and soy isolate in commercial foods, and as natural flavoring (soy can be used as a carrier protein).

There is a great deal of discussion in the health world regarding the usage of soy. While some say it is good for the heart, others say it can promote breast cancer, especially the un-fermented sources of soy. Even so, because it is used in the food industry so widely, many people tend to become sensitive to it. If you are one of them, the substitutes provided here can help you make the right alternate choice.

Basic Substitutions for Soy

- Fish, fresh meats, and beans paired with a complementary protein such as grains (see page 19 or more on food pairing for complete proteins).
- Whey protein bars and shakes.
- Replace soy sauce with sea salt, wine, mushroom broth, or other sauce preparations.
- Almond, coconut, and other nut milks.

Note: Vegetable cubes with brand names such as Vogue, Frontier, Morga (Swiss), Steinbach (German), and Rapunzel (British) may contain soy. Vogue, for example, is a mix of soy, potato, and pea flours with herbs and spices. However, many vegetable cubes also use yeast or MSG as ingredients, so read the label carefully or consult a nutritionist before choosing the specific brand.



At A Glance: Factory Farmed Meat Alternatives

The only real way to avoid supermarket meat is not to eat any. If you consume meat, we recommend only consuming meat from smaller farms, where the animal has been allowed to spend time outdoors and has been range-fed organically. This kind of meat is commonly available in health food stores.

You can substitute lentil, pea, bean, and grain combinations for meat entrées, as well as nuts and seeds, organic cheeses, tofu, and miso. *Diet for a Small Planet* by Francis Moore Lappé contains practical suggestions on how to do this.

Avoiding Industrialized Animal Products

Reducing your intake of animal products can be an important step in restoring the balance of your body chemistry. A high-protein diet is well-documented in the research literature as a major cause of bone loss. Additionally, there are many hazards in eating factory-farmed meat, from industrialized agriculture.

Hazards of Supermarket Meat (and Industrialized Agriculture)

Industrial agriculture (or factory farming) has utterly changed the nature of our food supply. Animals raised for meat are kept for the most part in confined, concrete pens. An electric light substitutes for the sun and is turned on optimally for 18 hours a day to ensure maximum growth. A conveyor belt passes with food in front of the animal; behind the animal's back another belt passes to remove feces.

The animal's diet includes fattening hormones (some of which have been shown to cause cancer if fed directly to humans) and up to 25% feces. Consequently, antibiotics are commonly used, and their effects in inducing pathogenic and antibiotic-resistant bacteria are of increasing concern. If the meat is not red enough, it is dyed. And if it is not flavorful enough, it is injected with chemical flavoring.





At A Glance: Sulfite Alternatives

Information from this list should be supplemented by reading the labels of packaged food. Not all manufacturers of these foods use sulfites. The amounts that are used may vary. (From the U.S. Food and Drug Administration)

Sulfite Sensitivities: Read the Labels

If you are sensitive to sulfites, read the labels of packaged food. The U.S. Food and Drug Administration (FDA) now requires that any food containing more than 10 parts per million (ppm) concentration of sulfites must declare this on the label. Foods that contain less than 10 ppm of sulfites have not been shown to cause symptoms, even in people allergic to sulfites. The table below lists some common foods that may contain sulfites (from the FDA).

Food Category	Types of Foods
Alcoholic beverages	Wine, beer; cocktail mixes, wine coolers
Baked goods	Cookies, crackers, mixes with dried fruit or vegetables, pie crust, pizza crust, quick crust, flour tortillas
Beverage bases	Dried citrus fruit base, bottled beverages, mixes, cider and root beer
Condiments and relishes	Horseradish, onion and pickle relishes, pickles, olives, salad dressing mixes, wine vinegar
Confections and frostings	Brown, raw, powdered, or white sugar derived from sugar beets
Dairy product analogs	Filled milk (skim milk enriched in fat content by addition of vegetable oils)
Fish and shellfish	Canned clams, fresh, frozen, canned, or dried shrimp, frozen lobster; scallops, dried cod
Processed fruits	Canned, bottled, or frozen fruit juices (including lemon, lime, grape, apple), dried fruit, canned, bottled or dried dietetic fruit or fruit juices, maraschino cherries, glazed fruit, shredded coconut
Processed vegetables	Vegetable juices, canned vegetables (including potatoes), pickled vegetables (including sauerkraut, cauliflower, and peppers), dried vegetables, mashed potatoes, frozen potatoes, potato salad
Gelatins, puddings, fillings	Fruit fillings, flavored gelatin, pectin jelling agents
Grain products and pasta	Cornstarch, modified food starch, spinach pasta, gravies, hominy, breading, batters, noodle/rice mixes
Jams and jellies	Jams and jellies
Plant protein products	Soy protein products
Snack foods	Dried fruit snacks, trail mixes, filled crackers
Soups and soup mixes	Canned soups, dried soup mixes
Sweet sauces, toppings,	Corn syrup, maple syrup, fruit toppings, high-fructose corn syrup, pancake syrup, molasses
Tea	Instant tea, liquid tea concentrate



At A Glance: Trans Fats and Hydrogenated Oil Alternatives

Reactant Food:

Trans Fats and Hydrogenated Oils

Trans-fatty acids are associated with cardiovascular disease, high cholesterol, and blood fats, and an increased risk of cancer. They interfere with the normal metabolism of essential fatty acids and can contribute to fatty acid deficiencies despite a high fat intake in the diet.

Hydrogenated oils are listed as “hydrogenated” or “partially hydrogenated” soybean oil, vegetable oil, corn oil, etc. They are in margarines, processed vegetable oils, mayonnaise, commercial peanut butter, baked goods, chocolate, and some carob products, all of which should be avoided. The use of hydrogenated oils in processed food and food processing is extensive.

Suggested Substitutions

Non-hydrogenated “expeller-pressed”, organic or biodynamic oils such as olive, grapeseed, coconut, and peanut.

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Chapter 5. Supplements Are Essential

Creating Resilience

Eating healthy, whole foods and avoiding immune reactive items are fundamental steps to creating health and restoring your body's resilience. Above and beyond your immune-tolerant diet, supplementation of critical nutrients has become essential to overcoming repair deficits and to reversing the burdens imposed by immune reactive items identified by **LRA by ELISA/ACT®** tests. Effective supplements can correct nutritional inadequacies and counter both internal stress (a burdened immune system, for example), as well as distress from environmental and life-style factors.

An immune-tolerant diet consists of foods that do not trigger an immune reaction in you. The LRA by ELISA/ACT tests described in Chapter 4 are the best way to identify foods and other substances that can wear down your immune system.

Over 490 items can be tested from just 1 oz of blood.

Visit www.ELISAAC.com for more information.

Supplements Are Necessary Now

There are many reasons why supplementation is needed:

- Sufficient nutrient intake is essential for your body to function well. Refined and processed foods are stripped of essential nutrients and minerals.
- The soil in which the majority of food is grown today tends to be deficient in minerals and other cofactors. Chemical fertilizers do not replace the dozens of minerals typically found in healthier soil. Most of us were raised on (and currently consume) food grown on factory farms. This provides a nutrient-deficient, yet calorie-rich diet that leaves us overfed and under nourished.
- Often our bodies absorb only a small amount of the available nutrients due to poor digestion and delayed allergies. While the digestive issues are being corrected, it is especially important to consume an abundance of nutrients through diet and supplements.
- An acid forming diet results in cells that are too acid. When cells are too acid, cell energy runs down. The body pulls minerals from cells and from bones to protect the body from this acid load. This depletion of minerals can cause osteoporosis. Effective supplementation can replenish these critical minerals and reverse this disease. **PERQUE Bone Guard Forté 20**, **PERQUE Mg Plus Guard**, and **PERQUE Choline Citrate** are breakthroughs in mineral enrichment.



