

Welcome...



Welcome to the 10 Day Alkaline Challenge. This is the very first challenge that I am doing for Mood Foods and I cant wait to see how you all benefit from making healthy choices for your own health and well-being. This challenge will be the first of many so be sure to like the Mood Foods FB page so that you are kept up-to-date with any future challenges. These challenges will also be advertised on the events page of the website www.moodfoods.info. You may also want to join the mailing list so that you receive updates of when we are doing something new.

I also want to say congratulations on taking the first step to exploring a healthier you! I will be with you every step of the way as I will be doing the challenge with you all. I am really looking forward to seeing your pictures of the food you have made along with answering any questions that you may have as we go along.

Here's the outline of the challenge:

How many times have you tried a diet that hasn't worked for you? Then gave up on it because it made you feel sluggish, hungry and fatigued? Are you seeking to eat more in alignment with your body's natural needs, but not sure what they are?



Every body is different, WE are all different. There are a lot of great diets out there, with almost all of them having a positive effect for a short period of time. No diets or bodies are created equal. Also our bodies are always changing, so what worked for us in the past may not necessarily be good or effective for us now. How do we work around this? By tuning into our own body's wisdom and understanding its language, it has all the answers we are looking for.



Discover a simple, practical way to eat, that will help you to heal health problems including:

- weight issues / obesity
- bad skin / premature ageing
- low energy / chronic fatigue
- poor sleep / insomnia
- stress and depression
- poor concentration
- mood swings
- bladder or kidney problems
- dull skin, eczema, acne or psoriasis
- brittle hair and nails
- frequent infections, colds, yeast infections
- allergies
- type 2 Diabetes
- high cholesterol
- heart disease
- arthritis

The Alkaline diet is a unique way of eating that involves eating alkaline foods such as whole fruits, whole vegetables and certain whole grains. Its a low calorie diet designed to promote a healthy acid-alkaline balance within your body 🌱



Our diet these days is highly acid-forming and when acid forms within our bodies, it overwhelms our body's natural acid-removing methods making us prone to a mass of health ailments. By reducing the acid load on our body, we can reduce the strain on our body's detoxification systems (like the kidneys and liver). This in turn, can reduce our risk of diseases and illnesses.



In this 10 day challenge you will learn:

- * What Alkaline foods are and how they can benefit your health
- * What PH levels are
- * How to prepare & cook alkalisng foods
- * How food can energise, easy to follow meal plans that transform your body
- * The benefits of the alkaline diet
- * The difference between acid & alkaline forming foods
- * How to maintain the alkaline way of eating
- * How to use food to clean up your body
- * A typical day on an alkaline diet
- * How to support bodily regeneration and healing without the use of medical interventions



Are you ready to make these changes to your diet in order to benefit from any of the above?

If the answer is YES then this challenge is for you!



What is your main goal for this challenge?

Take a moment to think about why you want to do this challenge. It could be that you are looking at exploring a more healthier lifestyle. Or that you want to do it for health reasons. Whatever your reason I would recommend that you write down what your goals and intentions are for this challenge before you start. You may find that these change as you go along or that they change at the end. It will be good for you to track your progress and to be able to refer back to what your original goal was to see how far you have come. You may also want to write down any health issues or complaints that you would like to work on and again, these can be referred back to at the end.

I would also recommend that you keep a daily food journal to track how you felt at the beginning and end of each day. It doesn't have to take up much of your time and you can write as much or as little as you want. I will share mine with you in the group each day and I would love to see yours too.

What is Alkalinizing?

The alkaline diet is based on the idea that what you eat affects the pH level (the acidity or alkalinity) of your body. The diet eliminates foods that have high acid and emphasises foods that are high in alkaline.

Alkalinising is defined based on positive hydrogen ions. Acid is an excess and alkaline means there's much less. In the middle is neutral. While you might think neutral must be best, there are different types of chemical reactions and sometimes you need acidic. Sometimes you need alkaline. For example, you can't digest protein without the stomach being acid. But the intestine is alkaline. Our stomach has high acid to digest food, and in contrast, it has a liner that is high in alkaline to prevent injury to organ membranes. This makes trying to regulate the body's pH to reach a neutral state nearly impossible. Our blood typically has a pH around 7.4, which means that our blood is slightly more alkaline.

Some compounds produced through digestion are acidic while other compounds are basic (alkaline). As a quick chemistry primer: Acids and bases are measured on the pH scale. On the pH scale, 0-7 represents an acidic compound, while 7-14 represents a basic

compound. Alkaline diet proponents claim that alkaline compounds (7-14 on the pH scale) are good for the body, and that a build-up of acidic compounds (0-7 on the pH scale) could lead to negative health effects. The main goal of the Alkaline Diet is to increase the amount of 'alkaline foods' you eat and decrease the rest.

