

The Alkaline Path

The purpose of this path is to restore balance in your intestinal flora. Due to diet, lifestyle, medications, etc., this has become out of balance. Acid foods don't make your body acidic; they prevent your body from eliminating acid waste. Excess acid waste causes organ dysfunction, which in turn leads to illness-- including asthma, allergies, eczema, migraines, arthritis, insomnia, fibromyalgia, chronic fatigue, and many others.

This path may look radically different from what you're accustomed to. But don't worry; this is not for the rest of your life, just until the balance is restored. Generally, with close adherence to the program, this balance can be accomplished in 3-4 months. Depending on how you ate before, you may not be able to go back to your old eating habits and still achieve your health goals. When the time comes, your practitioner can advise you on a maintenance diet appropriate for you.

Initially, some people experience mild to moderate detox symptoms. These can include headache, nausea, "brain fog," dizziness, sugar cravings, minor skin outbreaks, and cold hands and feet. These symptoms, if they occur, will usually occur during the second or third week. These symptoms are temporary and can last from a couple of days up to two weeks. If they persist, call us at 303-470-1995 or email us at reception@wholehealthcenters.com. Once you go through the detoxification period, we believe you will feel a lot better.

Avoid:	You Can Have:
<p>SUGAR Avoid all sugars and sugar-containing foods, including:</p> <ul style="list-style-type: none"> • table sugar • corn syrup • fructose • honey • molasses • maple syrup • date sugar <p>ARTIFICIAL SWEETENERS Avoid all artificial sweeteners; as well as products made with artificial sweeteners such as:</p> <ul style="list-style-type: none"> • NutraSweet • Equal • Aspartame • Saccharin • Splenda <p>WHOLE GRAINS</p> <ul style="list-style-type: none"> • Corn • Popcorn <p>WHITE FLOUR Avoid all white flour, as well as white flour products including:</p> <ul style="list-style-type: none"> • Pastries • Breads • Crackers • Pasta <p>YEAST Avoid Brewer's Yeast, B-vitamins made from yeast, as well as all yeast-containing pastries, breads, crackers, pasta, etc.</p>	<p>SUGAR Agave Nectar, Stevia, brown rice syrup extract in moderation (no more than twice a week)</p> <p>You will find Stevia in the supplements section of your natural foods store. Agave nectar and brown rice syrup will usually be found in the baking section.</p> <p>WHOLE GRAINS</p> <ul style="list-style-type: none"> • Quinoa • Spelt • Buckwheat • Barley • Millet • Oats • Brown Rice • Whole Wheat • Whole Grain Flour • Whole Grain Pasta • Vegetable Pasta <p>Whole grains are inexpensive and most can be found in the bulk section of your grocery store.</p> <ul style="list-style-type: none"> • Ezekiel 4:9 Sprouted Grain Pasta • Lundberg Brown Rice Pasta • Tinkyada brand -- brown rice pasta • Ancient Harvest -- quinoa pasta • VitaSpelt -- whole grain spelt pasta • Manicaretti -- whole grain wheat pasta <p>BREADS Any whole grain unsweetened bread without yeast (you will find these in the refrigerated or frozen sections.) Products made with baking soda, baking powder or true sourdough culture is fine.</p>

DAIRY Avoid all cheese, milk, and milk products

FRUIT Avoid fruit (fresh, canned, or dried) and fruit juices

COFFEE, BLACK TEA Avoid all including decaf; PHatea® is okay

ALCOHOLIC BEVERAGES Avoid all

MEATS Avoid processed meats, such as:

- Bacon
- Sausage
- Ham
- Hot dogs
- Corned beef
- Pastrami
- Luncheon meats

Some brands that are okay include:

- Manna Bread – Multi-Grain, Whole Rye, Sun Seed
- French Meadow Bakery – Spelt bread, Hemp bread, Kamut bread, European Sourdough Rye, 100% Rye with sunflower seed, 100% rye with flax seed
- Julian Bakery Smart Carb GF#3
- Food for Life Brown Rice Tortillas

CRACKERS Whole Grain, unsweetened crackers such as:

- 365 Brand -- Woven Wheats & rice crackers
- Brown Rice Snaps
- Mary's Gone Crackers – Any variety
- Ryvita – Any variety, Pumpkin seed oat and sunflower seed oat are especially good

DAIRY*

- Unsweetened plain whole milk yogurt
- Plain kefir
- Buttermilk
- Neufchatel
- Raw milk cheese
- Cottage cheese
- Ricotta cheese
- Goat milk

