

Special Report

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How to Restore Your Natural pH Balance in 3 Easy Steps

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<http://www.NewAndHealthyYou.com>

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How to Restore Your Natural pH Balance in 3 Easy Steps!



Discover a *Step-by-Step System* for Restoring Your Natural pH Balance to Experience a Totally New Level of Weight Loss, Beauty, and Health!

➔ For more details go to:

<http://www.NewAndHealthyYou.com/system>

Dear Health Seeker,

Welcome to this special report, where you'll learn "***How to Restore Your pH Balance in 3 Easy Steps***".

A couple of thoughts before we dive in.

First, this isn't difficult stuff. Anyone (by that, I mean Y-O-U) can put these steps into practice.

Second, this isn't gonna get done by itself! I said "anyone can put these into practice".

Did you catch that?

You gotta do something!

The biggest problem I see everyday with "health seekers" isn't a lack of knowledge. It's lack of action.

I'll tell you exactly what you need to do in these three lessons. Then, it's up to you to do it.

Fair enough?

Note: The biggest mistake you'll make in the coming three lessons is to make a decision to apply this information...**and then not do it.** Make a commitment to yourself right here, right now that you've got what it takes and you'll do what it takes to see results.

Let's talk about "*The Secret Lunch/Dinner Addition to Begin Restoring Your Body's pH*"

It's all about your eating habits.

That is, the **one simple practice** that I'm going to share with you today needs to be penciled in on your daily "*to do*" list and consistently checked off by the week's end. Every week.

What is this practice?

I'm glad you asked...

**THE ONE THING YOU SHOULD DO EVERY WEEK IN ORDER TO
ALKALIZE YOUR BODY**

Every day you should make certain that you...

ADD FRESH, RAW, GREEN VEGETABLES TO YOUR LUNCH AND DINNER

It doesn't matter what kind of vegetables or greens it is, you need to regularly add a fresh green vegetables to your lunch and dinner.

Here's the thing: You've worked hard to learn all about healthy lifestyle, why not do this one small thing?

Most people eat too many acidifying foods including sugar, meats, dairies, as well as processed and fried foods.

Big mistake.

Read this -> Instead, you want to add raw or lightly steamed green vegetables to your lunch and dinner so you won't miss out on health benefits that vegetables provide.

Sidebar:

Highly Recommended Vegetables

Asparagus	Escarole
Avocado	Fennel
Beet greens	Green and red cabbage
Bok choy	Kale
Broccoli	Kohlrabi
Brussel sprouts	Lettuce: romaine, red leaf, green leaf
Cauliflower	Mustard greens
Celery	Onions
Chicory	Parsely
Chinese cabbage	Peppers: red, green, yellow, and hot
Chives	Tomatoes
Collard greens	Turnips
Dandelion greens	Spinach
Endive	Zucchini

This way, you get the total nutritional benefits that all vegetables have.

This goes for all of your lunches and dinners. Try not to skip.

And these extra additions to your lunch and dinner can be anything with vegetables...

- Adding salad to your lunch and dinner
- Adding a single vegetable to your lunch and dinner...broccoli, green peppers, tomatoes, etc.
- Adding vegetable juices to your lunch and dinner
- Adding vegetable soups (raw) to your lunch and dinner

Note: Don't cook your vegetables.

Cooking destroys the essential micronutrients.

HERE ARE FOUR SUGGESTIONS YOU CAN USE TO START THIS GOOD HABIT OF EATING RAW VEGETABLES WITH LUNCH AND DINNER

- 1. Salad.** Use variety of lettuce. Don't just use traditional iceberg lettuce. Add radicchio, romaine, kale, spinach to your salad. Add cabbage green or red, collard greens. Use olive oil and lemon juice as a dressing.
- 2. Raw vegetables.** Raw broccoli adds crunch and powerful phytochemical nutrients found only in plants. Radishes add zest, potassium, and vitamin C. Include white, red and even pink varieties for a splash of color. Cherry tomatoes are perfect and a good source of phytochemicals. Carrots are the perfect way to add essential beta-carotene to your lunch and dinner.
- 3. Vegetable juice.** Green leafy vegetables are the best to juice. The easiest ones to use include all the lettuce including:
 - Red leaf lettuce
 - Green leaf lettuce
 - Romaine lettuce
 - Escarole lettuce

Celery and cucumbers are a good combination for juicing and are easily tolerated if you just started with juicing. You'll soon learn that your tasted buds will change as you incorporate more greens into your diet.

