

FORMER

fat guy.com

- One glucose molecule creates 3 ATP

- From: stress, excess work, exercise

- One glucose molecule creates 34 ATP

- From: meditation, massage, yoga

Diet

Be Energized - Be Alkaline

1. Eat 75% alkaline food, 25% acid by volume daily
2. Eat Sunrider whole foods – all these foods balance out the body, spirulina is particularly good.
3. Chew your food well. Saliva is alkaline and you can produce 2 gallons a day
4. 3 times/day add 1-2 tbs. lemon juice to water
5. Add 2 tbs. of apple cider vinegar to water before meals

Tracking your pH: 4.5 – 6 = acidosis 7.5 – 8 = alkalosis
Urine: morning 6.8 Evening 7.0 - 7.4 Dependent upon stress & diet of last 12 hrs
Saliva: morning 6.5 " " " " " " " 5 days

Acidic & Alkaline Foods

Our body is about 20% acidic and 80% alkaline; therefore it is recommended that we consume approximately 20% acidic foods and 80% alkaline foods.

Sadly, most people eat far too many acidic foods and not enough alkaline foods, which eventually takes their body out of balance. Having stress will make the body even more acidic.

Most Sunrider foods are alkaline and even our skincare is designed with the same idea in mind.

Alkaline Foods

ALKALIZING VEGETABLES

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

Maitake
Daikon
Dandelion Root
Shitake
Kombu
Reishi
Nori
Umeboshi
Wakame

ALKALIZING FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)
Berries
Blackberries
Cantaloupe
Cherries, sour
Coconut, fresh
Currants
Dates, dried
Figs, dried
Grapes
Grapefruit
Honeydew Melon

Lemon
Lime
Muskmelons
Nectarine
Orange
Peach
Pear
Pineapple
Raisins
Raspberries
Rhubarb
Strawberries
Tangerine
Tomato
Tropical Fruits
Umeboshi Plums
Watermelon

ALKALIZING PROTEIN

Almonds
Chestnuts
Millet
Tempeh (fermented)
Tofu (fermented)
Whey Protein Powder

ALKALIZING SWEETENERS

Stevia

ALKALIZING SPICES & SEASONINGS

Cinnamon
Curry
Ginger
Mustard

Chili Pepper
Sea Salt
Miso
Tamari
All Herbs

ALKALIZING OTHER

Apple Cider Vinegar
Bee Pollen
Lecithin Granules
Molasses, blackstrap
Probiotic Cultures
Soured Dairy Products
Green Juices
Veggie Juices
Fresh Fruit Juice
Mineral Water
Alkaline Antioxidant Water

ALKALIZING MINERALS

Cesium: pH 14
Potassium: pH 14
Sodium: pH 14
Calcium: pH 12
Magnesium: pH 9

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

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

ACIDIFYING BEANS & LEGUMES

Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Pinto Beans
Red Beans
Soy Beans
Soy Milk
White Beans
Rice Milk
Almond Milk

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
Shrimp
Scallops
Shellfish
Tuna
Turkey
Veal
Venison

ACIDIFYING DAIRY

Butter
Cheese
Cheese, Processed
Ice Cream
Ice Milk

ACIDIFYING NUTS & BUTTERS

Cashews
Legumes
Peanuts
Peanut Butter
Pecans
Tahini
Walnuts

ACIDIFYING FATS & OILS

Avacado Oil
Butter
Canola Oil
Corn Oil
Hemp Seed Oil
Flax Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

ACIDIFYING SWEETENERS

Carob
Sugar
Corn Syrup

ACIDIFYING ALCOHOL

Beer
Spirits
Hard Liquor
Wine

ACIDIFYING OTHER FOODS

Catsup
Cocoa
Coffee
Vinegar
Mustard
Pepper
Soft Drinks

ACIDIFYING DRUGS & CHEMICALS

Aspirin
Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Pesticides
Herbicides
Tobacco

ACIDIFYING JUNK FOOD

Coca-Cola: pH 2
Beer: pH 2.5
Coffee: pH 4

** These foods leave an alkaline ash but have an acidifying effect on the body.

The human immune system can break down for many reasons, due to: drug abuse, toxic chemicals, malnutrition, chronic infection, lifestyle defects, etc; most being acidic in nature.

The pH scale goes from 0 to 14, with 7 being neutral (water). Below 7 is acid and above 7 is alkaline. PH is actually an exponential scale. Every unit change in pH equals a 10-fold increase. The acidity of a sample with a pH of 6 is ten times greater than that of a sample with a pH of 7. A difference of 2 units, from 7 to 5, would mean that the acidity is one hundred times greater, and so on. For example, Coca-Cola being pH 2 is 100,000 times more acidic than water, coffee with pH 4 is 1,000 times more acidic than water. It is not a good idea to consume these kind of drinks at any time and especially when out of balance.

Ranked Foods: Alkaline to Acidic

Here's a chart that ranks foods from most alkaline to most acidic.