What to look for in effective supplements:

- Use biologically preferred forms of nutrients, as found in nature and in food.
- Include co-factors and transporters for better nutrient uptake.
- Include only active ingredients, with no fillers or binders to interfere with bioavailability.
- Disclose all ingredients; labels should not include 'proprietary blends' or 'other ingredients' that may reduce uptake, cause allergic reactions, or increase rather than reduce deficiencies of essential nutrients that the body cannot make and must be consumed regularly.
- Do not mix oxidants (like iron, copper, or iodine) with antioxidants (like selenium, vitamins E or C) in the same formula as doing so creates competition that destroys active, delicate antioxidant ingredients during production and storage.

The Relationship Between Acid/Alkaline Balance and Osteoporosis

When cells are too acidic, calcium and magnesium are drawn from the bones. Cells that build bone are less effective, and the cells' pH balance is affected. This condition, called chronic metabolic acidosis, depletes bone and causes osteopenia (lower bone density) and eventually osteoporosis (loss of bone mass with risk of fractures).

Animal studies confirm that even small changes in pH make a big difference in bone and cell function. In one animal study, bone loss increased by 500% with a pH change of just 0.2 units. This shows how even a small change in cell pH induces big problems over time.

At least 40 million Americans have significant bone loss. Among Caucasian women over 65, one in two will suffer a fracture due to osteoporosis. Direct medical costs of osteoporosis in 2008 exceeded \$14 billion.

Fortunately, this process can be reversed, and new bone can be built, even in those with long-standing deficits.

Alkaline Diet Plus PERQUE Bone Guard Forte 20™ Builds New Bone

Bone health can be restored by shifting the body's balance back into healthy resilience through an alkaline diet and **PERQUE Bone Guard Forté 20**, which includes all the necessary alkalizing minerals. Studies conducted by the Health Studies Collegium (a clinical research and health policy institute) confirm that people who follow this approach are able to successfully rebuild healthy new bone.

DEXA Scores of
Bone Density:
**PERQUE Bone
Guard Forté 20** and
The Alkaline Way
Enhances Bone
Density in Just Two
Years

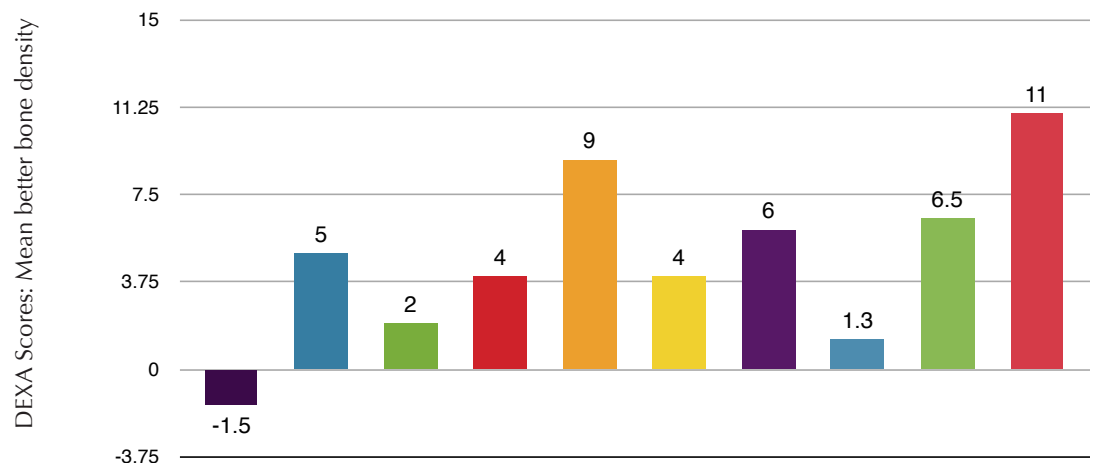


Figure 1. Alkaline diet and mineral supplements rebuild bone in 9 of 10 patients in a two-year period.

Recommended Foundational Supplements

The following supplements provide basic supplementation and establish a strong foundation to achieve a healthy acid-alkaline balance.

1. **A multivitamin/multimineral/essential cofactor supplement that includes only essential nutrients to protect, nourish, and restore.**



We created the unique **PERQUE Life Guard tabsules™** to meet this need. This super multi (multivitamin), 40-essential nutrient formulation delivers 5 products in 1, including a potent mineral complex. The 10 fully bioavailable elemental minerals, including magnesium and calcium along with

eight other essential minerals, energize and alkalize your body, promoting sustained health and vitality. For more information on the **PERQUE Life Guard** family of super multitis, visit **PLGT.PERQUE.COM**.

Cofactors are nutrients that assist in the numerous cellular activities in the body especially those requiring enzymes. Transporters are additional compounds that ensure safe, and complete delivery and absorption of required nutrients.

2. **A bone-strengthening supplement. For improved bone health and to achieve acid-alkaline balance, a sufficient and balanced comprehensive bone building formula is needed in addition to a comprehensive super enhanced multivitamin.**



We recommend **PERQUE Bone Guard Forte 20™** tabsules. This comprehensive nutrient complex is packed with 20 essentials, shown to rebuild bones and protect against the depletion of calcium, magnesium, and essential trace minerals. More bioavailable, better balanced forms of boron, chromium, copper, iodine, manganese, selenium, silica, strontium, vanadium, and zinc are included. This formula provides vitamins and cofactors active in building healthy bone, including vitamin D3, which supports mineral uptake and healthy cell growth, and vitamins K1 and K2,

shown to reduce the incidence of fractures. **PERQUE Bone Guard Forte 20** has been shown in clinical research to rebuild bone in nine of ten patients in just two years, reflected in DEXA scores that measured bone density. (See Figure 1.) For more information on **PERQUE Bone Guard Forte 20**, visit **BGFT.PERQUE.COM**.

3. **A magnesium supplement. Magnesium is critical to health. It activates hundreds of cellular enzyme processes and is pivotal in regulating blood pressure, heart rhythm, and muscle function. It also plays a major role in supporting cell energy production, calcium metabolism, digestive elimination, and restorative sleep. We recommend a combination of the three most bioavailable forms of magnesium (glycinate, ascorbate, and citrate) to increase absorption and action.**



We recommend **PERQUE Mg Plus Guard™** and **PERQUE Choline Citrate™**. These two supplements form a unique patented system proven to deliver better absorption of magnesium. Replenishing choline stores also improves overall endurance and performance, while citrate enhances mineral uptake into cells, then energizing those cells. For more information on **PERQUE Mg Plus Guard**, visit MPGC.PERQUE.COM. For more information on **PERQUE Choline Citrate**, visit CCGL.PERQUE.COM.

4. Use a vitamin C supplement that is buffered with four minerals, is fully reduced, and is all l-ascorbate. Buffered vitamin C purifies and eases the toxic burden on the body. We recommend performing a “C Cleanse” (*Chapter 6*) periodically to promote cellular healing and metabolism, and safely purge the body of foreign invaders, while providing a foundation for sustainable health.