===Important Concept===

The reason many people who do not like the taste of fresh raw green juice and other alkaline combinations is simply their system is very acidic and the alkaline taste is a shock to what they're used to. So ironically, the ones who need it the most find it the hardest to swallow (excuse the pun). But the good news is your taste buds will quickly adapt and just the opposite will be true - i.e., if you try to drink anything acidic you will not like it!

The trick is to get your body to crave alkaline instead of acidic and it is easily done, just don't let the initial fight it puts up crush your momentum.

- 4. Vegetable soups.** To make vegetable soups you can use many seasonal vegetables, including carrots, tomatoes, green beans, and squash. Use green leafy vegetables including kale and collard greens.

Truthfully, you should mix and match all of these in your diet.

Learning how to use more vegetables in your diet is one of the most critical parts of alkalizing your body.

You've just been given a very quick and easy way to begin bringing your body to alkaline balance by simply adding vegetables to your lunch and dinner.

Now let's cover a really, really powerful strategy for restoring pH balance in your body. We're going to examine, "*How to Use Alkaline-Add-Ons and Alkaline-Substitutions To Restore pH Balance in Your Body.*"

Let's look at two truths related to this concept:

Truth # 1

A SIMPLE WAY TO RESTORE pH BALANCE IS TO USE ALKALINE-ADD-ONS AND ALKALINE-SUBSTITUTIONS ON DAILY BASIS

It's important that you understand a simple principle of alkalizing your body -it is to reduce the amount of meats and animal products you eat.

Meats and animal products are acidic and they will make your body less alkaline and more acidic.

Meats and other animal products including dairy, poultry, cold cuts, fish, seafood (mussels, and shrimp), eggs, cheeses, animal fats (lard and suet) rich in protein that acidify your system because their digestion produces acidic-wastes.

Limit your consumption of meats and other animal products to a minimum. Try to use these simple techniques.

It's called a "alkaline add-on" and "alkaline-substitution".

Let me give you a couple of examples from the "*real world*":

Example # 1: Lunch

1 ham and cheese sandwich on white bread with 1 teaspoon of mayonnaise, 1-ounce bag potato chips, 12-ounce soft drink, 2 chocolate cookies.

That's an average American lunch...would *you agree?*

Here's an example of an "alkaline substitution"...

1 avocado and tomato sandwich on sprouted bread with 1 teaspoon of humus, 1 cup of fresh broccoli, 16-ounce of vegetable juice and 1/2 cup of almonds.

Do you see how easy that was? That's what I call an "alkaline substitution". **Not that much of an effort** and it still tastes great. But the most important thing is that it's an alkalizing lunch that not only makes you feel but also makes a huge

difference in your health in the short term (especially with digestion) and long-term on many levels.

Example # 2: Dinner

3 ounce of broiled sirloin, 1 medium potato, 1 tablespoon of sour cream, 1 teaspoon of butter, 1 dinner roll.

Here's an example of an "alkaline-substitution"...

3 ounce of white fish, 1 cup steamed broccoli and green beans, 1/2 cup lentils, 1 1/2 cup green salad, 1 piece of sprouted bread, 1 cup of herbal tea, 1 cup of fresh strawberries.

Simple as that. White fish is much better for you than the broiled sirloin, especially if the fish is just slightly grilled or broiled without too much oil or fat.

Here's an example of an "alkaline-add-on"...

3 ounce of broiled sirloin, 2 cups of steamed broccoli and green beans, 2 cups of fresh green salad, 1 cup of vegetable juice.

