The Acid/Alkaline Diet’s Health and Well-being 10 Day Challenge

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http://www.AcidAlkalineDiet.com
Do you want to feel the energy once had in your younger years? Do you read and hear about diet and exercise and know it makes sense but just haven’t been able to make the changes you “know” you should? Do you want to feel better in mind and body, but don’t know where to begin?

The Acid/Alkaline Diet’s 10-Day Challenge is to help you realize the Goals of a Healthier Lifestyle... a sense of well-being within a couple of weeks. In following the daily challenges, you are given the tools to develop daily habits needed in diet, exercise and lifestyle practices that bring long-term Health and Well-being.

In the efforts to make the Challenge successful, it’s important to make a commitment in giving the effort the full ten days and keeping to the guidelines that will assist in reaching the goals of a healthier more energetic you. As the days progress you will begin to feel improved energy levels, diminished health issues, and a sense of having control and satisfaction in how you feel about yourself, your health, and your life choices.
The Challenge:

1. Awake each morning with a thought of Thankfulness and Well-being, while making a daily commitment to completing the challenge. Day 8 you will reflect on your efforts and begin evaluating how to incorporate the lifestyle changes into everyday living practices.

2. Begin the day with Deep Breathing Exercises when you first sit up in bed with your legs touching the floor.
   
   Breath in for the count of Four, then Hold for the count of four, then Breath out fully to the count of four... IN-2-3-4; Hold, 2, 3 4; Out, 2, 3, 4, Rest, 2, 3, 4
   
   To fill the Lungs fully, pull your arms up over your head into a “prayer” form as you breath in to the count of four. Then hold the pose for the Hold Count of four, followed by bringing them down during the Out Count of four, pushing your hands on the bed “push” the air all the way out. Rest for four and repeat.
   
   Do this 4 times for two or three days until comfortable with it, then increase daily as comfortable until up to 16 repetitions first thing in the morning following your thoughts of renewed health and energy.

3. Make up 2 quarts of Lemon Water using the juice of 2 lemons in 2 quarts of Filtered water; add the Greens powder or other alkalizers as each cup is drunk throughout the day. Have one glass now and take your shower or bath and get dressed for the day.

4. Plan in 20-minute Walks in the sun at least once daily.

5. Repeat the Breathing Exercises midday and before retiring at night.

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Have a piece of fruit such as an Apple or Banana, something fresh, while preparing breakfast and think to yourself about eating Good Foods in the Acid and Alkaline categories in 20:80 ratios. (20% Good Acid foods to 80% Good Alkaline foods).

Breakfast: Have a healthy starch such as Quinoa or Buckwheat Groats with Almonds served over a bed of Lettuce. Garnish with Virgin Coconut Oil, Tomatoes, and Avocado, using Sea Salt and Herbs (salty) or Stevia or other 100% natural sweeteners such as Agave or Maple Syrup (sweet) depending on taste preference.

Lunch: Have fresh fruit 20 minutes before lunch and focus on a High Alkaline Meal such as a large Salad with Nuts, Ground Flax Seed, Fresh Sprouts and Sunflower Seeds. Use a Homemade Dressing of 1/8 cup Virgin Olive Oil, 1/8 cup Unprocessed Apple Cider Vinegar, Juice of one Fresh Lemon with Garlic, Chives, Rosemary, Thyme, and other herbs added for flavor and nutritional content. Served with lentils, black beans, or other legume.

Dinner: Should be your smallest meal of the day, focusing on getting a balanced ratio of acid and alkaline foods such as a raw salad with as many veggies added as desired, include sprouts. Brown Rice or Quinoa with a Stir-fry (vegetables cooked no more than 5 minutes in Virgin Olive Oil) using Fresh Vegetables and Herbs at will.

Before retiring for the day, Log your successes and shortcomings and spend 20 minutes alone and still meditating, praying, releasing the day’s stress with Thoughts of Gratitude towards your efforts in renewed Well-being.
The Commitment:

1. Stick to all natural food sources by eliminating all refined foods such as white flour, corn oil, high fructose corn syrup, white sugar, and all foods with additives, colorings, and preservatives.

2. Limit meat to 2 to 3 servings a week maximum.

3. Eat vegetables 4:1 to other foods, fruit taking up one to two servings during the day. Keep to a 50:50 to 25:75 ratio of cooked to raw foods.

4. Awaken and Retire daily with Deep Breathing Exercises, a glass of alkalinized water, and thoughts of gratitude towards your new life.

5. Drink 2 to 3 quarts of Filtered Alkalized Water daily. Alkalizers can be the Greens, Lemons, pH Drops, Minerals Drops, Unprocessed Apple Cider Vinegar, etc. and should be varied for a balanced intake of nutrients.