*okay in moderation (no more than 2 times per week)

Milk substitutes: almond milk or rice milk--choose unsweetened, non-flavored

The following are some good brand choices:

- Manitoba Harvest – Organic Hemp Milk
- Living Harvest – Original Hemp Milk
- West Soy – Organic Unsweetened Soy Milk
- 365 – Organic Unsweetened rice milk
- 365- Organic Unsweetened soy milk

FRUIT

- Lemons
- Limes
- Tomatoes
- Coconut water
- Young coconut juice
- Tomato juice
- Avocados

TEA Pau D'Arco and PHatea®

Some herbal teas (check with your practitioner)

ALCOHOL Some medicines and tinctures containing alcohol (check with your practitioner)

MEATS

- Chicken
- Turkey
- Grass-fed beef
- Buffalo
- Lamb
- Venison
- Quail
- Duck
- Goose
- Pheasant
- Cornish hens
- Roast Beef

AVOID CHLORINATED TAP WATER

FUNGUS FOODS Avoid fungus foods, such as mushrooms, blue cheese, etc.

LEFTOVERS If a food has been in the refrigerator for more than 3 days, discard

NUTS Avoid peanuts and peanut products

OILS Avoid peanut oil, trans-fats, and partially hydrogenated oils

VINEGAR Avoid all vinegar-soaked products or vinegar dressings, such as pickles, pickle relish; condiments containing vinegar, such as mustard, etc.

CEREALS Avoid all cereals with added sugar, dried fruits, or white flour

FISH All fresh fish, including:

- Salmon
- Water-packed tuna
- Clams
- Oysters
- Shrimp
- Lobster

*Choose Wild-caught over Farm-raised

EGGS Omega-3 or free-range, fertilized eggs in moderation (max 6/week.)

VEGETARIAN SUBSTITUTES Tofu, tempeh, miso; best if organic

BEVERAGES Bottled or filtered water, sparkling water—hot or room temperature; avoid ice cold drinks; squeeze of lemon or lime okay

FUNGUS FOODS Shiitake, Reishi and Maitake mushrooms

LEFTOVERS Leftovers can be frozen to keep longer

NUTS*

- Almonds
- Brazil
- Cashews
- Hazelnuts
- Pecans
- Pumpkin seeds

*Avoid roasted and salted; nut butters from any of these are okay

OILS

- Olive
- Coconut
- Almond
- Flax seed
- Safflower
- Sesame
- Apricot
- Butter
- Ghee
- Walnut
- Sunflower

VINEGAR Braggs Apple Cider Vinegar (Lemon juice makes a good substitute for vinegar in salad dressings)

CEREALS Any whole grain can be soaked overnight and cooked in the morning for hot breakfast cereal. Other hot cereals:

- Bob's Red Mill -- has over a dozen varieties to choose from, the "Mighty Tasty GF Hot Cereal" is especially good
- Arrowhead Mills -- also has wide selection. The "4 Grain with Flax" is especially good
- These cold cereals have no added sugar:
- Arrowhead Mills -- Shredded Wheat
- Ezekiel 4:9- Sprouted Grain Cereal – Golden Flax, Almond, Original
- Barbara's Bakery 100% shredded wheat

VEGETABLES Avoid canned vegetables

LEGUMES

- Kidney beans

VEGETABLES All fresh vegetables, including:

- Asparagus
- Avocado
- Beets
- Bell peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Chards
- Collards
- Celery
- Cucumbers
- Eggplants
- Endives
- Greens beans
- Hard squashes
- Jicama
- Kale
- Lettuce
- Onions
- Parsnips
- Peas
- Radishes
- Red Potatoes
- Rutabagas
- Spinach
- Summer squashes
- Tomatoes
- Turnips
- Watercress
- Yams
- Vegetable Juices

..Be Adventurous!

LEGUMES

- White
- Navy
- Adzuki
- Pinto
- Black*
- Lima *

*In moderation

A good general guideline for this program is to **Avoid Sugars** (decrease acidity) and significantly **Increase your servings of Vegetables** (increase alkalinity). From the variety offered on this list, you can see it is possible to load up on carbs and proteins. While you would technically be in compliance, you would be missing the goal of the program. Nothing decreases acidity faster than vegetables and almost none of us get enough in our diets. Your goal should be at least 5 servings per day.

You can find helpful information on our website at www.wholehealthcenters.com



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