Acid/Alkaline e-Book

The Importance of pH Balance to rectify almost any Ailment

Version 2
What does 'body pH' mean?
The pH, which is an abbreviation for 'power of hydrogen’, is a measuring unit of acidity and alkalinity of a solution. It is numerically equal to 7 for neutral solutions, increasing with increasing alkalinity (14 = maximum alkalinity) and decreasing with increasing acidity (0 = maximum acidity).

The urine, blood, saliva, digestive juices and the fluids inside and outside the cells in the body each have an optimum pH level, whereby blood pH is the most telling of all.

At rest, the normal blood pH of a human being is slightly alkaline, with a pH around 7.4 on the pH scale. Anything above that value is considered alkaline; anything below is described as acidic. Both, in their extremes, are life-threatening for the human body; if the pH value drops below 6.8 or increases above 7.8, the cells of the body cannot function properly anymore and the human will die.

How does pH imbalance affect our body?
The pH level, the acid-alkaline measurement of our bodies, affects every cell in our body. A constantly imbalanced pH level will not be tolerated by our internal system as well as our entire metabolic process. Both depend on a healthy alkaline environment through pH balance.

By consuming too many unhealthy, acid forming or acidic foods, the growth of harmful bacteria, fungus, yeast and other micro organism is promoted within our body, which may result in

- **obesity** (we create fat cells to carry acids away from our vital organs),
- **allergies** (the absorption of undigested proteins due to an overly acidic body is a major cause of allergy conditions),
- **fatigue** (an over-acidified body produces toxins and weakens the ability of the body to produce enzymes and hormones)
- **Cancer** (cancer thrives in an acidic environment), and many more life threatening ailments.

How to achieve pH balance?
A diet, which consists of a proper acid alkaline balance of food, will help to transform the pH balance of the body from dangerously acidic to healthy (slightly) alkaline. Above that, one should add plenty of alkaline water to one’s daily diet.

A proper alkaline diet suggests taking in at least 80% of alkaline foods, like green vegetables or grasses, and never more than 20% of neutral and acidic foods. Eating green food, i.e. vegetables and alkaline food will help our internal fluids to achieve a natural pH balance as the acidic environment inside the body will be eliminated.

That means, by eating vegetables all day long, or taking sprouted greens dietary supplements, and avoiding acid forming and acidic foods, the pH level in the body will gradually be balanced. When pH balance is achieved, the body will start to restore its overall health.
Alkalizing & Alkaline Food

Should you be willing to make a commitment to your health and balance your intake of daily food, you have to take a whole new look at your diet. Think about an alkaline diet, which is starting your day with alkalizing and alkaline foods that will help you to restore pH balance and get rid of acid wastes.

The entire metabolic process of the body depends on an alkaline environment. Our internal system lives and dies at cellular level. All the billions of cells that make up the human body are slightly alkaline (see pH scale), and must maintain alkalinity in order to function and remain healthy and alive.

One of the most important things is to hydrate our body with alkaline water, which has a pH between 9 and 11, and will neutralize harmful acid wastes and gently remove them from the tissues. Besides hydrating the body with alkaline water, it is equally important to create the proper balance of alkaline and acid forming food through a healthy alkaline diet.

Alkaline food is mostly green food and vegetables, especially raw ones. Most alkalizing are wheat and alfalfa grasses, fresh cucumber and most kinds of sprouts. Furthermore, fruit like limes, tomatoes and avocado also have an alkalizing effect on the body, as well as most kinds of seeds, tofu, fresh soybeans, almonds, and olive oil.

Some other healthy, alkaline food are sunflower sprouts, flax oil, brown basmati rice, millet, soaked almonds, tomato slices, fresh avocado, vegetable soups or green vegetable juices. All these offer a low carbohydrate, high fibre and delicious nutrition and a way to nourish your system with what it really needs to avoid the body cells to over-acidify. Fresh vegetables, greens and grasses are an excellent anti-yeast and anti-fungal supplement. Besides, in this way blood sugar levels also will not soar and will not cause an increase in blood insulin.

Green grasses such as barley or wheat grass are some of the lowest-calorie, lowest-sugar and most nutrient-rich food on earth, and contain high amounts of fibre.

General rule of thumb: green food for breakfast, green food for lunch, and green food for dinner. Especially important for humans, is the green plant pigment chlorophyll. Chlorophyll contained in plants and grasses is identical to the blood of humans, except for one atom. It is the only known and existing substance that is able to transform sunlight into eatable energy - a process without which there will not be life on earth! In other words we “eat sunlight” when we eat salad, greens and vegetables.

Supplementation to Help

Manna pH Balance caplets help to increase the rate of acid excretion and to reduce inflammatory response. The product also assists kidney blood flow rate.

The different ingredients work in a synergistic manner to balance the pH of the human body.
Acidic & Acid Forming Foods

An unhealthy diet, high in acidic food (e.g. dairy, meat, bread, high sugar fruits), causes acid wastes to build up in the body. When these acid wastes enter the blood stream, the blood system tries to dispose of the wastes, which means if there are too many wastes to handle, they are deposited in vital organ systems like the heart, pancreas, liver, colon and other locations.

When people ingest too many acid forming or acidic foods, excess acid corrodes tissues and organs, which leads to illness. In addition, acid also provides a favourable environment for harmful bacteria and other micro-organisms which may damage glands and organs.

