



## Getting Started...

This diet is a proven approach to looking after your body and mind whilst keeping disease at bay whilst boosting energy levels and optimising the digestive and immune systems.

This 10 day challenge consists of easy to follow recipes and snack ideas that will help re-adjust your digestive system to the positive effects of an alkaline pH diet, resetting and cleansing your body to help beat illness and prevent disease. Sounds good huh?

The key to improving your overall health and losing excess weight is to understand the digestive system, how it works, how your body digests food and how your body copes with and responds to certain foods. When your digestive system is working properly, countless health issues can be aided, minimised, prevented and sometimes completely eradicated. Optimising your digestive system is the first step to better health and the Alkaline Diet helps you do just that!



As with all things, diet, lifestyle and well-being are all about balance. When alkaline foods are generally best for our bodies, elements of more acidic foods are still often required for the body to properly function. Scientists and researchers commonly propose that two thirds of your plate should be filled with alkaline foods, with the remaining third allowing for foods slightly more acidic.

An alkaline diet can not only dramatically benefit your digestive system, but is also understood to keep you looking younger for longer, improve your quality of sleep and boost your energy levels. Improving alkalinity levels in your diet has a significant impact on your skin, nails and hair, providing them with a rejuvenated appearance aiding growth, hydration, strength and overall appearance. Clearer, healthier skin and radiant looking hair are often one of the first changes noticed when switching to the Alkaline Diet with the benefits taking effect surprisingly quickly.

Reducing your intake of acidic foods such as caffeine and sugar fuelled drinks help to maintain your blood sugar levels and regulate your energy levels throughout the day. Its incredible to think that the impact that this simple change can have on your health and well-being when your body is not subjected to a rollercoaster of caffeine and sugar rushes, highs and consequent crashes and lows. The effects of the alkaline diet roll over into many other aspects of your health and life through this improved consistency.

All of which can help you to lose excess weight and maintain your healthy goals. The balance and moderation of the Alkaline Diet makes this much more achievable and very minor. simple changes in your lifestyle and cooking can help improve your health in the long run! And thats where **Moods Foods** comes into it.









## What do I need to know?

So what makes a food acid or alkaline? There are a few things, but the most important rules are:

If a food is high in alkaline minerals including magnesium, potassium, calcium or sodium it is likely to be **alkaline** to the body.

BUT – regardless of its alkaline mineral content, if it contains any of the following then it will be acidifying:

- Sugar
- Yeast
- Is fermented (like soy sauce)
- Contains fungi (like mushrooms)
- Is refined/microwaved/processed

The alkaline diet is an approach to health and life that recommends making 70-80% of your food and drink consumption those foods and drinks that have an alkaline effect on the body. This still leaves room for non-alkaline foods, and still leaves room for flexibility - we're not striving for perfection. The reason why it makes sense is because if you look at the list of foods that are alkaline they are all the foods you know are good for you: vegetables, salads, leafy greens, high-water content foods - foods like spinach, broccoli, carrots, lettuce, cucumber, nuts, seeds, oily fish, low-sugar fruits and more.

There are a lot more alkaline foods than that, but this gives you the picture. All the healthiest foods you could possibly think of all have an alkaline effect on the body.

Look at the acidic-forming foods. Can you guess what they might be? Surprise, surprise it's sugar, chocolate, pizza, chips, fried foods, trans fats, junk food, takeaways, dairy, wheats, yeasts, gluten-containing foods, alcohol, refined foods and so on.

To live alkaline, try incorporating these tips into your daily life:

Focus 70-80% of your food consumption on alkaline-forming foods such as vegetables, salads, low-sugar fruits, oily fish, nuts and seeds, omega oils and more.

Try to minimise the consumption of acid-forming foods such as sugar, refined foods, junk foods, chocolate, sweets, baked goods, pizzas, chips, burgers, trans fats, partially hydrogenated fats, alcohol, soda and so on.

Ensure you get at least 2-3 litres of water each day.



## Tips before I start...

Changing the way you eat is not easy as it has become habit forming and something that we have learned from our elders.

Here are a few tips to help you throughout this challenge...

### Don't Strive for Perfection

95% of the people who start off striving for perfection fail within a week, and a lot of them then give up forever. When you change your diet there is more than just food involved. There is your social life, identity, lifestyle, habits, rewards, routines and all sorts of other physical, psychological and social elements at play. Changing everything all at once is just too hard. Unless you are faced with an incredibly powerful and uncompromising reason for motivation, such as a diagnosis of a serious health concern, changing everything all at once and going for perfection is unlikely to succeed.