Did you see what we did here? We kept sirloin but because it is an acid-forming foods (a high acid) we added a large amount of alkaline-forming foods to compensate for the acid food. That's what I call an "alkaline add-on". Use this method often when you choose your food and you'll start seeing a huge improvement in the way you feel and in your overall health and well-being.

What I'm trying to convey to you in today's lesson is that once you start thinking in terms of "alkaline ad-ons" and "alkaline substitutions" it will become much more easier to eat alkaline foods. *Why not to do so?*

Truth # 2

SIMPLE WAY TO USE 'ALKALINE SUBSTITUTION' WITH SUGAR AND SUGARY PRODUCTS

Another important step in making your body more alkaline is to use 'alkaline-substitutions" for refined sugar and products made with sugar.

Sugar and sugary products are acidic-forming and will make your body more acidic and less alkaline

Most people find this step is the most difficult because we are a culture that has been raised on sugar, sugar products, sugar sweeteners and artificial sweeteners. *We are a sugar eating society!*

And although breaking the sugar habit may create some difficulty for you I hope that with the tips provided here it will be easier for you. **The important thing to remember -**

the longer you stay away from sugar and sugary products the less you will miss them and the sweeter fruits and vegetables will taste.

Here are a few tips that will help you reduce your consumption of sugar products and we will also look into available 'alkaline-substitution' options for sugar and sugar products.

- Reduce your consumption of any type of sugar including white sugar, brown sugar, any kind of sweeteners like 'sweet'n'low, etc.
- Don't add sugar or sweeteners to tea or food.
- In the beginning, avoid super-sweet fruit including grapes, pineapple, peaches, and very sweet apples and oranges.

Here's what you can use as an '**alkaline-substitute**' for sugar:

- Stevia.

Stevia is an herb native to South America. The natives of South America have enjoyed the benefits of Stevia for centuries. Now it's available in the U. S. in most health food stores around the country. Stevia is a great sugar substitute, however use it in moderation also.

And here's a few tips of how you can reward yourself for breaking your sugar habit.

- Eat low sugar fruits and vegetables, including rhubarb, berries, watermelon, melons, tomatoes, apricots, grapefruit, guava, lemons, and limes, oranges, plums, raspberries, tangerines, and kiwis.

Read this -> You don't want to skip your favorite foods or stop cooking your favorite recipes, instead, you want to use "alkaline add-ons" and "alkaline-substitutions" for your meals and snacks and enjoy them in a new and healthy way.

Sidebar:

Alkaline Add-on and Alkaline Substitutions

Cornstarch ->	Arrowroot
Corn syrup ->	Honey
Flour ->	Soy flour, rice flour
Molasses ->	Honey
Yeast ->	Baking soda
Pie crust ->	Yeast-free pie crust
Butter ->	Soy butter, olive oil
Cheeses ->	Goat cheese, nut cheese
Cream ->	Soy milk, rice milk
Milk ->	Soy milk, rice milk
Mayonnaise ->	Olive oil
Meats ->	Beans, temper, tofu
Salad Dressing ->	Citrus juice, olive oil, Bragg Liquid Amino
Ketchup ->	Tomato sauce, tomato paste

For complete list of "alkaline add-on" and "alkaline-substitute" check your email in a few days. I'll send it to you.

You've just been given a very quick and easy way to begin bringing your body to alkaline balance by simply using "alkaline add-on" and "alkaline-substitutions".

I'm excited for you.

I'm excited for you because what I'm going to share with you is a way you can restore your body's pH levels anytime you need or want.

This is one of the best and (easiest) ways to alkalize your body and experience improvements in health almost immediately.

Critical: If you want to **alkalize your body**, there is no substitution to rich, alkaline foods.

Most people absolutely B-L-O-W I-T when it comes to eating alkaline foods as a major part of their diet.

Sadly, most people are so set into their unhealthy food choices that even having this information on hand they won't apply any of the suggestions described here.

Big mistake.