We recommend: **PERQUE Potent C Guard™**, formulated to nourish cells while it neutralizes oxidative stress and harm. It is mixed with nourishing alkalizing minerals that include calcium, magnesium, potassium, and zinc to increase immune defense and repair functions throughout your body. Your daily vitamin C dosage need will vary according to your body’s oxidative load and relative health at any given time. To determine your individual daily need follow the C Cleanse described in *Chapter 6: Detox and Cleanse Guide*. For more information on **PERQUE Potent C Guard**,

visit PCGP.PERQUE.COM.

Recommended Supplements for Cramps, Fatigue, and Periods of Cleansing/Detoxing

- Elemental magnesium as **PERQUE Mg Plus Guard™** (2 capsules; 110 mg) twice daily.
- Choline citrate as **PERQUE Choline Citrate™** (1 teaspoon; 1,300 mg) in juice or water at the same time.
- Recycled L-Glutamine, as in **PERQUE Endura PAK Guard™** (3 caps; 1,500 mg) on rising and before bed on an empty stomach; an additional dose 30 minutes before exercise enhances the benefit and reduces recovery time after your workout. For more information on **PERQUE Endura PAK Guard**, visit EPGC.PERQUE.COM.

Recommended Supplements to Restore Digestive Health and Reduce Intestinal Inflammation

- Probiotics as **PERQUE Digesta Guard Forté 10™** (10-20 billion healthy organisms). Take 2-4 capsules with each meal. For more information on **PERQUE Digesta Guard Forté 10**, visit DGFC.PERQUE.COM.
- Flavonoid/flavonol repair combination as **PERQUE Repair Guard™**. Take 2-6 tabsules two to six times daily. Take more when pain from inflammation occurs. For more information on **PERQUE Repair Guard**, visit RGT.PERQUE.COM.
- Valerian, ginger, and/or chamomile tea.

Doing the Right Thing Enhances Sustainable Good Health

Beware of advice on shortcuts to alkalinizing your body. For example, some people advise taking sodium bicarbonate (baking soda) or “tri-salt” bicarbonates daily to alkalinize. While in theory this seems sensible, unfortunately these products do not replenish the alkaline reserve minerals or eliminate toxic metals and actually reduce the digestion that ought occur in the stomach. If taken with meals, bicarbonates neutralize stomach acid, which can then interfere with digestion.

Alkaline water machines are another shortcut attempt to fool the body. They alkalinize the water but not the body. Not only are they expensive; they create a “false alkalinity” by introducing minerals like platinum, nickel, and titanium and not effectively removing other toxic minerals. These ions can raise the pH of the water but are not the minerals the body uses and needs. While the pH of water running through these machines can be as high as 12, it does not build the alkaline reserves in the body. *The Alkaline Way* and **PERQUE** supplements are your allies and guides to life long health.



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Chapter 6. Detox and Cleanse Guides

Why Detox?

Detoxification is important for everyone. This process supports our bodies so that we can live better and longer, with sustained energy and vitality. The vital process of cleansing has a significant impact on long-term health and well-being. It flushes out some of the damage left behind by the toxic burden of modern life, lightening our toxic load, and freeing up the energy we need to implement lifestyle changes.

Our bodies are burdened every day in ways that are often beyond our awareness. Over the past 50 years, more than 100,000 chemicals have been introduced into our environment. These toxins interfere with our bodies in many ways. Accumulated toxins can change our metabolism, causing us to become more sluggish and less efficient.

With the guidance in this chapter, you will have a series of deceptively simple but powerful tools that you can use to simply, easily, and effectively rid your body of baggage that has made it difficult for you to recover and change. We encourage you to embrace the cleansing and detoxification process. This is a time not only to purify your body, but also your mind. It's an opportunity to start fresh and rethink your vision of yourself—you in a healthy body!

Cleansing and Detox Basics

The first step to any cleanse or detox is to avoid any and all substances that stress the digestive or immune system, to the fullest extent possible. The stressors listed below are to be avoided when you are ready to detox, for as long as you would like to do so. Not surprisingly, these offenders are also highly acidic to the body.

Stressors to Avoid When Detoxifying the Body

- Caffeine-containing substances (e.g., coffee, black tea, cocoa, and colas)
- Nicotine-containing substances (tobacco in all forms)
- Alcohol above modest amounts (more than 2 ounces per day)
- Nitrates (frequently used in deli meats and cheeses)
- Drugs such as amphetamines, barbiturates, narcotics, phencyclidine (PCP)
- Pesticide residues
- Solvents (from recreational drugs, occupational, or hobby exposure)
- Heavy metals (e.g., lead, mercury, arsenic, cadmium, nickel, and aluminum)



Methods of Detoxification

In addition to avoiding toxic substances, *The Alkaline Way* recommends the following:

- Resting your digestive system periodically
- Purification modalities such as low temperature saunas and salt and soda baths
- Periodic C Cleanse/Calibration
- 30-day multisystem detox program

Giving Your Digestion a Rest:

In our active, modern lives, we often over-consume and under-digest. This places a tremendous burden on the body and digestive system. One way to reverse this condition is to periodically minimize the amount we consume and let the digestive system rest. There are many ways to achieve this. Below are some examples.

Liquid-Only Days

Try consuming only liquids for a day (or half a day or two days) each week. The purpose is to let your digestive system take a much-needed break. This is not a calorie-free diet nor a fast.

An 8-ounce glass of liquid each hour is a suitable beginning. Drink as much as needed to feel satisfied. Keep all fresh juices covered to prevent air from oxidizing the delicate and healthful flavors and reducing the nutritional quality. Remember: fresher is better.

The following are some liquid options. These are generally meant to be tried one at a time, but you could have one type of liquid early in the day and another in the evening. Or, you could try liquids during the day and a simple meal in the evening. The key to not feeling deprived is to stay full by drinking often.



Vegetable Juice

Vegetable juice is an outstanding source of minerals, especially calcium, magnesium, potassium, and zinc, particularly if the vegetables are sourced as organic or biodynamic. Vegetables have a root system that will absorb and concentrate whatever is in the soil, and any pesticide/fungicide/toxic residues that are present will be incorporated into the vegetable. Because of this absorption, it is important to obtain organic, biodynamic, or homegrown vegetables for juicing.



Carrot and Greens Juice Combinations

Carrot juice is the staple of vegetable juices. To maintain optimum acid/alkaline balance, carrot juice can be combined with other vegetables. Usual combinations are 60–90% carrot juice with the remainder from parsley, celery, spinach, cucumber, Jerusalem artichokes, beets, beet greens, watercress, cilantro, cabbage, or other green leafy vegetables.

Adding a half-inch of ginger root will enhance the digestion of the juice and make it more alkaline. Change the proportions or dilute the juice to suit your palate. Let your taste buds be your guide. The juice should taste robust and delicious.



Vegetable Broth

Vegetable broth is made from ripe, healthy vegetables, legumes, and/or beans simmered together in a pot for several hours. You may add sea salt, soy sauce (if tolerated), capers, and such herbs as oregano, basil, or thyme, or a spice such as curry to suit your taste and dietary compatibilities. The clear broth should be strained and may be drunk at any temperature. It will stay fresh for several days if refrigerated and for months if kept tightly sealed and frozen.



Miso Broth

Miso broth (preferably with hacho miso, aged more than 24 months) is a fully fermented, easily digested product derived from soy. The amino acids and other simple products are rarely a problem even for those with soy, yeast, or mold sensitivities. *The Book of Soy* by William Shurtleff is a kitchen and reading resource.