So even if you just manage to complete one of the meals set out in this challenge, then you are making a great choice for the future of your own well-being.

Getting alkaline, being happy, and feeling not only the health and vitality that alkaline living brings but also still enjoying life, having a social life and feeling relaxed and contented is all about balance.

Please do not start this challenge thinking you have to be perfect, cut out ALL acidic foods, change your identity, tell your friends you're never going out for coffees or wines ever again and try to never, ever have a single treat ever again in your life. If you do that, it is incredibly likely that you'll fail.

### Making it easy

Instead, set realistic goals. Start slowly. Aim to be, for the first few days, 50% alkaline (meaning 50% of the foods you eat will be alkaline forming). Pick a few big changes to make

and just stick to ONLY those until you have them sorted. For example you might choose to get

breakfast sorted, and focus ONLY on breakfast for a few days until you have it in the bag. THEN you might move on to lunch. Or you could work on increasing your green foods and hydration for now and not worry about anything else for a few weeks.

Whatever your strategy, don't make it "To Be Perfect". Go easy on yourself, transition slowly, set realistic targets and aim for a slower, but constant improvement.

If you make bad choices then that's ok. You can get right back on it again the next day. This is where I want you to get to - but it can only realistically happen if you take your time, transition, go easy on yourself and take it at your own pace.

### Go Green

99% of people eat almost no leafy green foods. Most people get maximum ONE serve per day on average, often less. Sometimes a little more, but more often less.



Let's look at an 'average' person's diet for an average day:

Breakfast: Toast, or cereal with milk and a coffee or tea

Mid-Morning Snack: Cup of tea or coffee, maybe some fruit or some biscuits or chocolate

Lunch: Sandwich with salad (maybe chicken or beef in it) or maybe a salad on its own

Afternoon Snack: Another tea or something from the bakery

Dinner: Spaghetti bolognese / risotto / meat & veg / pizza etc. (carb overload)

There is somewhere between 0.5 - 1 serves of leafy greens in there. This is nowhere near enough.

If you want to very quickly have a life full of energy, you need to get at least five serves of leafy greens per day - not just veggies - but leafy greens. This is really easy to do, but if you do it you will feel a HUGE difference.

A good tip for this is to serve a side salad with every lunch and dinner you have. Even if you just have one serving of spinach and one serving of lettuce, you'll be at four serving for the day before you've had any juices or other greens as part of your meals!

Doing JUST THIS will make a HUGE impact on your health and energy.

### Do what feel right for YOU!

You know yourself best. The traditional approach to the alkaline diet (and any healthy living plan) requires you to start off by cutting out lots of unhealthy stuff and replacing it with healthy stuff. It immediately puts you on the back foot and makes it a challenge and something you have to battle from day one. When you use this approach of transitioning, you let your subconscious decide when you're ready to progress.

The more alkaline you get the more alkaline you. As you focus on getting the good stuff in you will naturally start to remove the bad stuff. There will be a combination of conscious and subconscious motivation at play:

**Conscious:** The better you feel the more likely you will be to WANT to make the right choice. After a few days, and I hope by the end of this challenge, you will find yourself wanting to say no to certain foods or drinks because you're feeling so great and you don't want to change that.

**Subconscious:** Your subconscious is a fast learner and it works on rewards and the longer you do this the better and better you'll start to feel. Your brain will notice the action equals positive response in your body and it will put two and two together very quickly. The best part of this is it will then start to act as a 'healthy filter' for you - you'll stop noticing temptations, you'll stop being drawn towards them.

This is why this works so well and I know that you will benefit from these changes. Even if they are small to start with.

## So lets get started...



The recipes that I have chosen throughout this 10 day challenge are delicious, easy to follow and the perfect way to balance alkaline and acidic foods. Eating predominantly vegetarian foods will make it easier to maintain an alkaline balance, however, if you like meat and fish try to follow an 80/20 rule with the majority of your plate filled with vegetables and whole grains and the balance with protein rich meat or fish.





**DISCLAIMER: INDIVIDUALS ARE RESPONSIBLE FOR THEIR OWN ALLERGIES, INTOLERANCES AND SENSITIVITIES. PLEASE CHECK THE FULL LIST OF INGREDIENTS FOR EACH RECIPE**

### Medical Disclaimer:

It is essential to remember that this challenge has not been written by:

- a doctor
- a dietitian
- a medical professional
- a journalist