Today we're going to talk about ONE way to alkalize your body. It's a tremendous strategy, but it's just ONE way. You need to learn how to use **DOZENS of different methods** to alkalize your body and improve your health.

I strongly encourage you to get my **New and Healthy You system** for only \$47.77 and learn many different ways to alkalize your body, balance your pH, and get rid of pains, sicknesses, and diseases.

Here's the truth: If it's not worth \$47.77 for you to learn legitimate (no gimmicks!) ways to restore your pH balance and experience a totally new level of weight loss, beauty, and health, then **you're not serious about improving your health**. End of discussion. If you're not willing to invest in your health, then I'd recommend you **unsubscribe** from my list and go elsewhere... maybe McD's or a Burger King.

I'm not trying to be mean or greedy. I'm a nice person as you'll find and I certainly don't need your money.

But, I need you to be serious if I'm going to share with you these steps on alkalizing your body. *Otherwise, it's just wasting both of our time.*

I really do care. And I really want to help **Y-O-U**. I could easily charge over \$100 or more for the program... but I have purposely priced it at only \$47.77 so anyone, regardless of their budget can get it and learn the methods. The people who see value and invest in their health will actually use it - **the plain truth is this** - if this was free and given to the majority of people they would not see it's value. Sad but true - I've tested it. Plus, this nominal fee gives us more ability to spread this message to more people.

Go to <http://www.NewAndHealthyYou.com/system> to learn all about **the step-by-step system for restoring your natural pH balance to experience a totally new level of weight loss, beauty and health** - and order today. I promise you this - it will be the one purchase you will NEVER regret making.

Having said that, let's get back to the most important thing you can do to alkalize your body. Everyone almost always follows it, simple because it's so easy to do. The idea is simple:

Drinking enough water is the best way to alkalize your body.

Many people forget the importance of water. When we remember that about three-fifths of our body weight is made up of just water and that water is necessary for every chemical reaction, large or small, that takes place in the body, the importance of water becomes obvious.

"Drinking abundant amounts of water tends to relieve constipation, flushes out kidneys, removes waste matter and keeps the millions of our body cells in better working condition. You should also know that water is one of the best regulators and eliminators we have."

We can live without food for several weeks, but we'll die without water after about 10 days.

What kind of water should you drink?

Since you're trying to alkalize your body you should stay away from chlorinated tap water or distilled water.

Let me explain why...

Despite our great technological accomplishments, our tap water is still far from acceptable for drinking.

Let me give you a quick example...

Sidebar:

Just to give you an idea of what you might be drinking in most tap water:

- Lead - causes organ damage and can lead to mental retardation.
- Aluminum - is added to water at virtually all water treatment facilities.
- Fluoride - is added to the water.
- Arsenic - causes bladder, lung and skin cancer; may cause liver and kidney cancer.
- Bacteria - occurs in tap water and can cause serious illness or death.
- Bromate - increases risk of cancer.
- Chlorite - may cause anemia, effect nervous system in infants and young children.
- Haloacetic acids - increase risk of cancer.
- Trihalomethanes - may cause liver, kidney problems; may increase risk of cancer.

Source: US Environmental Protection Agency (EPA) <http://www.epa.gov>

How about that?

Remember this list next time you choose your water.

As far as distilled water - the best way to describe it is "Dead" water. This is a hard one for people who have been told that distilled water is great for them (and we would agree that it's better than nothing) but once you see it on a microscopic level it makes sense.

Now let's look at the type of water ***YOU SHOULD*** drink.

You're here because you want to learn as many ways as possible to alkalize your body. Here's a sure way to alkalize your body using water.

It's called ALKALINE WATER.

3 IMPORTANT KEYS ABOUT ALKALINE WATER YOU SHOULD KNOW

Key # 1: Alkaline water is produced through electrolysis - a process that separates the acid from alkaline minerals. Alkaline water has a pH of 8.5 or higher. Alkaline water has been shown to have an alkalizing, neutralizing, oxygenating, and pH balancing effect on the body.