Fruit Smoothies

Fruit smoothies are delightful on your “liquid days.” Tree-ripened fruit, pitted and cut into wedges, can be whipped into a tasty puree in your blender. Of course, the chosen fruits should be nonreactive with your immune system.



Watermelon or Other Melon Juice

Watermelon juice is a surprisingly tasty drink made from blended ripe watermelon pieces (without seeds). A small amount of ginger tea or compatible liquid can be added to start the blending process. Other melons may also be used. The juice can be stored covered in the refrigerator for an entire day.

Ginger Tea

Ginger tea is made from whole, fresh ginger root (increasingly available in most grocery produce areas). An easy way to make ginger tea is to freeze the fresh ginger, thaw until it is soft, slice and dice the juicy root, and steep in a warmed pot of hot water for 10 minutes. Ginger tea is tasty at any temperature and can be stored refrigerated for several days in a tightly sealed jar.



Lassi

Lassi, a beverage from India, is made from active culture yogurt: there should be nothing in the yogurt except probiotics that predigest the milk and yogurt cultures. The flavor can be enhanced if desired, with rose water, and a little raw honey (to taste). Whip the mixture in the blender for 60 seconds. Lassi can be kept in the refrigerator for two days. Exclude lassi if you are sensitive or

reactive to cow's milk; in that case, lassi can be made with goat's milk yogurt or nut milk yogurt.

Water (and Citrus/Lemon Water)

Water in its many forms is a valuable adjunct for improvement of metabolism: use deep spring water, naturally carbonated water, and water with citrus juice.

Herbal Teas

Herbal teas, alone or with a squeeze of citrus juice or a drop of raw honey, are welcome additions to this program.

Salt & Soda Baths

Salt and soda baths are a great way to mobilize and release fat-soluble and potentially immunosuppressive components stored in fat tissue. Research suggests that fat-soluble residues such as pesticides, polychlorinated biphenyls (PCBs), and solvents can be excreted through the skin if the superficial fat pad is slowly warmed (as with a warm bath) and sweat oils are encouraged to accumulate on the skin surface.

The potential of these chemical compounds to impede vital body functions, from cell membrane fluidity and neurotransmitter activity to neurohormone binding and endocrine function is well documented. Reducing the burden of these chemicals on your entire system can significantly improve your mental and physical health.

Epsom Salt Baths

- Put one-half cup each of Epsom salts and baking soda in a tub of comfortably warm water.
- Stir to dissolve.
- Stay in the bath for 10 to 15 minutes. You should come out pink like a baby and not red like a lobster.
- Massage all parts of your body with your hands or a soft cloth. One to five tablespoons of sesame oil can be added as a skin emollient, especially in cold weather.
- Shower afterward with a goat's milk-based soap or glycerin soap to rinse away toxins that have been drawn to the outer layer of the skin.
- Can be repeated daily.

Note: The magnesium in the Epsom salts opens the skin pores, and the bicarbonate from the baking soda draws out acids.



Low-Temperature Saunas

A welcome complement to salt and soda baths is low temperature saunas. They gently detoxify the body while giving the mind and spirit time to relax and decompress. A far infrared sauna can be tailored to the low temperatures required here.

Sauna Methods

- Home sweat cabinets
- Home saunas
- Commercial saunas

Low temperature saunas differ from high temperature saunas in at least two ways:

- The temperature is lower (105–110°F)
- The time you stay in the sauna is longer (30–60 minutes)

Saunas can be repeated 1–3 times a day for at least 3 times weekly, preferably 5 or more days a week. The sauna is complete when an oily sheen on the skin indicates mobilization of oils as sweat. (Oils are only secreted at low temperatures.)

After the sauna, immediately shower with glycerin soap (such as Dr. Bronner’s unscented liquid soap) or a similar product. This is important to prevent the mobilized oils from being reabsorbed. Use a loofah or gentle scrub brush. Following the sauna and scrub, a cool shower is invigorating.





Your C Cleanse

As the central antioxidant molecule responsible for regeneration, recycling, and cell detox, the amount of ascorbate (vitamin C) needed by any given individual varies more widely than that of any other essential nutrient. The C Cleanse protocol developed by Dr. Jaffe makes it possible for individuals to determine how much ascorbate they need, at any given point, in order to stimulate repair and respond to oxidative stress.

Vitamin C is Essential

Almost all animals and plants synthesize their own vitamin C. Notable exceptions are humans, other higher primates, and guinea pigs. However, monkeys and guinea pigs eat mostly fresh fruits and vegetation, rich in vitamin C.

Species that synthesize ascorbate from sugar make the equivalent of 5 to 15 or more grams of vitamin C a day, mostly in their livers. Production can more than double when the animal is distressed. Our genetic ancestors once had the ability to synthesize vitamin C but lost it long ago. One enzyme is missing in a 6-enzyme process converting sugar to vitamin C. Scientists estimate that without this mutation, we would be making 10–30 grams of vitamin C a day throughout our lives when we are healthy and more when we are unwell or distressed.

Despite the need for a vitamin C-rich diet, many of us consume only small amounts of vitamin C-rich foods. Our food supply contains increasingly less vitamin C due to premature food harvesting, artificial ripening, and food processing. For example, all commercially available orange juice has been pasteurized, which destroys the majority of the vitamin C.

Vitamin C can be a useful tool to promote, and even accelerate, the healing process. Use it wisely, and you will see the difference.

How Much Vitamin C Do I Need?

The amount of ascorbate necessary to meet individual needs fluctuates greatly over time. During stress or illness, you will require more of this essential vitamin. As you heal, the amount of vitamin C you require decreases. While some people need just a few grams daily, others will need hundreds of grams depending on how fast their body is using up ascorbate.

Purpose of the C Cleanse

The C Cleanse serves two purposes:

1. **Detox** - It purifies and eases the toxic burden on your body. The C Cleanse can be used to charge up the cellular electron pool, promote cellular healing and metabolism, and safely purge the body of foreign invaders, while providing a foundation for sustainable health.
2. **Calibration** - It reveals how much ascorbate your body needs at any given time. Though everyone benefits from buffered ascorbate, the amount of ascorbate you need to fully repair, restore, and maintain good health is determined by the level of toxic material stored in your cells. The C Cleanse informs you of your individual vitamin C requirement at the time of the calibration.

How Frequently Should I Do a C Cleanse?

Initially, we recommend doing a C Cleanse weekly. You will find that your need for vitamin C will increase each week for several weeks, as your body begins to repair, and then plateau for several more weeks as repair stabilizes. When your repair deficits are overcome and your body grows healthier and stronger, you will begin to need less C, and your weekly amount to cleanse will decrease. When you reach this point, a C Cleanse monthly will make sure you're staying on track.

What Kind of Vitamin C Should I Use?

Vitamin C that has been buffered with minerals is ideal for your cleanse. **PERQUE Potent C Guard** is ideal. This buffered vitamin C is the most powerful form of vitamin C available and is a potent purifier. It will act as a vacuum that moves through the cells of your body, extracting toxic material, and flushing it out of your system.

A fully buffered and reduced 100% l-ascorbate, such as **PERQUE Potent C Guard**, is also formulated to nourish cells while it cleanses. It is mixed with alkalizing minerals that include a balance of calcium, magnesium, potassium, and zinc to increase defense and repair functions within your cells and in your immune system. These buffered nutrients are found to effectively remove toxic minerals such as lead, mercury, cadmium, arsenic, and nickel—dangerous heavy metals shown to make many chronic illnesses worse.