Extremely Alkaline

Lemons,
Watermelon

Alkaline Forming

Cantaloupe
Cayenne
Celery
Dates
Figs
Kelp
Limes
Mango
Melons
Papaya
Parsley
Seaweeds
Seedless Grapes (sweet)
Watercress
Asparagus
Fruit Juices
Grapes (sweet)
Kiwifruit,
Passion fruit
Pears (sweet)
Pineapple
Raisins
Umeboshi Plums
Vegetable Juices

Moderately Alkaline

Apples (sweet)
Alfalfa Sprouts,
Apricots
Avocados,
Bananas (ripe),
Currants
Dates
Figs (fresh)
Garlic

Grapefruit
Grapes (less sweet)
Guavas
Herbs (leafy green)
Lettuce (leafy green)
Nectarine
Peaches (sweet)
Pears (less sweet)
Peas (fresh, sweet)
Pumpkin (sweet)
Sea Salt (vegetable)
Apples (sour)
Beans (fresh, green)
Beets
Bell Peppers
Broccoli
Cabbage
Carob
Cauliflower
Ginger (fresh)
Grapes (sour)
Lettuce (pale green)
Oranges
Peaches (less sweet)
Peas (less sweet)
Potatoes (with skin)
Pumpkin (less sweet)
Raspberries
Strawberries
Squash
Sweet Corn (fresh)
Turnip
Vinegar (apple cider)

Slightly Alkaline

Almonds
Artichokes (Jerusalem)
Brussels Sprouts
Cherries
Coconut (fresh)
Cucumbers
Eggplant

Honey (raw)
Leeks
Mushrooms
Okra
Olives (ripe)
Onions
Pickles (homemade)
Radishes
Sea Salt
Spices
Tomatoes (sweet)
Vinegar (sweet brown rice)
Chestnuts (dry, roasted)
Egg Yolks (soft cooked)
Essene Bread
Goat's Milk and Whey (raw)
Mayonnaise (homemade)
Olive Oil
Sesame Seeds (whole)
Soy Beans (dry)
Soy Cheese
Soy Milk
Sprouted Grains
Tofu
Tomatoes (less sweet)
Yeast (nutritional flakes)

Neutral

Butter (fresh, unsalted)
Cream (fresh, raw)
Cow's Milk and Whey (raw)
Margarine
Oils (except olive)
Yogurt (plain)

Moderately Acidic

Bananas (green)
Barley (rye)
Blueberries
Bran
Butter
Cereals (unrefined)
Cheeses
Crackers (unrefined rye, rice and wheat)
Cranberries
Dried Beans (mung, adzuki, pinto, kidney, garbanzo)
Dry Coconut
Egg Whites
Eggs Whole (cooked hard)
Fructose
Goat's Milk (homogenized)
Honey (pasteurized)
Ketchup
Maple Syrup (unprocessed)
Milk (homogenized)
Molasses (unsulfured and organic)
Most Nuts
Mustard
Oats (rye, organic)
Olives (pickled)

Pasta (whole grain)
Pastry (whole grain and honey)
Plums
Popcorn (with salt and/or butter)
Potatoes
Prunes
Rice (basmati and brown)
Seeds (pumpkin, sunflower)
Soy Sauce
Wheat Bread (sprouted organic)

Extremely Acidic

Artificial Sweeteners
Beef
Beer
reads
Brown Sugar
Carbonated Soft Drinks
Cereals (refined)
Chocolate
Cigarettes
Tobacco
Coffee
Cream of Wheat (unrefined)

Custard (with white sugar)
Deer
Drugs
Fish
Flour (white wheat)
Fruit Juices with Sugar
Jams
Jellies
Lamb
Liquor
Maple Syrup (processed)
Molasses (sulphured)
Pasta (white)
Pastries and Cakes from White Flour
Pickles (commercial)
Pork
Poultry
Seafood, Sugar (white)
Table Salt (refined and iodized)
Tea (black)
White Bread
White Vinegar (processed)
Whole Wheat Foods
Wine
Yogurt (sweetened)

To understand why some tissues in the body are deficient in oxygen and therefore prone to cancer, it is helpful to understand the nature of acidity and alkalinity. Cancerous tissues are acidic, whereas healthy tissues are alkaline. Water (H₂O) decomposes into H⁺ and OH⁻. When a solution contains more H⁺ than OH⁻ then it is said to be acid. When it contains more OH⁻ than H⁺ then it is said to be alkaline.

When oxygen enters an acid solution it can combine with H⁺ ions to form water. Oxygen helps to neutralize the acid, while at the same time the acid prevents oxygen from reaching the tissues that need it. Acidic tissues are devoid of free oxygen.

An alkaline solution is just the reverse. Two hydroxyl ions (OH⁻) can combine to produce one water molecule and one oxygen atom. In other words, an alkaline solution can provide oxygen to the tissues.

At a pH slightly above 7.4 cancer cells become dormant and at pH 8.5 cancer cells will die while healthy cells will live. This has given rise to a variety of treatments based on increasing the alkalinity of the tissues such as vegetarian diet, the drinking of fruit and vegetable juices, and dietary supplementation with alkaline minerals such as calcium, potassium, magnesium, cesium and rubidium.

In Holland the vegetarian diet promoted by Dr. Moerman has been recognized by the government as a legitimate treatment for cancer. Results indicate that Dr. Moerman's diet is more effective than standard cancer treatments.

Adding Sunrider foods and drinks will make everything even more efficient.