In other words, the over-acidification of our body cells (acidosis) will interrupt and disturb cellular activities and functions. It is the root of all sickness and disease. It also causes overweight. To protect itself from potentially serious damage, the body creates new fat cells to store the extra acid.

All leading biochemists and micro biologists have recognized pH (pH scale or the acid alkaline balance) as the most important aspect of a balanced and healthy body. The maintenance of pH balance in our tissues and cells is critical to cellular health. Contrary to a healthy alkaline diet, an unhealthy diet which includes too much acidic food, creates a condition favourable to the growth of bacteria, yeast and other unwanted organisms.

Unhealthy acidic and acid forming foods are, nuts (cashew nuts, brazil nuts, butter, peanuts, peanut butter, pecan), animal protein (beef, clams, lamb, mussels, lobster, oysters, pork, rabbit, shrimps, tuna, ham, sausage), white pasta (noodles, macaroni, spaghetti), dairy products (cheese of any kind, milk, butter), alcohol, beans (kidney beans, red beans, lentils, peas).

Here are some simple strategies that can help to remove acid wastes inside the body:

- Eliminate dairy products and replace milk with soy or almond milk.
- Eliminate red meat and reduce the portion size of any fish, chicken or turkey.
- Consider using wraps to wrap your veggies and salads; sprouted tortilla wraps or organic flour tortillas are great to use; don’t use corn wraps.
- Take extra virgin olive oil along with flax seed oil, as often as you can.
- Use bread with no or very little yeast.
- Add green food, tomatoes, avocados, cucumbers, baby marrow (zucchini), other vegetables, almonds, salmon or soba noodles, sunflower, pumpkin or sesame seeds to your salad.
- Try to not consume processed food or if you do, limit it.
- Eat big salads as a whole meal.
- Try to eliminate soda, coffee, tea, etc. and drink alkalinizing, energizing and oxygenating green sprouts powder drinks, together with alkaline water.

Symptoms of Acidosis

Due to fast paced daily lifestyles - eating on the run, people have to face a constantly growing endangerment: i.e. over-acidification (acidosis) of the body cells, which will interrupt cellular activities and functions. It is a major root of sickness and disease. Having our cells constantly exposed to an acidic environment leads to acidosis!

Studies have shown that an acidic, anaerobic (which is also the lack of oxygen) body environment encourages the breeding of fungus, mold, bacteria, and viruses. As a result, our inner biological terrain shifts from a healthy oxygenated, alkaline environment to an unhealthy acidic one (acidic pH scale).
It is a lot of “hard work” for our body to neutralize and **detoxify** these acids before they can act as poisons in and around the cells, ultimately changing the environment of each cell.

When our **body pH** becomes more and more acidic, it starts to set up defense mechanisms to keep the damaging acid from entering our vital organs. Unhealthy conditions which can be caused directly by over-acidification / acidosis are:

![Symptoms of Acidosis](source: Wikipedia)

**Symptom: Overweight**
It is a known fact that acid gets stored in fat cells. As a defense mechanism, the body may actually produce fat cells to protect you from an overly acidic condition. To protect itself from potentially serious damage, the body uses fat cells to store the acids and carry them away from vital organs. These fat cells and cellulite deposits may actually keep acid wastes at a safe distance from your vital organs. Many people have found that a return to a healthy, alkaline inner biological terrain helps them to loose excess fat.

**Symptom: Joint Pain and Arthritis**
All substances left by the metabolizing process are acidic and toxic; therefore these have to be neutralized by alkalizing elements to avoid and reduce joint pain and arthritis.

**Symptom: Osteoporosis**
People think they can eliminate osteoporosis by increasing their consumption of milk and dairy products. But in fact, the instances of osteoporosis are rare in countries where the consumption of dairy products is very low. So, osteoporosis is an acidosis problem. As the body becomes more acidic, it tries to remain healthy to protect us against heart attacks, illness, strokes or even cancer. In doing so, it takes calcium from the teeth, bones and tissues, making them weak and brittle.

**Symptom: Underweight**
Yeast and fungus produced in an acidic environment can feed on our nutrients and thus reduce the absorption of everything we eat by as much as 50%. Without protein the body cannot produce enzymes, hormones or other chemical components necessary for cell energy and organ activity. This causes people to become very thin, which is not healthier than being overweight. As alkalizing and oxygenating takes place, the body naturally begins to seek its own ideal weight.

**Symptom: Low Energy and Chronic Fatigue**
When having our cells constantly exposed to an overly acidic environment, the oxygen level in the biological terrain of the body drops, leaving a person tired and fatigued. This will allow parasites, fungus, bacteria, mold and viral infections to flourish and gain a hold throughout the body.
Symptom: Heart attack
If our internal biological terrain is exposed to excessive acidity, bacteria and/or fungi and/or viruses can attach themselves to the inner walls of arteries. This can attract white blood cells, causing proteins and cells to clot. In this way a plaque forms in the artery, thus narrowing the artery and restricting the flow of blood, nutrients and oxygen to the tissues supplied by that artery. Should that happen to the coronary artery, a heart attack can occur.

Symptom: Allergies
The toxins produced within an acidic, oxygen deprived environment as well as the absorption of undigested proteins is the major cause of allergy conditions. When the digestive system is weakened, a wide range of allergic reactions can occur, e.g. food allergies, and the overall susceptibility to allergens is increased.