C Cleanse Logistics and Preparation

How Much Time Will It Take?

It may take a number of hours to complete the initial calibration cleanse. Allow yourself an entire day for this cleanse. Make sure you have no other major demands on your time—consider this a little retreat, a day away from the world, to relax, cleanse, and lighten your body. Once you have done an initial ascorbate calibration/cleanse, you will have a better idea of how much time is needed.

When Should I Start the Cleanse?

It is best to start the cleanse on an empty stomach, first thing in the morning (especially the first time you use this protocol). However there is no need to fast during the entire process. Light food is permitted during the day.

How Will I Feel During and After the Cleanse?

Most people find that the cleanse is easy to do. Many people report a sense of improved well-being after the completion of their first ascorbate calibration. Some report a greater sense of well-being after the second or third. The overall consensus is that as time goes on doing these cleanses helps people feel increasingly better.

How Do I Do the Cleanse?

In summary, you'll take approximately 1/2 teaspoon of vitamin C every 15 minutes until you experience watery stool or an enema-like bowel movement. Though there are individual differences, most people experience a bowel cleanse within a few hours. Gas, cramping, and diarrhea can occur during the cleanse process, which is why you want to set aside the day to honor your privacy and allow time for relaxation and rest. The total dosage over the entire day that will promote this cleanse is your calibration dosage. The detailed protocol follows.

C Cleanse Protocol: Step-by-Step Instructions

To perform your C Cleanse for both the initial detox and for calibration, please follow these steps:

1. What you need for the cleanse:

- Bottle of **PERQUE Potent C Guard™** (The amount of supplement needed to do the cleanse will vary per individual. Typically it takes somewhere between 3 and 8 teaspoons of ascorbate to cleanse. The dosage could be as high as 15, 20, or more than 50 grams, depending on your health status and how quickly your body uses up ascorbate. Have a plentiful supply on hand for the initial cleanse; thereafter, you will know how much you will generally need.)
- Purified water or diluted juice.

2. Dissolve 1/2 teaspoon (1.5 grams) of PERQUE Potent C Guard™ in 2 or more ounces of water or diluted juice (juice diluted 1:1 with water)

- Healthy? Begin with 1/2 level teaspoon dissolved in 1–2 ounces of water or diluted juice.
- Moderately healthy? Begin with 1 teaspoon.
- Struggling with health issues? Begin with 2 teaspoons.

3. Let the L-ascorbate dissolve and all effervescence abate (typically within two minutes).

4. Drink the C Cleanse beverage.

Each time you consume the C Cleanse beverage, record the ascorbate amount (and time). This will be used to determine your daily C requirement.

5. Repeat every 15 minutes until you experience watery stool or an enema-like bowel movement. There will be loose bowel movements before this stage. It is important that you don't stop at the initial loose bowel movements.

TIP: Many people find that preparing a “batch” of ascorbate allows for easier, more timely consumption of the beverage rather than making up a new serving at each interval. To create a batch, 30 grams (10 teaspoons) may be dissolved in 10–20 ounces of liquid. If you choose this method, we recommend using a capped, dark bottle to avoid deterioration of the ascorbate due to air or light. Dissolved ascorbate is stable for 5–6 hours if kept cool or cold and tightly sealed.

NOTE: If after four doses there is no gurgling or rumbling in the gut, then double the initial dosage and continue every 15 minutes.

Calculating Your Daily Vitamin C Requirement

Your current daily need for ascorbate is 75% of the total ascorbate you needed to induce a cleanse. For example, if you required 10 grams of ascorbate to cleanse, your daily need would be 7.5 grams. The usual sufficiency need for a person in a state of good health ranges from 2 to 10 grams per day.

Daily Vitamin C Supplementation

Once your personal vitamin C requirement is calibrated and you know exactly how much you need on a daily basis, you can use **PERQUE Potent C Guard** powder or tabsules, dividing your daily intake into two to four or more doses per day.



Supportive Supplements to Enhance Your Cleanse

If you are experiencing symptoms of low magnesium, such as cramps, fatigue, or other energy disturbances, take 1 dose of the following every 1-2 hours while doing the C Cleanse:

- Elemental magnesium, in the form of **PERQUE Mg Plus Guard**
- Choline citrate, in the form of **PERQUE Choline Citrate**

When digestive problems and inflammation are present:

- Drink valerian, ginger, or chamomile tea. You may try chamomile tea with a dash of raw honey during the C Cleanse.
- Take probiotics, in the form of **PERQUE Digesta Guard Forté 10**: 2 capsules every hour. Once the cleanse is complete and you have resumed your normal eating routine, return to the usual dose of 2-4 capsules with each meal.
- Take a flavanoid/flavanol repair combination in the form of **PERQUE Repair Guard**: 2 tabsules every half hour during the cleanse. Once you resume your normal routine, take 2-10 tabsules twice daily.



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Chapter 7. Healthy Mind and Body Practices

OK. The eating and drinking part is clearer. What about thinking and doing?

Diet, supplementation, and regular detoxing are important aspects to keeping your body alkaline, healthy, and resilient. Additionally, both your mental and emotional health, and your general fitness or activity level, significantly impact acid loads on the body, and, as a result, long-term health, vitality, and resilience.

Inertia, tension, and stress are just a few of the sources of additional acid residue that deplete our bodies of essentials, including nutrients. In this chapter, we recommend a series of stress-busting lifestyle practices that are documented to steady the mind and fuel positive, peace restoring, vitality promoting results.

Start



There are many recommended practices:

Walking, hatha yoga, Tai Chi Chuan and Qigong, Alexander Technique, Feldenkrais Method, Pilates, and the Trager Method. Find a system that appeals to you and experiment until you have a good sense of what you enjoy and what benefits you as an individual. Then maintain a regular practice for a sustained period. The longer you practice, the more cumulative benefits accrue to you. Beyond 10,000 hours practice, the results can be documented in today's functional MRI scanners.

Any system that brings together movement and conscious breathing is recommended. All of these practices use the breath along with movement to evoke a healing equilibrium. Alternating practices that involve gentle stretching exercises and cardio or weight-bearing activities are also highly beneficial, since the heart is a muscle that benefits from exercise.

Find a practitioner you respect, one who “walks the talk.” DVDs or books are also wonderful supplements to help when guided approaches are unavailable or inappropriate. The *Resources* section at the end of this chapter offers recommendations to help get you started.

TIP: Check with your health care provider before you begin your practices.

Walking (and Other Low Impact Aerobic Exercises)

Walking is a perfect exercise, whether you are drawn to brisk walking or simply ambling, preferably in a place of beauty and serenity for at least 45 minutes every other day. Walking for benefit increases circulation and oxygen levels. Deep, slow in and out breaths, even while walking slowly, accelerates the lymph flow, which is a major detoxification system of the body. Walking can also be linked to deep relaxation, mindfulness practice, or meditation, further activating the body's innate healing capacities.