6. Sign up and commit to the Health and Well-being 10-Day Challenge at the Acid-AlkalineDiet.com Forum. List what you feel will be your hardships, what you wish to achieve, and Journal daily your progress.

http://www.AcidAlkalineDiet.com
Pick out 2 or 3 hardships others have had with the Challenge and Share how you have learned from their experience and how these hardships can be assisted.

Keep a Daily Log in the 10-Day Challenge Action Plan, inserting thoughts and edits you have made to your lifestyle. List the improvements felt and how the challenge can be made into a permanent way of Living.

Sign-up for the Acid Alkaline Diet at http://acidalkalinediet.com/letter.htm and begin your daily improvements in Health and well Being.
Day 1: Commitment Day

Task 1:
Sign up at the Forum and Make Known your Commitment to the 10-Day Challenge.
http://AcidAlkalineDiet.com/forum

Task 2:
Update your profile and take a picture of yourself. You can upload it to http://www.photobucket.com

This will be your “before” shot. It will be good to compare against your “after” shot when you complete the challenge.

Task for the day:
Begin with committing to drinking 2 to 3 Liters of filtered Water with Fresh Lemons or other water Alkalizers daily. Begin with One large Salad for lunch or dinner for the next 3 days. Inventory the cupboards, tossing (or setting aside until the challenge is over) all the pre-packaged boxes of foods in the cupboards and refrigerator /freezer and Hydrolyzed Corn and other oils not Virgin. List what you wish to Improve on… Why are you taking on the Challenge? (Record this on your forum thread also).

My Daily Log __________________________, Beginning ___/___/ 2008

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Day 2: Shopping Day

Go to the Local Produce Stand, Health Foods Shop, and/or Grocery Store (Health foods shop should carry the hard to find items) and purchase fresh Vegetables and Fruits to make salads and meals with for the next 5 days.

Make sure to include a large variety of Fresh Vegetables. Include getting Virgin Olive Oil, Virgin Coconut Oil, Flax Seeds, Almonds, Fresh Sprouts (or beans and seeds for sprouting), Unprocessed Apple Cider Vinegar, Buckwheat Groats, Quinoa, Brown Rice, Chai or Amaranth Seeds, Brazil Nuts, Fresh Burdock root if possible, Live cultured Yogurt, Stevia, Real maple Syrup, and Lemons. Stock up on herbs and spices such as Sea Salt, Black and Cayenne Pepper, Thyme, Rosemary, Garlic, Chives, fresh or dried Ginger, Parsley, etc.

Drink your water, 2 to 3 quart/liters daily. Have your Salad with a homemade dressing. Evaluate your meals and how they can be improved. Go to the Forum and share your day’s experience.
**Day 3: Evaluation Day**

Look at what you left in the cupboards and fridge and read the ingredients, asking yourself if they are from Whole Food Sources and where they would fall into the Acid to Alkaline ratios. What do you really want to keep, but know is not OK even in the acid ratios (Little Debbie Cakes and Chips for instance) and think about what would be a good replacement, if not sure, ask the Forum.

Drink your water, 2 to 3 quart liters. Have your Salad with a homemade dressing. Continue evaluating your meals and how they can be improved. Begin your 20 Minute Walks Daily. Go to the Forum and share your day’s experience.

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**Day 4: Fruits & Vegetables Day**

Increase your Salad intake to twice a day for the remaining days. Have a Melon type of Breakfast; Cantaloupe, Watermelon, Honeydew, etc. For Lunch and Dinner, have a piece of fruit such as a Banana or Apple 20 minutes before eating and make the meal itself is primarily vegetables, Stir-fry for Dinner, Vegetable soup for Lunch.

Drink your water, 2 to 3 quart/liters. Have your Salads with a homemade dressing with lunch and dinner. Take your 20-minute outside walk. Go to the Forum and share your day’s experience.
**Day 5: Halfway there**

*Repeat yesterday,* but begin to add good Legumes and Whole Grains in at Lunch and Dinner. Have a Melon type of Breakfast, Cantaloupe, Watermelon, Honeydew, etc. For Lunch and Dinner, have a piece of fruit such as a **Banana** or **Apple** 20 minutes before eating and make the meal itself primarily vegetables, Stir-fry for Dinner with Brown Rice, Vegetable soup for Lunch with Black Beans, Lentils, Quinoa or Buckwheat Groats.

**Drink your water,** 2 to 3 quart liters. Have your Salads with a homemade dressing with lunch and dinner. Take your 20-minute outside walk. Make sure to do your breathing exercises 2 to 3 times a day. Go to the Forum and share your day’s experience.
Day 6: Balanced 20:80 Alkaline Diet

**Breakfast:** Have a healthy starch such as Quinoa or Buckwheat Groats with Almonds served over a bed of Lettuce. Garnish with Virgin Coconut Oil, Tomatoes, and Avocado, using Sea Salt and Herbs (salty) or Stevia or other 100% natural sweeteners such as Agave or Maple syrup (sweet) depending on taste preference.