Why is having an Alkaline diet important to our health?

The main goal of the alkaline diet is to increase the amount of 'alkaline foods' you eat and decrease the rest. Many foods that are staples of a healthy eating pattern are actually included in the alkaline diet. Fruits, vegetables and nuts are all included as 'alkaline foods'. Those who follow this diet claim that it can help prevent many ailments, including cancer, by regulating your internal pH.

Acid forming foods cause a buildup of acidic compounds in body tissues and the bloodstream, which causes several adverse health conditions. Proponents of the diet claim that acid producing foods cause the breakdown of bone tissue, increase the risk for types of cancer, and are risk factors for conditions such as heart disease and diabetes.

Having an Alkaline Diet can help you to heal health problems which include:

- weight issues / obesity
- bad skin / premature ageing
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- stress and depression
- poor concentration
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- bladder or kidney problems
- dull skin, eczema, acne or psoriasis
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The alkaline diet is a proven approach to looking after your body and mind, keeping diseases at bay whilst boosting energy levels and optimising the digestive and immune systems.

This challenge will give you delicious and easy to follow recipes and snack ideas will help you 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.

Wondering what you can eat on the diet? Here's a list of approved foods to give you an example:

Alkaline water

Tofu

Sprouts

Goat or almond milk

Herbal tea

Gluten/yeast free breads and wraps

Sprouted breads and wraps

Grasses including wheatgrass, barley, kamut, shave and oat

Nuts including coconut and almond

Various seeds including flax, sunflower, sesame and pumpkin

Grains including amaranth, buckwheat, chia/salba, kamut, millet, quinoa and lentils

Beans including lima, mung, pinto, red, soy and white

Vegetables including asparagus, broccoli, green beans, spinach, kale, sweet potatoes, aubergine, garlic, onion, celery, cucumber, lettuce, peas, pumpkin, squash and radishes

Fruits including avocado, tomatoes, lemon, lime, grapefruit, fresh coconut and pomegranate

The Alkaline Diet serves as a good reminder of how important it is to keep eating those fruits and vegetables.



Ready for the challenge? Lets get started then...

Habit Help - staying on track...

Did you set any health intentions or resolutions for this year? If so, how are they going? I hope that you are keeping up with your goals and feeling good about your new healthy choices. If you find that you are starting to slip back to old habits, I thought I'd share a few tips to keep you motivated.

What is a habit?

It's a regular practice that you do without much thought. For many of you, eating certain foods and meals have become a habit, such as making a juice first thing in the morning or grabbing a bowl of cereal. For others, you might still be building that habit and that's ok. If you are trying to develop a new habit, it takes both practice and repetition to form. If you are trying to break a bad habit, the same is true and habits can be hard to break. In fact, many experts say rather than trying to stop a habit, it's easier to start something new. Research says that it takes a minimum of **21 days** for an old mental image to dissolve and a new one to gel. More recently, a study of 96 people published in The European Journal of Social Psychology found it took on average 66 days to form a habit, such as eating fruit at lunch or running for 15 minutes a day! So that's quite a lot of will power and persistence so you have to be really motivated and focused in order to want to bring change into your life. Rather than trying to give up a certain food, it's much easier to simply add in more nutritious foods. This concept, sometimes referred to as crowding out, helps you to develop a taste for new, healthier foods without feeling like you have to give up the things you love.

From this perspective, it doesn't have to be all or nothing. You can start by making healthy choices each day and from there, you can increase your choices so that it becomes habit and by the time that happens you will feel so energised and good about yourself that you will want to do more of it! You will also find that your body will start craving these food choices as our bodies do talk to us but the trick is to be able to pick up on the subtle messages that your body is giving you.

If you are still looking to set new health goals this year, start taking this challenge seriously and try to stick to it as much as possible. You will start to see the benefits during the 10 days and I am here to help, guide and answer any questions that you may have along the way. The most important thing is that making good food choices brings you joy and celebrates your health. By waking up just 15 minutes earlier, you can easily add healthful habits, such as meditation (if you like meditating) or writing in your journal or food journal. We will learn about making things beforehand so you are not rushing around trying to do the recipes. Especially in the morning when everyone seems to be at their busiest and timing can therefore be an issue. Research says that how we start our day can impact the rest of the day, so it's a great time to set the tone.

If you want more support keeping up your healthy eating choices and learning more about how food can benefit your physical, emotional and psychological well being then look at my website www.moodfoods.info. You can also like my FB page [Mood Foods](#). I am looking forward to building up a community of like minded people who are sharing recipes, their experiences and health tips to maintain these habits throughout the year and for many more years to come.