Start Walking

- You can walk at a variety of paces. There's slow, purposeful walking, and then there's brisk walking that is more aerobic. There's also speed walking, which provides a strong cardiovascular stimulus. If you are suffering from a chronic type of health condition, remind yourself that slow, purposeful walking still gives you all the benefits of oxygen, circulation, and stimulation. Do what you can and celebrate your successes.
- Begin slowly and build up. One approach is to walk for five minutes on the first day, and then add just one minute a day. If you do that, in 10 days you'll be walking for 15 minutes, and in a month you'll be walking more than half an hour. By the end of the second month, if you wish, you could be walking for an hour a day.
- Build walking into your life. Another approach is to integrate walking into your routine, by making it part of the things you must do, like, for example, washing your face.
- To the degree possible, group your errands in one area, park your car, and walk. When you're going to an appointment, if you can leave a little early, park a few blocks away (you may have to anyway!) and walk.
- Choose the stairs at work or anywhere you happen to be.
- Link walking to something you enjoy doing. If you like a spontaneous approach to life, just include a good walk in your activities each day, or take several short walks as desired. Bird watchers walk, shoppers walk, lovers walk.
- Does weather inspire you? Take joyful walks on sunny days, romantic walks in the rain, or brisk walks in the wind.
- Track your progress. If you value an organized way of doing things, you may want to have a routine that's predictable and keep a log or a journal. If your doctor says you must walk, get a pedometer so you'll know how far you're actually walking, and you can celebrate your goals as you reach them.

“Use it or lose it” Applies to Muscles, Brain and Frame.

Invest 20 minutes a day in
deep breathing and stretching



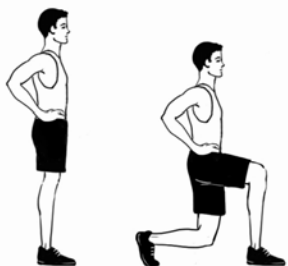
Stretch to sensation limit
then hold for a minute or so
while breathing slowly and deeply

Then add 5-10 minutes of these exercises.

Roman chair



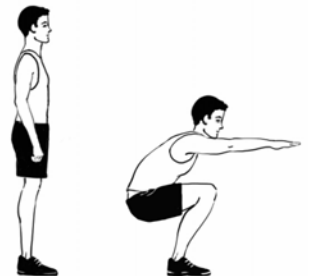
Lunge



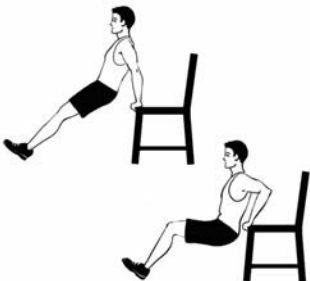
Step-up onto chair



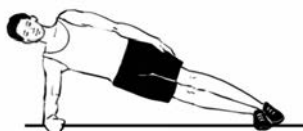
Squat



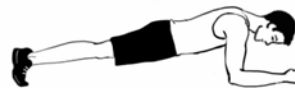
Triceps dip on chair



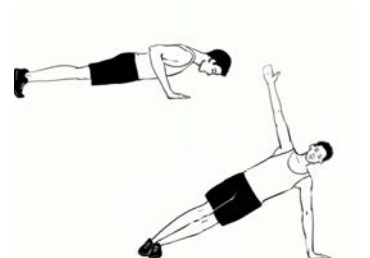
Side plank



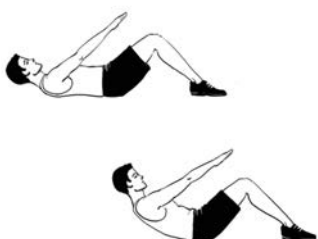
Plank



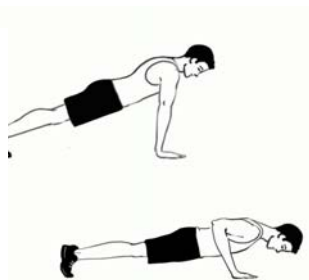
Push-up and rotation



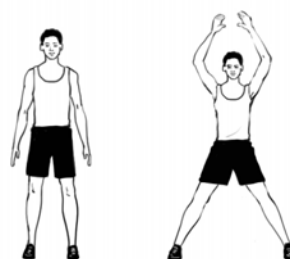
Abdominal crunch



Push-up



Jumping jacks



High knees running in place



Physical Yoga

Hatha yoga can be understood as a series of postures and positions involving mindfulness and stretching that was developed in India millennia ago. Today, yoga is everywhere. Yoga postures involve holding specific positions, moving rhythmically, linking breath with movement (Prana yoga), and learning a sense of ease that supports mindfulness, physical grace, stamina, and good health. These postures stretch and strengthen muscles and ligaments, joints and tendons, organs and systems.

Yoga is more than just stretching. The postures are practiced as moving meditation that



brings harmony to the mind and emotions, while toning the body. Yoga practices yield better circulation, stronger core body strength, and better function of the internal organs.

The practice of yoga helps people of any age to be in shape. It develops balance, coordination, and a sense of centeredness. Hatha yoga is just one of eight “limbs” of the comprehensive yogic system. Hatha yoga fulfills the asana (biomechanical), while pranayama (breath), yama (abstentions), niyama (observances), tantra, karma, bakti, and pratyahara (withdrawal of connections) are the other eight.

Starting With Hatha / Pranayama Yoga

Yoga can be done with the simple guidance of a well-written book, video, or DVD—as long as you take care not to move too fast, stretch too far, or force the body. If yoga appeals to you, find the style and teacher (or resources) that feel right for you. It is helpful to find a practitioner you respect and with whom you feel comfortable. A live class can deepen your practice. Be wary of any teacher whose philosophy is “No gain without pain.” The idea is to adapt the practice to your individual body and needs and to grow with the practice over time. Naturally, you will see over time that there are many benefits to yoga—including improved strength, serenity, energy, and flexibility.

Tai Chi Chuan and Qigong

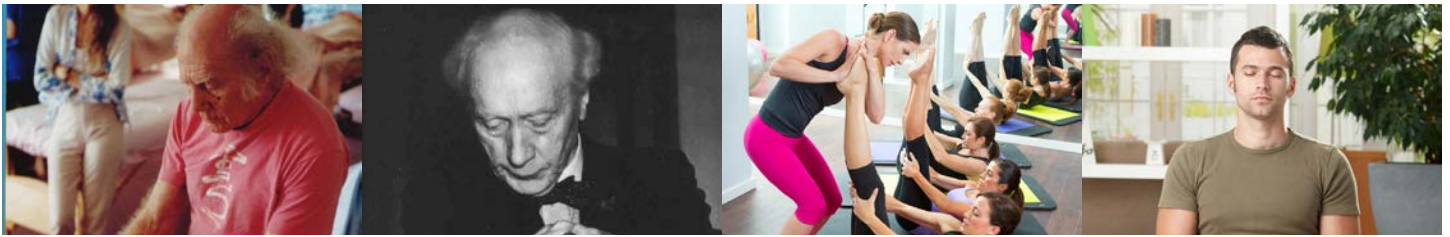
Tai Chi and Qigong (pronounced chee-GUNG) encompass many of the traditions of mind-body fitness from the ancient Chinese culture. Dating back 2500 years, the scientific consensus is that Tai Chi and Qigong can have a positive effect evoking inner healing responses, enhancing oxygen delivery, immune function, detoxification, and brain function.

These practices involve graceful movements in a sequence of forms that take on a hypnotic quality. The primary focus is on the breath, to deepen and relax the breathing. The process is a moving meditation. You bring yourself to your breath and motions with full focus. These mindfulness practices have been carefully refined over several thousand years and can be done in many ways. There are between 3,000 and 5,000 variations of Tai Chi and Qigong.