Key # 2: Alkaline water is ionized. Because alkaline water is ionized, it won't leach out valuable alkaline minerals in your body including calcium, magnesium, and potassium and will replenish lost alkaline minerals, which in turn will help to neutralize excess acid in your body.

Key # 3: Alkaline water is also a very highly hydrating to your system. That means that you have to drink less of it to get the full effect - hydrating your body.

The reason why alkaline water is more effective in hydrating and alkalizing your body is because of the way molecules are structured in the water.

In the regular water, the molecule cluster pattern consists of 10-12 molecules, while in the alkaline water 5-6 molecules that form the cluster. This is called 'micro-clustered.'

This highly formed 'micro-clustered' molecule will be more quickly and easily absorbed by the body and thus it will hydrate the tissues and cells more effectively.

How much alkaline water should you drink daily?

Drinking at least 5 glasses (8 oz.) of alkaline water daily will help the body to flush out acidic wastes and will help you alkalize.

Let's look at some other health benefits you get from regularly drinking alkaline water.

The Japanese have conducted research since the 1950s on the general health benefits of **alkaline water**. The research indicated the following conditions have been improved by drinking alkaline water:

- Arthritis
- Chronic constipation
- Diabetes
- Chronic diarrhea
- Heartburn
- Chronic fatigue
- Indigestion
- High blood pressure
- Leg cramps
- Poor circulation
- Migraines
- Nausea
- Obesity
- Osteoporosis
- Stress

Source: Sang Whang, "Reverse Aging".

3 WAYS YOU CAN ENJOY THE BENEFITS OF ALKALINE WATER

1. Alkaline Water Ionizer

Alkaline water is made by water ionizer, but tap water contains a supply of acid minerals and alkaline minerals. They use acids to kill living organisms in the water supply, so alkaline (or limestone) is added to the water to neutralize some of the acid in the water so that it won't leach out lead from the pipe joints.

But the ionizer electrically splits tap water into alkaline water and acid water.

It's easy to use water ionizer. You just push the switch and instantly you get a stream of alkaline water from the top and another stream of acid water from the bottom.

2. Alkalizing supplements/pH boosting supplements

You can add alkalizing supplements to your drinking water. You can use bottled or filtered water.

Alkalizing supplements contain valuable minerals in the form of a colorless, odorless, and tasteless drop that can be added to water.

By adding just 3-4 drops to a glass of water, you can increase the pH of water to 8.5-9. You can find alkalizing supplements on the Internet when you do a search for alkalizing supplements for water.

3. Just adding fresh lemon or lime juice into the water!

Because lemon/lime juice contains citric acid, it quickly changes the water into an alkaline one.

Well, that's a wrap for this special report. I hope you learned new techniques that will help you restore your natural pH balance to experience a totally new level of weight loss, beauty, and health!

Check out my practical step-by-step system for restoring the acid alkaline balance your body needs to experience optimum health.

About the Author

Creator of the New and Healthy You system (See <http://www.NewAndHealthyYou.com/system> for more details), Maria has taught thousands of people how to restore their natural pH balance and experience a totally new level of weight loss, beauty, and health!

Here's the quote taken directly from Maria's blog at <http://www.NewAndHealthyYou.com/blog>, "I started back when I was sick, depressed, overweight and without a life purpose. Feeling down and lost I asked for help and guidance and miraculously came across a book about pH balance and alkaline diet. I followed the healthy path diligently while learning and researching everything I could find about pH balance, alkaline diet, alkaline foods, and alkaline nutrition. My life has never been the same since!

"I've helped over 9,000 people all over the world to improve their health, boost energy, look and feel younger, and shed away unwanted pounds through alkalizing their body, tissues, and cells.

"Sharing this LIFE-CHANGING information has given me a sense of purpose and the knowledge that I'm making a difference in the health and lives of many of my client. I hope you're going to be one of them."

Check out my website at <http://www.NewAndHealthyYou.com/system> to discover how to become and live ALKALINE ☺

Love and Peace,
~Maria Dolgova
Natural Health Coach
<http://www.NewAndHealthyYou.com>



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