Symptom: Acne
There is many different forms of acne, and many are linked to an unhealthy diet, especially food that are highly acidic tend to cause acne.

Symptom: Frequent Colds, Bronchitis, Infections, Headaches
Only when our pH level is fairly balanced, the binding of oxygen to the hemoglobin protein of our red blood cells in the lungs operates successfully. If the pH is too acidic, microbes in our respiratory systems can grow much easier, and in that way cause bronchitis, pneumonia and sinusitis, and invade our cell system. This can result in coughing, bronchial spasms (asthma), colds, infections and headaches.

Acid Alkaline Food Chart

Food consumption in the most advanced countries of the world has changed from nutritious raw foods to highly processed foods which are very low in nutritional value. New chemicals have been introduced to our foods, air, and water, which have put even greater stresses on our system's ability to control the chemistry of our body fluids, and therefore functionality of our inner biological terrain is at risk. As a result, we see huge increases in the incidence of life-threatening or chronic diseases. That is why it is of utmost importance to our health to find the ideal balance of alkaline and acid forming foods.

...ALKALINE FOODS...

ALKALIZING VEGETABLES
Alfalfa
Barley Grass
Beet Greens
Beets
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Chard Greens
Chlorella
Collard Greens
Cucumber
Dandelions
Dulce
Edible Flowers

...ACIDIC FOODS...

ACIDIFYING VEGETABLES
Corn
Lentils
Olives
Winter Squash

ACIDIFYING FRUITS
Blueberries
Canned or Glazed Fruits
Cranberries
Currants
Plums**
Prunes**

ACIDIFYING GRAINS, GRAIN PRODUCTS
Amaranth
Barley
Eggplant
Fermented Veggies
Garlic
Green Beans
Green Peas
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Nightshade Veggies
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Radishes
Rutabaga
Sea Veggies
Spinach, green
Spirulina
Sprouts
Sweet Potatoes
Tomatoes
Watercress
Wheat Grass
Wild Greens

ALKALIZING ORIENTAL VEGETABLES
Daikon
Dandelion Root
Kombu
Maitake
Nori
Reishi
Shitake
Umeboshi
Wakame

ALKALIZING FRUITS
Apple
Apricot
Avocado
Banana (high glycemic)
Berries
Blackberries
Cantaloupe
Cherries, sour
Coconut, fresh
Currants
Dates, dried

Bran, oat
Bran, wheat
Bread
Corn
Cornstarch
Crackers, soda
Flour, wheat
Flour, white
Hemp Seed Flour
Kamut
Macaroni
Noodles
Oatmeal
Oats (rolled)
Quinoa
Rice (all)
Rice Cakes
Rye
Spaghetti
Spelt
Wheat Germ
Wheat

ACIDIFYING BEANS & LEGUMES
Almond Milk
Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Pinto Beans
Red Beans
Rice Milk
Soy Beans
Soy Milk
White Beans

ACIDIFYING DAIRY
Butter
Cheese
Cheese, Processed
Ice Cream
Ice Milk

ACIDIFYING NUTS & BUTTERS
Cashews
Legumes
Peanut Butter
Peanuts
Pecans
Tahini
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**ALKALIZING PROTEIN**
- Almonds
- Chestnuts
- Millet
- Tempeh (fermented)
- Tofu (fermented)
- Whey Protein Powder

**ALKALIZING SWEETENERS**
- Stevia

**ALKALIZING SPICES & SEASONINGS**
- Chili Pepper
- Cinnamon
- Curry
- Ginger
- Herbs (all)
- Miso
- Mustard
- Sea Salt
- Tamari

**ALKALIZING OTHER**
- Alkaline Antioxidant Water
- Apple Cider Vinegar
- Bee Pollen
- Fresh Fruit Juice
- Green Juices
- Lecithin Granules

**ACIDIFYING ANIMAL PROTEIN**
- Bacon
- Beef
- Carp
- Clams
- Cod
- Corned Beef
- Fish
- Haddock
- Lamb
- Lobster
- Mussels
- Organ Meats
- Oyster
- Pike
- Pork
- Rabbit
- Salmon
- Sardines
- Sausage
- Scallops
- Shellfish
- Shrimp
- Tuna
- Turkey
- Veal
- Venison

**ACIDIFYING FATS & OILS**
- Avocado Oil
- Butter
- Canola Oil
- Corn Oil
- Flax Oil
- Hemp Seed Oil
- Lard
- Olive Oil
- Safflower Oil
- Sesame Oil
- Sunflower Oil

**ACIDIFYING SWEETENERS**
- Carob
- Corn Syrup
- Sugar

**ACIDIFYING ALCOHOL**
- Beer
- Hard Liquor
Mineral Water
Molasses, blackstrap
Probiotic Cultures
Soured Dairy Products
Veggie Juices

**ALKALIZING MINERALS**
- Calcium: pH 12
- Cesium: pH 14
- Magnesium: pH 9
- Potassium: pH 14
- Sodium: pH 14

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalinizing effect in the system.

*Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.*

The more alkaline-forming food you add to your nutrition, the stronger the results will be. Should you not be able to completely avoid acidic foods, you should at least try to consume as little as possible of them, and instead put more green food and veggies on your plate. Remember that every little step to a more alkaline diet is an improvement and a step towards a healthier way of life.