Starting With Tai Chi and Qigong

If you find these practices intriguing, you'll want to get a book or a video, or both. Having a mentor or practice partner is highly recommended. Simple Qigong practices can be learned and practiced wherever you are. Tai Chi is offered by many hospitals, senior programs, the YMCA, the Salvation Army and health centers as a part of mind-body programs. In a growing number of communities, it is possible to link up with a practice group either in the park or at the local recreation center.





The Trager Approach

The Trager system was developed by Milton Trager, a physician searching for tools to achieve better results with his patients. The practice of Trager emphasizes the joy of natural movement and can facilitate increased awareness, deep relaxation, and a greater sense of aliveness. The way we habitually move reveals adaptive patterns of tension and underlying emotional states. These frozen patterns of movement can become embedded, leaving us little room for natural ease of movement.

Embodying patterns of relaxed, dynamic movement enables us to retain a sense of effortless vitality, regardless of our age.

The goal of the Trager approach is to reconnect with the rhythms of movement—integrating easy, playful movement into the patterns of everyday life. At another level, the work can address the effects of stress and trauma on the body. Embodying relaxed, dynamic movement enables us to retain a sense of effortless vitality, regardless of age.

There are two ways to practice Trager:

1. One-on-one with a Trager practitioner. Clients, with the guidance of a Trager therapist, learn to release deep-seated, restrictive patterns on the physical, mental, and emotional levels. This work is done on a massage table.
2. On one's own, by practicing gentle, self-induced movements, known as Trager Mentastics. These movements can be done anytime, including during daily activities. Like Trager work on the table, the intent is to release deep-seated holding patterns.

Information on Trager practice and practitioners in your area is available at www.trager.com. There are currently 12 national Trager associations representing more than 20 countries. The website provides a list of resources on Trager training and practitioners worldwide.

The Alexander Technique

The Alexander Technique is a process that emphasizes realigning posture to decompress the spine. The practice supports deep relaxed breathing, elegant posture, and a sense of well-being. These techniques were developed by Mathias Alexander, who found that by adjusting the position of his head and back, he was able to heal himself of chronic pain. Since that time, millions of people with a wide variety of diagnoses have used this method to improve or resolve musculoskeletal conditions.

To begin working with this self-care method, look for classes at your community recreation center, local hospital, or through your health plan.

Feldenkrais Method

The Feldenkrais Method (named after founder Moshe Feldenkrais) is for anyone who wants to reconnect with their natural ability to move with awareness and grace. Health challenges can be caused or aggravated by dysfunctional habits of posture or movement, or neuromuscular patterns. The goal of Feldenkrais is to address these old patterns by learning to use the body in ways that resolve pain and improve function.

This method can be experienced through group classes, including “Awareness Through Movement” classes. These are usually held at a dance school or community center. Individual lessons are also available, where the Feldenkrais practitioner models ease of motion and movement for the student, to facilitate an experience of new, more effective patterns of movement. Books, video, and DVDs are also good resources.

Pilates

Pilates, developed by Joseph Pilates, is one of the fastest-growing forms of exercise in the world. Pilates was a frail, sickly child who became obsessed with physical fitness, and in the process healed himself. The practice emphasizes core strength, good alignment of the spine and pelvis, conscious breathing, and improved coordination. Today this technique is used by everyone from dancers in the New York City Ballet to football players with the Cincinnati Bengals.

Pilates “mat work”—exercises on the mat—can be done at home without special equipment. Videos, books, and DVDs are a great way to learn this. You may also try group classes at a gym, community center, yoga studio, or dance center. Additionally, many teachers have their own Pilates studios, where they offer advanced training on specialized “reformer” equipment.

Rebounder Trampoline

The serene, floating sensation of a mini-trampoline, also known as a rebounder, is known to relax the body and mind. This unique experience elicits a sense of youthfulness and fun that is not always present with other forms of exercise. Rebounding involves aerobic exercise that reduces body fat, and firms legs, thighs, abdomen, arms, and hips. The rebounder is a pleasant way to ease stress and reduce tension.

Rebounder trampolines are available at your local sporting goods store. To exercise using a rebounder trampoline, start slowly and work up to at least 15 minutes twice a day. Video instruction is available to get you started, and many rebounders are sold with a video component.

Mindfulness Practices

Efforts to improve your health will be greatly enhanced by taking steps to ensure mental and emotional health as well as physical well-being. Mind, body, and spirit are an interconnected system and cannot be treated independently of one another. When there is illness, the importance of mindfulness becomes even clearer. Many people with chronic health conditions report that meditation or mindfulness practices are among the most important things they do to heal their mind and spirit and to set physical healing in motion.

In essence, mindfulness involves quieting and then focusing or directing the mind. This can create a mental space that has been described as “absence of a problem.” The practice of non-attachment or witnessing helps us to observe life without being overwhelmed by the challenge or situation at hand. Since most of us can only focus on one thing at a time, if we are meditating, we’re also less likely to be worrying. Shifting into a state of pure awareness can provide a personal retreat, a place of peace, and a refuge that allows inner reconciliation.

Getting Started With Meditation and Mindfulness

- Select the form of practice you wish to explore—for example, you might try Vipassana (Insight) style meditation or Zen meditation. You may experiment with sound, symbols, breath, and more. One way to work is to find a teacher that appeals to you, either in person, or through a tape or book or DVD. As the sage says, there are many roads. It does not matter how we make the journey.
- Once you find a practice that appeals to you, set aside some time to explore it. For your daily practice, select a particular time and place where you can sit comfortably with your spine elongated. Create a meditation corner inside your home, or find a place to practice such as a church or Zen center or in nature.
- With practice and repetition, mindfulness meditation provides an increased ability to witness thoughts, rather than “plugging in” or reacting to them, and rather than living in habitual patterns. It helps with non-attachment and cultivates the ability to be present in ways that promote acceptance, discernment, and altruism.
- You will find that if you devote 20 minutes, once or twice a day, to your practice, the results will speak for themselves. Whenever possible, intensive retreats are also recommended.
- As time goes on, you can meditate anywhere—as the inclination or need arises—including on the subway, in an airport, or in an emergency room.
- Remember everything does not change over night. It takes 10,000 hours to achieve mastery in any aspect of life—whether it’s athletics, music, medicine, or mindfulness.
- For many people, mindfulness practice is as important to health as eating, exercise, and breathing.

Breath Work

The healing traditions of every ancient culture have included some form of breath practice, reflecting the profound effect of the simple act of learning to breathe consciously. In essence, deep breathing has the capacity to set healing in motion and to reduce the toll of stress on your body and psyche.

Breathing deeply and consciously:

- Teaches us to be more mindful.
- Supports energy levels.
- Helps to keep us relaxed and centered.
- Is a refuge from stress and a tool for healing.

Getting Started With Breath Work

There are hundreds of methods of breath practice you may wish to learn about and explore. To get started, we recommend deep, conscious breathing in conjunction with your movement-based practices of choice.



Light Therapy

Photobiology is the study of the interactions of light with living organisms. During the day, certain brain rhythms are maintained by fluctuations of light intensity and spectrum. Recent research links mood changes to seasonal fluxes and rhythmic biological cycles that occur each day. A number of other studies suggest that seasonal depression (Seasonal Affective Disorder or SAD) may be reduced by exposure to appropriate lighting sources.

Dichromatic Color lamps employ internal filters to produce a specific color by selectively transmitting only the desired wavelengths of light, with virtually no heat absorption. Standard colored lights do not use this principle and so do not have the same health benefits.