**Lunch:** Have fresh fruit 20 minutes before lunch and focus on a High Alkaline Meal such as a large Salad with Nuts, Ground Flax Seed, Fresh Sprouts and Sunflower Seeds. Use a Homemade Dressing of 1/8 cup Virgin Olive Oil, 1/8 cup Unprocessed Apple Cider Vinegar, Juice of one Fresh Lemon with Garlic, Chives, Rosemary, Thyme, and other herbs added for flavor and nutritional content. Served with lentils, black beans, or other legume.

**Dinner:** Should be your smallest meal of the day, focusing on getting a balanced ratio of acid and alkaline foods such as a raw salad with as many veggies added as desired, include sprouts. Brown Rice or Quinoa with a Stir-fry (vegetables cooked no more than 5 minutes in Virgin Olive Oil) using Fresh Vegetables and Herbs at will.

Continue using the 20:80 ratio for the remaining days of the Challenge. Drink your water, 2 to 3 quart/liters daily. Include your Salads and other raw vegetable dishes with the homemade dressing with lunch and dinner. Take your 20-minute outside walk, increasing to 30 minutes if possible. Remember your deep breathing exercises 2 to 3 times a day. Go to the Forum and share your day’s experience.
Day 7: Developing the Diet & Lifestyle

Repeat Day 6 for the remaining days of the challenge, logging hardships, Successes and thoughts. Plan the following day’s meals using Day 6’s example.

Continue using the 20:80 ratio for the remaining days of the Challenge. Drink your water, 2 to 3 quart/liters daily. Include your Salads and other raw vegetable dishes with a homemade dressing with lunch and dinner. Take your 30-minute outside walk. Remember your deep breathing exercises 2 to 3 times a day. Make sure to sit quietly every evening before bed to clear the day’s stress from the mind. Go to the Forum and share your day’s experience.

Day 8: Reflection Day

Continue using the 20:80 ratio for the remaining days of the Challenge. Drink your water, 2 to 3 quart/liters daily. Include your Salads and other raw vegetable dishes with a homemade dressing with lunch and dinner. Take your 30-minute outside walk, increasing to 40. Remember your deep breathing exercises 2 to 3 times a day. Make sure to sit quietly every evening before bed to clear the day’s stress from the mind. Go to the Forum and share your day’s experience.

Read others’ logs and reflect on their posts on how they may have helped you in your efforts. Think about the challenge and how it may have improved your health, energy, overall life and think how it can be incorporated into your lifestyle.
Day 9: Share

Continue using the 20:80 ratio for the remaining days of the Challenge. Drink your water, 2 to 3 quart/liters daily. Include your Salads and other raw vegetable dishes with a homemade dressing with lunch and dinner. Take your 20-40 minute outside walk. Remember your deep breathing exercises 2 to 3 times a day. Make sure to sit quietly every evening before bed to clear the day’s stress from the mind. Go to the Forum and share your day’s experience.

Read others’ logs and reflect on their posts on how they may have helped you in your efforts. Think about the challenge and how it may have improved your health, energy, overall life and think how it can be incorporated into your lifestyle. Share your thoughts.
Day 10: Completion

Continue using the 20:80 ratio. Drink your water, 2 to 3 quart/liters daily. Include your Salads and other raw vegetable dishes with a homemade dressing with lunch and dinner. Take your 20-40 minute outside walk. Remember your deep breathing exercises 2 to 3 times a day. Make sure to sit quietly every evening before bed to clear the day’s stress from the mind. Go to the Forum and share your day’s experience.

Make sure you update your thread on the forum! Upload a “after” picture of yourself – you may be surprised by the changes. Write down the positive things you felt after the challenge.

Read others’ logs and reflect on their posts and how they may have helped you in your efforts. Think about the challenge and how it may have improved your health, energy, overall life and think how it can be incorporated into your lifestyle. Share your thoughts.

Pick 2 or 3 posts others have made that have helped you in either their experiences of Hardships or Successes and how their posts helped.

How do you feel? Did you reach the Goals sought for on day 1? What could have improved the outcome? Now that it’s finished, do you think it’ll be easier now to keep to a Healthier Lifestyle with the Acid Alkaline Guidelines?
Optimal Health with Alkaline Foods

Ways I can incorporate the Alkaline Lifestyle today forward and other Notes:

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The Information is not intended to diagnose, treat, cure, or prevent disease. Always consult with your professional health care provider before changing or eliminating any medication or adding Supplements or Herbal inclusions to medications. Consult with your Doctor about what Supplements or Herbal inclusions you are considering taking, especially if currently on Medications.

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