Moreover, you can add **green plants nutritional supplements** to your diet, which can support you in attaining **pH balance** in a natural way.

**Supplementation to Alkalinize the body**
*Manna pH Balance* caplets help to increase the rate of acid excretion and to reduce inflammatory response. The product also assists kidney blood flow rate.

The different ingredients work in a synergistic manner to balance the pH of the human body.
Making your Own Alkaline Water at Home

If you want to get started with a more alkaline diet, you can make your own alkaline water simply and inexpensively at home, using items you probably already have on hand. A glass jug with a tight screw-on lid can make a perfect container for your water. Fill the container with drinking water. You can use water from your tap, bottled drinking water, or even distilled water if desired. Leave enough space in the jug to allow it to be easily shaken and mixed. Then, add a half teaspoon of ordinary baking soda to the jug, and shake thoroughly to mix.

Then, test the water with a pH test strip, which you can usually find anywhere that sells water testing supplies, such as a pool store. The goal is to achieve about a 8.5 to 9.0 pH level. If testing shows the water has not yet reached this alkaline level, add just a bit more baking soda and retest. Keep track of how much baking soda you need to use, to make the process easier when you make your next batch.

You can now store your jug of alkaline water in the refrigerator, just as you would any ordinary drinking water. Shaking the jug before serving is always a good idea.

Alkaline Recipes

Salads:

Cole Slaw with Avocado Dressing
If you want to enjoy an Alkaline Salad, please consider the following: always use fresh vegetables and fruits, use cold pressed extra virgin olive oil and instead of vinegar you should always use lemon or lime juice. Of course you can choose your favorite fresh herbs and spices for seasoning. Enjoy your salads!

Ingredients
½ cup green or red cabbage
2 carrots
1 tomato
1 small red onion
3 tbsp. chopped parsley
1 avocado
3-4 tbsp. cold pressed extra virgin olive oil
1 fresh lemon, juice
Dash of sea salt and cayenne pepper to taste

Directions
Shred cabbage and carrots, and finely chop the tomato, the onion and the parsley. Put in a big bowl. For the dressing, blend the avocado, the olive oil and the fresh lemon juice and pour over the salad. Add salt and pepper to taste.

Many thanks to Mindy from Cape Flagstaff, AZ for sharing this delicious alkaline recipe!

Salads:

Fresh Garden Vegetable Salad

Ingredients
1 head lettuce
2 tomatoes, chopped
2 carrots, shredded
1 red bell pepper(red green pepper), diced
1 green bell pepper, diced
1 small cucumber, diced
1 red onion, thinly sliced
For the salad dressing:
1/3 cup fresh lemon and/or lime juice
3/4 cup cold pressed olive oil
1 tsp garlic powder
½ tsp ground oregano
¼ tsp dried rosemary
1 tsp dried basil
½ tsp ground cumin
1 dash of sea salt and cayenne pepper

Directions
Put all vegetables in a big bowl and mix together. Pour the Salad Dressing over the salad and add some sea salt if required.
Serve and enjoy!
Many thanks to John from Glendale, AZ for sharing this delicious alkaline recipe!

Salads:
Broccoli Salad with Tofu
Ingredients for 2 servings
300g organic tofu
2 flowers of broccoli
5 tbsp. cold pressed olive oil
2 tbsp. soy sauce
1 tbsp. fresh lemon juice
Some sea salt and pepper to taste
1 garlic clove
½ red pepper bell for garnishing

Directions
Put diced tofu with some oil in a pan and fry for around 15 minutes. Turn off the stove, pour the soy sauce over the tofu and set aside.
Now stir-fry the broccoli for 10 minutes. Also set aside to cool off.
For the dressing, put the olive oil, the fresh lime juice, salt, pepper and the garlic in a blender and mix well until smooth. Then, put the tofu and the broccoli in a bowl, pour over the dressing and mix well. Garnish with slices of red pepper bell and finally - Enjoy your delicious alkaline salad!
Many thanks to Sam from Brandon, FL for sharing this delicious alkaline recipe!

Salads:
Avocado Salad with Wild Garlic
Wild Garlic is also known as buckrams, ramson or bear's garlic and it is the wild relative of chives. It is used for salads, as a spice or boiled as a vegetable. Wild Garlic not only contains more magnesium, manganese, iron and sulfur compounds than common garlic; it is also odorless, making it the healthiest of all garlic. Avocados are also great health food: they help to prevent and treat prostate and breast cancers, and can be used to lower the cholesterol level in the blood. So enjoy this healthy alkaline salad!

Ingredients for 2 persons
1 avocado
1 bunch of wild garlic
3 tomatoes
1 red bell pepper
2 tbsp. of cold pressed extra virgin olive oil
Some sea salt or organic salt to taste
1 pinch of cayenne pepper

Directions
Cut the peeled avocado and the pepper bell first in half and then in thin slices. Chop the tomatoes in cubes and put everything in a medium-sized bowl.
Then chop the wild garlic in very fine pieces and also put it into the bowl. Pour over the olive oil, mix well and taste with salt and pepper.
Finish! Enjoy your healthy alkaline salad!
Many thanks to John from Glendale, AZ for sharing this delicious alkaline recipe!
**Mediterranean Salad**

**Ingredients**
- 1 red bell pepper
- 1 yellow bell pepper
- 3 large tomatoes
- 10 black olives in oil
- 1 onion
- 1 small stalk of leek
- Some celery leaves

**For the salad dressing:**
- 1/3 cup fresh lemon and/or lime juice
- 3/4 cup cold pressed olive oil
- 1 tsp garlic powder
- ½ tsp ground oregano
- ¼ tsp dried rosemary
- 1 tsp dried basil
- ½ tsp ground cumin
- 1 dash of sea salt and cayenne pepper

**Directions**
Dice the peppers and tomatoes and cut the onion, the leek and the celery leaves in very fine stripes. Then put all ingredients in a salad bowl.