Starting With Light Therapy

- Sit four to six feet from the face of a Dichromatic Color green light for 20 minutes, twice a day. Ideally, this is done in the morning and early evening. A socket-clamp light holder can facilitate positioning of the lamp. You need not look directly at the light.
- While in position, you can simultaneously perform other activities such as deep breathing, relaxation, guided imagery, range of motion exercises, or reading. This action can facilitate deep brain structures and chemical pathways.
- Several Dichromatic Color lights can be used simultaneously. It is best if these are the sole source of illumination in the room.
- If indicated by clinical experience, amber/yellow or blue Dichromatic Color lights can be arranged to shine on the back, chest, abdomen, or any other specific area of the body in need. The same position and time conditions apply.

This program is based on the early work of Edwin Babbitt, Dinsah Jadhiali, Faber Birren, Bhané Dharmawara, and recent studies by Norm Rosenthal and Al Lewy.



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DVDs/magazines/websites

www.gaiam.com

www.yoga-international.org

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Shambhala Sun, 1345 Spruce Street, Boulder, CO, 80302-4886, (877) 786-1950, www.shambhalasun.com.

Yoga Journal, 2054 University Avenue, Suite 600, Berkeley, CA, 94704, (800) 600-YOGA, www.yogajournal.com.

LIGHT THERAPY

http://www.vitamins-today.com/dichromatic_lights.html

Appendix A

TESTING YOUR FIRST MORNING URINE pH

Your first morning urine pH gives a good indicator of your body's mineral reserve and its acid/alkaline state. The body routinely uses overnight rest time to excrete excess acids. This capacity varies based on toxin load and individual ability to make energy, to make toxins inactive, and to excrete them.

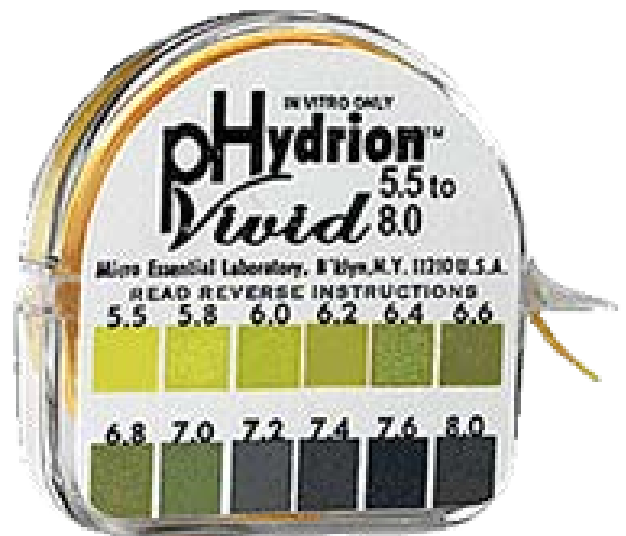
How does one monitor the pH?

To test your pH, follow these simple steps:
Obtain a packet of pH (Hydrion™) test paper with a test range of 5.5 to 8. Your local dispensary or pharmacist should have this item or be able to order it for you.

First thing in the morning, just before your first urination, open the test tape packet and cut off two or three inches of the paper tape.

Wet the test tape with urine. For best results, a 6-hour to 8-hour period of rest prior to pH testing is needed.

As the tape is moistened with urine it will change color. The color relates to the urine's acid or alkaline state and ranges from yellow to dark blue. Match the color of your test strip with the color chart on the back of the test tape packet. Record your urine pH daily or periodically based on your needs as recommended by your physician.



How do I know if I am acidic or alkaline?

Any number below 7.0 means that your urine is on the acid side. The lower the number, the more acid the urine. Ideally, your first morning urine pH should be 6.5 - 7.5. When your first morning urine is neutral or just slightly acidic, this indicates that your overall cellular pH is appropriately alkaline. The cells of your body function best in an alkaline state.

What if my urine pH is below 6.5?

If your readings fall below 6.5, then you should begin changes aimed at alkalinizing your diet. In the beginning, because of the acid-forming tendency of the standard American diet, you may well have low pH readings. Occasionally, you may find a 7.5 to 8.0 reading; this is acceptable. If your pH readings are consistently greater than 7.5, this occurrence represents a "false

alkalinity” and indicates a catabolic state involving tissue breakdown.

Using 2 capsules **PERQUE Mg Plus Guard** with 1 teaspoon of **PERQUE Choline Citrate** between 1-3 times a day can help in increasing the body’s mineral reserves and can alkalinize the body further.

Visit www.PERQUE.com for more information about **PERQUE** products and other helpful self-tests.



Appendix B

TRANSIT TIME DIGESTION EVALUATION

Purpose

Transit time is the interval between consumption and elimination; between food ingestion and excretion of digested waste.

How Does one Determine Transit Time?

To determine transit time, we recommend the use of charcoal capsules. These are also sometimes used for the symptomatic treatment of intestinal gas.

Suggested Dosage

Take 6 – 12 capsules (1.5 – 3 grams of charcoal) with 8 ounces of water between meals. Choose a high quality brand of activated charcoal capsules like REQUA. For most accurate results, ingest the capsules just after a bowel movement. Note (record) the time: This marks the beginning of the transit time test.

Dosage according to weight:

< 150 lbs: 6 capsules

150 – 200 lbs: 8 capsules

200- 250 lbs: 10 capsules

> 250 lbs: 12 capsules

You may examine the consistency of your excreted stool. Note anything unusual or changed about the quality, such as texture, color, and composition. For example, does it float or sink? Does it have a strong odor? Is it solid or liquid? Is it homogeneous or marked by particles? Is it brown, black, tan, or chalky white?

When you first note the black, crumbly, charcoal looking output, record the time. This marks the completion of the test.

Interpretation

Twelve (12) to eighteen (18) hours is considered a healthy transit time.

Too many Americans have a 36-96 hour or longer transit time. Long periods of distress and xenotoxins can allow digestive toxins to be absorbed. Low dietary fiber intake requires the body to work harder to 'push' wastes along. The longer the transit time, the greater the possibility of putrefaction causing the production of unhealthy waste products that are too often reabsorbed and interfere with proper metabolism. The result is predisposition toward or amplification of many chronic intestinal or systemic illnesses. On the other hand, very short transit times may not provide adequate time to digest and assimilated what is eaten. Consult with your physician or

nutritional professional to determine the importance of your results for you. It is recommended that the transit time be rechecked twice a month until a healthy transit time is achieved.

ACHIEVING AND MAINTAINING A HEALTHY TRANSIT TIME

Consult with your practitioner about your nutritional needs and how you can achieve and maintain a healthy transit time. You can refer to the chart below for guidance.

Transit Time	PERQUE Regularity Guard	PERQUE Digesta Guard Forté 10	PERQUE Endura/PAK Guard	PERQUE Potent C Guard
>96 hours	10 scoops a day	14 a day	12 a day	Based on calibration
72-96 hours	8 scoops a day	12 a day	9 a day	Based on calibration
48-72 hours	6 scoops a day	9 a day	9 a day	Based on calibration
36-24 hours	4 scoops a day	6 a day	6 a day	Based on calibration
18-24 hours	3-4 scoops a day	6 a day	6 a day	Based on calibration
12-18 hours	2 scoops a day	6 a day	3 a day	Based on calibration
< 12 hours	1-2 scoops a day	9 a day	9 a day	Introduce PERQUE Potent C Guard slowly and work up to calibration

Visit www.PERQUE.com for more information about **PERQUE** products and other helpful self-tests.