Prepare the salad dressing:
Put all ingredients for the alkaline dressing in a blender and mix until all ingredients are well emulsified. Season again if desired. (If you prefer a thicker dressing, you can also add 1 tbsp. of flaxseeds before blending.)

Then pour the dressing over the veggies and mix well. Enjoy your healthy alkaline salad!

*Many thanks to Marie from Germany for sharing this delicious alkaline recipe!*

**Quick & Easy Salad**

When preparing a salad with ripe avocados, its creamy texture can substitute the salad dressing. Avocados are also great health food: the help to prevent and treat prostate and breast cancers, and can be used to lower the cholesterol level in the blood. So enjoy this healthy alkaline salad!

**Ingredients for 2 person’s**
- 2 ripe medium-sized avocados
- 8oz. carrots
- 8oz. broccoli
- 1/2 cup scallions
- 1 pinch of sea salt
- Your favorite fresh herbs

**Directions**
Dice the avocados, chop the broccoli, scallions and herbs and shred the carrots. Put all veggies in a salad bowl, mix well and taste with salt.

(Optional: you can add some flax seeds if you like).

Enjoy this easy, quick & healthy salad!

*Many thanks to Sam from Lewisville, Texas for sharing this delicious alkaline recipe!*

**Green Noodle Salad**

Most grains are acidic, except millet and buckwheat. Apart from being alkaline forming, millet also contains the highest calcium content of all grains, has less phytates than other grains, is gluten-free and packed with vitamins and minerals, e.g. Vitamin B3 which can help lower cholesterol.

**Ingredients for 2 persons**
- 100 g millet noodles (100 g ~ 3.75 ounces)
- 100 g fresh spinach
- 100 g baby marrow (zucchini)
- 100 g broccoli
- 1 garlic clove
- ¼ cup yeast-free vegetable stock
- 2 tbsp. fresh lemon juice
- 1 cup chopped fresh basil
- 1 pinch of sea salt
- 1 pinch of pepper
**Directions**
Cook noodles according to package directions. Drain the noodles and rinse them off with cold running water. Put aside and let cool off.
Chop the broccoli and cut the baby marrow (zucchini) in thin slices and steam both very slightly so they remain crunchy and the color pops.
Wash and cut the spinach, get rid off the stems. Chop the basil.
For the dressing, pour the lemon juice and the vegetable stock in a mixer, add chopped garlic and mix for a few seconds.
Put the noodles, broccoli, baby marrow (zucchini), chopped spinach and basil in a bowl. Pour over the Dressing, mix well and finally season with salt and pepper.
Enjoy this alkaline noodle salad with lots of greens!
*Many thanks to Gwyneth from Chicago, IL for sharing this delicious alkaline recipe!*

**Salad Recipes:**

**Cauliflower Salad**
Besides being an alkaline food, cauliflowers also have several other health benefits including: improving heart health, reducing the risk of strokes and strengthen the immune system. Cauliflower can also help to prevent colon cancer and maintain healthy cholesterol levels.

**Ingredients for 3 portions**
- 1 cauliflower
- 1/2 cup sliced green onions
- 1 clove of garlic
- 1/2 fresh lemon
- Pinch of salt and pepper

**Directions**
1. Wash cauliflower under cool water and break into flowerettes.
2. Put flowerettes into a pot with boiling water and cook until tender but still crisp (approx. 5-10 minutes).
3. Drain cauliflower and put into salad bowl. Add the sliced green onions.
4. In a small bowl, mix the lemon juice, minced garlic and some salt and pepper. Pour over salad. Mix carefully.
5. Enjoy this alkaline salad!
*Many thanks to Christina from New Haven, CT for sharing this delicious alkaline recipe!*

**Soups:**

**Fresh Garden Vegetable Soup**

**Ingredients**
- 2 large carrots
- 1 small baby marrow (zucchini)
- 1 celery stalk
- 1 cup of broccoli
- 3 stalks of asparagus
- 1 yellow onion
- 1 L (alkaline) water
- 4-5 tsps of yeast-free vegetable broth
- 1 tsps fresh basil
- 2 tsps sea salt to taste

**Directions**
Put water in pot, add the vegetable broth as well as the onion and bring to boil. Meanwhile, chop the baby marrow (zucchini), the broccoli and the asparagus, and shred the carrots and the celery stalk in a food processor.
Once the water is boiling, please turn off the stove as we do not want to boil the vegetables. Just put them all in the hot water and wait until the vegetables reach desired tenderness. Allow to cool slightly, then put all ingredients into blender and mix until you get a thick, smooth consistency.
Taste with salt, serve warm and ENJOY!
(Of course you can replace one or the other of the vegetables, just try out whatever you have in the house.)
*Many thanks to John from Jackson, MS for sharing this delicious alkaline recipe!*
Soups:

Greek Lentils Soup (Soupa fakes)
This Soupa Fakes is a very simple, but great-tasting lentils soup from Greek. The greek spices (such as bay leaves) and the garlic add a distinctive taste to this soup. You can also add fresh thyme, rosemary or mint if you like. By the way, lentils are not only alkaline, but also a great source of fiber, foliate and magnesium.

Ingredients for 4 persons
250g lentils
2 big ripe tomatoes
1 carrot
½ stalk of leek
1 onion
3-4 cloves of garlic
2 tbsp. of cold-pressed extra virgin olive oil
1 tbsp. fresh lime or lemon juice
1 bay leaf
½ tsp. oregano
Pinch of sea salt and pepper to taste

Directions
1. Rinse and drain lentils. Then soak in a bowl of water over night.
2. Next day, rinse and drain lentils again. Then bring to boil for approx. 5 minutes. Drain lentils and put aside.
3. Puree tomatoes, finely chop onion and garlic and cut carrot and leek into very fine slices.
4. Pour 4 cups of water into a big pot. Add the tomatoes, onions, garlic, carrots, leek and the bay leave and bring to boil.
5. Then add the lentils, reduce the heat and simmer partially covered for at least 1 hour. Add some more water if required.
6. Finally, add the olive oil and the lime/lemon juice and season with salt, pepper and oregano.
7. ENJOY!!

Main Dishes:

Wild Rice with Greens
Wild rice is slightly acidic - yet, eating moderately and in combination with a lot of greens still fits well in an Alkaline Diet Program.
Please always use fresh greens and veggies and never use canned or processed food.

Ingredients for 4 servings
1 cup of wild rice
1 cup Pak Choi
1 cup Broccoli
1 cup young beans
2 carrots
1 cup bean sprouts
½ cup vegetable broth (yeast-free)
1 chili
Juice of 1 fresh lime
Cilantro (fresh coriander leaves)
Some basil and sea salt to taste

Directions
Finely chop all the vegetables (pak choi, broccoli, beans, carrots and bean sprouts) and steam fry them in some vegetable broth in a pan until they are slightly cooked but still crunchy.
Meanwhile, mortar the cilantro and the finely chopped chili. Then, add lime juice until you have a nice dressing.
Place the rice on a plate, add the greens and sprinkle the dressing on top. It's that easy! Serve warm and enjoy!

Many thanks to Susan from Gilbert, AZ for sharing this delicious alkaline recipe!
**Main Dishes:**

**Vegetable Pasta with Tomato-Pepper Sauce**

Who doesn't love pasta?! Eating according to an Alkaline Lifestyle doesn't mean you have to give up pasta at all. You can eat it moderately if considering the following: always choose vegetable or spelt pasta, leave out all the meat and tuna, and add loads of fresh vegetables. Enjoy :-) 

**Ingredients for 4 servings**
- 500g vegetable or spelt pasta
- 300g tomatoes
- ½ cup sun dried tomatoes
- 1 small red bell pepper
- 1 small baby marrow (zucchini)
- 1 onion
- 2 garlic cloves
- 1 chili
- 5 fresh basil leaves
- 2-3 tbsp. cold-pressed olive oil
- Sea salt and pepper to taste

**Directions**

Cook vegetable or spelt pasta according to directions. Cut tomatoes, bell pepper and baby marrow (zucchini) in cubes and finely chop the onion, the garlic and the chili. Heat olive oil in pan, adding onion, pepper, chili and garlic, and fry for a couple of minutes. Then add the tomatoes and baby marrow (zucchini) and cook for approx. 5-10 minutes. Last but not least, add the basil and taste with pepper and salt. 

Put pasta on plate, top with sauce and garnish if desired. And finally - enjoy your delicious pasta! 

*Many thanks to Nancy from Cary, NC for sharing this delicious alkaline recipe!*

**Main Dishes:**

**Ratatouille**

Ratatouille is a traditional French Provencal stewed vegetable dish, with tomatoes, baby marrow (zucchini), green Pepper (pepper bell) and eggplant being the key ingredients. Ratatouille is usually served as a side dish, but also may be served as a meal on its own. Because of its many fresh vegetables, Ratatouille makes a perfect dish for an Alkaline Diet.

**Ingredients for 4 servings**
- 5 tomatoes
- 1 large baby marrow (zucchini)
- 1 large eggplant
- 1 green pepper (bell pepper)
- 1 big onion
- 2 cloves of garlic
- 2 tsp. herbs de Provence (or thyme, basil, oregano, marjoram, etc.)
- 3 tbsp. cold pressed extra virgin olive oil
- Pinch of sea salt or organic salt
- Pinch of pepper
- 1 cup of water

**Directions**

Wash and scrub all the vegetables. Dice the tomatoes and pepper bell and slice the baby marrow (zucchinis), the eggplant as well as the onion and the garlic in thin slices. Heat some olive oil in a pot (or wok) and sauté the onions and the garlic for a couple of minutes. Then add the eggplant and baby marrow (zucchini) slices as well as the pepper bell and stir-fry for around 8 minutes. Then add the cup of water, the tomatoes and the herbs, stir well and let cook for a few more minutes until the vegetables are tender but not too soft. Taste with salt and pepper and serve immediately. Enjoy this delicious Ratatouille!

*Many thanks to Claire from New York for sharing this delicious alkaline recipe!*
Main Dishes:

**Potato Pumpkin Patties**
Pumpkins are not only alkaline, but also very low in calories which make them an ideal vegetable for anybody who watches its weight. Moreover, pumpkins are rich in potassium, magnesium, zinc, fiber, iron as well as beta-carotene (antioxidant), which are really good at neutralizing free radicals.

**Ingredients for 2 persons**
- 450g pumpkin
- 450g potatoes
- 75g soy flour
- 4 tbsp. water
- 3 tbsp. fresh parsley, chopped
- Some sea salt or organic salt
- Pinch of pepper
- Cold pressed extra virgin olive oil

**Directions**
Peel potatoes and pumpkin. Then grate both so you got quite chunky pieces. Mix 2 tbsp. of soy flour with 4 tbsp. of water. Then put the grated potatoes and pumpkins as well as the rest of the soy flour in a bowl. Add the flour-water-mix and mix everything well. Then season with salt, pepper and parsley. Heat some oil in a pan, form patties and fry for a couple of minutes.
Enjoy these delicious alkalizing patties! To Your health!

*Many thanks to Suzanna from Detroit, MI for sharing this delicious alkaline recipe!*

Main Dishes:

**Spelt Pasta with Spicy Eggplant Sauce**
Who doesn't love pasta??! Eating according to an Alkaline Lifestyle doesn't mean you have to give up pasta at all. You can eat it moderately if considering the following: always choose vegetable or spelt pasta, leave out all the meat and tuna, and add loads of fresh vegetables. Enjoy :)

**Ingredients for 2 persons**
- 200g spelt pasta
- 1 fresh eggplant
- 1 fresh red bell pepper
- 1 medium-sized onion
- 1 clove of garlic
- 1 small chili
- 1 cup yeast-free vegetable stock
- 1 handful of fresh basil
- 1/2 teaspoon sea salt
- 1 pinch of cayenne pepper
- Some cold-pressed extra virgin olive oil

**Directions**
1. Cook the pasta following packet directions.
2. Meanwhile, cut eggplant and bell pepper into cubes, and chop the onion, garlic, chili and basil into small pieces.
3. Heat some olive oil in pan and stir-fry onions and garlic for a couple of minutes. Add eggplant and pepper cubes as well as the chili and stir-fry for another 2-3 minutes.
4. Dissolve yeast-free vegetable stock in 1 cup of water (check directions), then add to pan. Simmer on low heat for around 10 minutes, stir occasionally.
5. Finally, add the basil and season with cayenne pepper and salt. Pour the sauce over the cooked pasta and serve immediately. Enjoy this alkaline dish!

*Many thanks to Safia from Bakersfield, CA for sharing this delicious alkaline recipe!*
Main Dishes:

**Pumpkin Ratatouille**

Ratatouille is a traditional French Provencal stewed vegetable dish, with tomatoes, zucchini, pepper bell and eggplant being the key ingredients. Our pumpkin ratatouille recipe substitutes the zucchini and eggplant with pumpkin.

Ratatouille is usually served as a side dish, but also may be served as a meal on its own. Because of its many fresh vegetables, Ratatouille makes a perfect dish for an Alkaline Diet. Moreover, pumpkins are not only alkaline, but also very low in calories which make them an ideal vegetable for anybody who watches its weight. Moreover, pumpkins are rich in potassium, magnesium, zinc, fiber, iron as well as beta-carotene (antioxidant), which are really good at neutralizing free radicals.

**Ingredients for 4 servings**

- 500g fresh pumpkin
- 1 yellow bell pepper
- 1 red bell pepper
- 250g tomatoes
- 2 big onions
- 2 cloves of garlic
- 2 tsp. herbs de Provence (or thyme, basil, oregano, marjoram, etc.)
- 4 tbsp. cold pressed extra virgin olive oil
- Pinch of sea salt
- Pinch of pepper
- 1 cup of water

**Directions**

1. Cut the pumpkin flesh, the tomatoes as well as the bell pepper in bite-sized pieces. Dice the onions and garlic.
2. Heat some olive oil in a pot (or wok) and sauté the onions and the garlic for a couple of minutes.
3. Add the pumpkin and bell pepper and stir-fry for around 8 minutes. Then add the cup of water, the tomatoes and the herbs, stir well and let cook for a few more minutes until the vegetables are tender but not too soft. Taste with salt and pepper and serve immediately. Enjoy this delicious Alkaline Pumpkin Ratatouille!

*Many thanks to Andrew from San Francisco, CA for sharing this delicious alkaline recipe!*

Side Dishes:

**Stir-Fried Greens with Almonds**

**Ingredients for 4 servings**

- 4 flowers of broccoli
- 150g young beans
- 1 yellow onion
- 1 cup of cauliflower, carrots or other alkaline vegetable you like
- 1 garlic clove, finely chopped
- 4 tbsp. cold pressed olive oil
- 3 tbsp. fresh lemon juice
- ½ tsp. cumin and oregano
- Some sea salt and pepper to taste
- Some soaked almonds for garnishing, sliced

**Directions**

Put beans, broccoli and other vegetable in pan and fry until broccoli and beans reach green dark color (do not cook too soft, the vegetables should still be crunchy). Add chopped onion and garlic, mix and stir fry for a couple of minutes. For the dressing: put oil, lemon juice, cumin and oregano in a small bowl and mix well. Pour over vegetables, stir lightly, taste with salt and pepper, garnish with the sliced almonds, serve warm and enjoy!

*Many thanks to Mindy from Cape Flagstaff, AZ for sharing this delicious alkaline recipe!*
**Side Dishes:**

**Vegetable Lasagna**

**Ingredients for 1 lasagna**
- 2 soft avocados
- 1 garlic clove
- 1-2 lemons, juice
- 1 red bell pepper
- ½ small radish
- 1 parsley root
- 1 small leek
- 1 corn salad (also known as lamb's lettuce or field salad)
- 3 big tomatoes
- 1 Arugula (also known as Garden Rocket)
- Some Parsley

**Directions**
Put the avocados, the garlic clove and the lemon juice in a blender and mix until smooth. Add some water if necessary.
Finely grate the radish and the parsley root, cut the leek into fine rings and the bell pepper in thin strips. Then mix well with the avocado cream.
Now, for the first layer of the lasagne, put the corn salad in a casserole. Then pour over the avocado mix and spread well. For the next layer, add the tomato slices. Finally, the parsley and arugula form the top layer of your lasagne.
Enjoy this wonderful alkaline dish!

*Many thanks to Tess from Cape Coral, FL for sharing this delicious alkaline recipe!*

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**Side Dishes / Snacks:**

**Alkaline Pizza Bread / Pizza Crust**

The following alkaline recipe can be either used to form small pizza breads as a side dish for salads; or to form a pizza crust. If used for a pizza crust, toppings could be tomatoes, peppers, onions or any other alkaline veggies.

**Ingredients for 1 pizza crust**
- 200g sunflower seeds
- 100g flax seeds
- 50g sundried tomatoes
- Some fresh wild garlic (ramson)
- 4 tbsp. cold-pressed extra virgin olive oil
- Pinch of sea salt or organic salt
- Pinch of pepper
- Your favorite alkaline spices

**Directions**
Soak the sunflower seeds for at least 4 hours.
Put the flax seed in a mixer and grind to a very fine powder (like flour).
After soaking the sunflower seeds, also put them in a mixer and blend for a few seconds.
Then put all ingredients in a bowl and use your fingers to knead the dough, until you have a good consistency. If necessary, add some water or olive oil.
Form several pizza breads or form a pizza crust, and put them/it in a dehydrator for at least 12 hours. (If you do not have a dehydrator, you can also just use your oven.) Enjoy the breads or choose your favorite toppings (alkaline!) for your pizza!

*Many thanks to Fe from Avon, IN for sharing this delicious alkaline recipe!*
Side Dishes:

**Stuffed Tomatoes**

**Ingredients for 2 tomatoes**
- 2 big tomatoes
- 4 oz. fresh spinach
- 2 oz. eggplants
- 1/3 medium-sized baby marrow (zucchini)
- ½ small onion
- 1 clove of garlic
- 1 tbsp. cold pressed extra virgin olive oil
- Pinch of sea salt and pepper

**Directions**
Dice eggplant and baby marrow (zucchini) and chop spinach, onion and garlic. Put all into a bowl, add olive oil, season with salt and pepper and mix well. Then, cut off the stem ends of the tomatoes and scoop out the pulp. Take care to leave at least 0.5 cm (0.25 inch) of tomato to the skin for stability. Add the pulp to the veggie mix and mix again. Finally stuff the tomatoes with the veggie mix, place them into a pan, add 1/3 cup of water and cover with lid. Put into the pre-heated oven at 160°C (325°F) for around 20 minutes. That's it – enjoy!

*Many thanks to Ellen from London, UK for sharing this delicious alkaline recipe!*

**Dressings/Sauces/Dips/Spreads:**

**Alkaline Veggie Spread**
Healthy spread, made out of fresh vegetables. Quick, easy and delicious!

**Ingredients for 1 bowl**
- 1 avocado
- 1 tomato
- 1 celery stalk
- 1/2 cucumber
- 1/2 cup alfalfa sprouts
- 1/2 cup bean sprouts
- 1 handful sunflower seeds
- 2 tbsp. fresh lemon juice
- 1 tsp. vegetable stock (yeast free!)
- 1 tbsp. cold pressed extra virgin olive oil
- 1 pinch of sea salt or organic salt
- 1 pinch of pepper
- 1 tsp. of your favorite garden herb(s)

**Directions**
1. We won't puree this alkaline spread, because we want it to be "chunky". Yet, if you prefer a "smoothier" spread, feel free to puree it for a few seconds.
2. First, we chop the tomato, cucumber, celery, alfalfa sprouts as well as the bean sprouts into very small pieces. Toss all into a bowl, add the sunflower seeds and mix well.
3. Now, we put the mashed avocado, the lemon juice, vegetable stock, olive oil, salt, pepper and herbs into another bowl and stir until we get a creamy paste.
4. Add the avocado cream to the veggies and stir well until all ingredients are distributed evenly throughout.
5. Chill for 1 hour in the fridge. Enjoy!

*Many thanks to Heidi from Cologne, Germany for sharing this delicious alkaline recipe!*

Get the **Manna pH Balance Caplets** from [www.mannaplus.com](http://www.mannaplus.com)