



FOOD FOR BALANCE

SUSTAINING LIFE



Perfect balance

Your body always strives towards balance. A healthy pH level is slightly alkaline (or basic) at 7.4.

When your pH levels are too acidic (low pH) or alkaline (high pH), it can cause serious health problems.



Symptoms of too much acidity in the body

- Digestive problems - heartburn, acid reflux, ulcers, etc
- Dry skin, lip corners crack, brittle nails, sensitive teeth
- PAIN - joint pains, muscle cramps, headaches
- Weak immune system
- Calcium deficiency
- Accelerated heartbeat
- Fatigue
- Mental problems - confusion, feeling depressed or anxious

Metabolic acidosis is a condition in which acids build up in your body. Causes include untreated diabetes, the loss of bicarbonate in your body and kidney conditions. Blood and urine tests can help diagnose it.



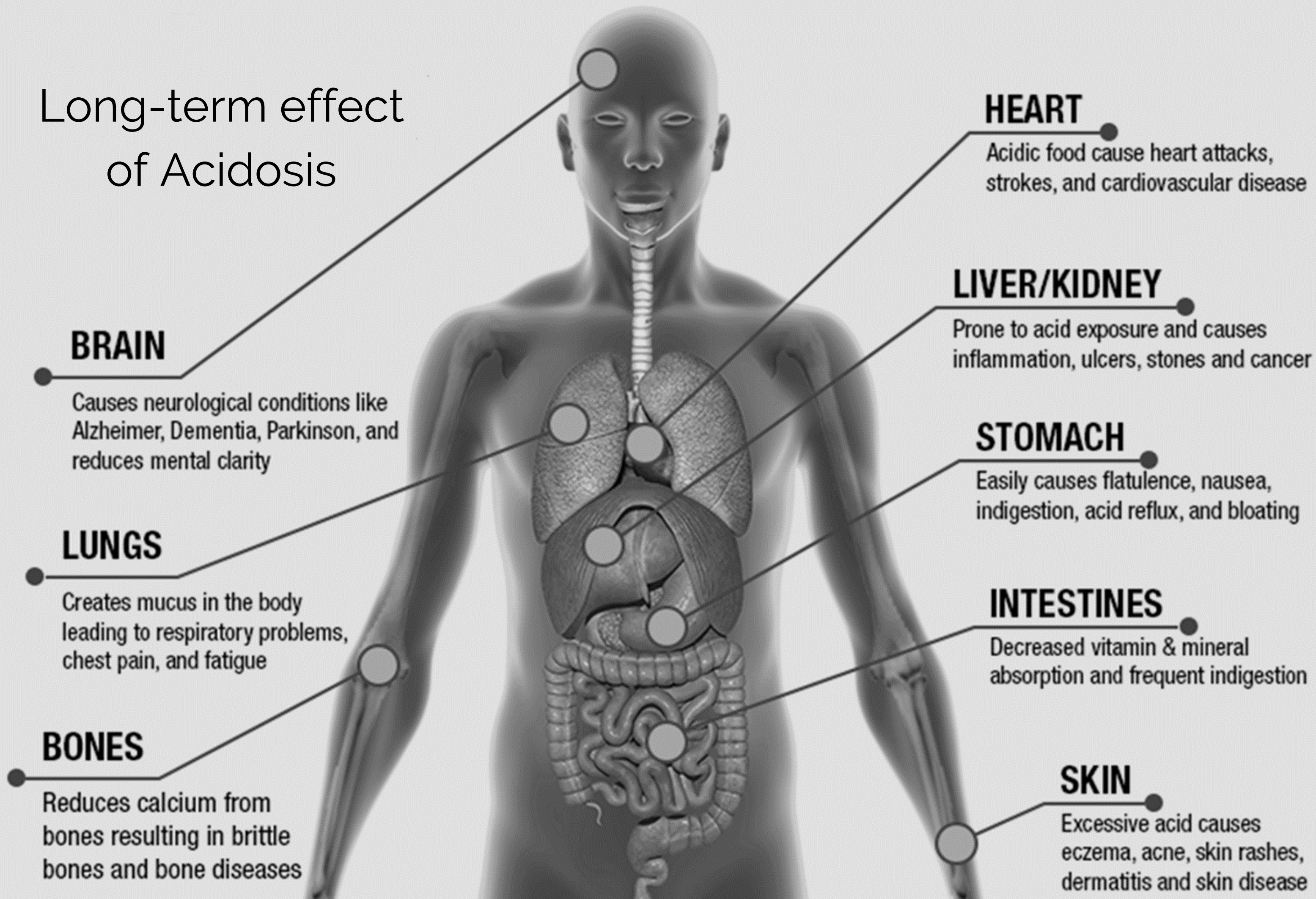


Long-term effect of Acidosis

Cancer and
disease thrive in
an acidic
environment.

Everything in your
body is
connected.

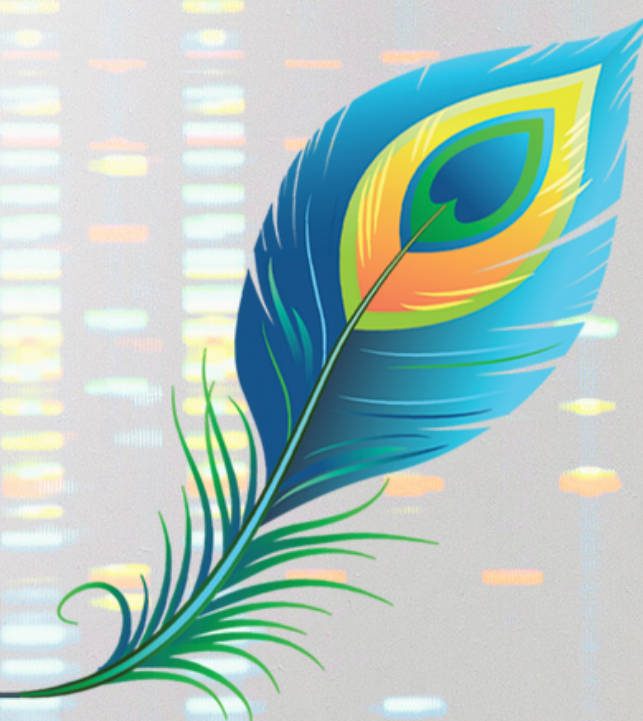
If one thing is out
of balance,
everything in your
body is under
pressure.



The good news!

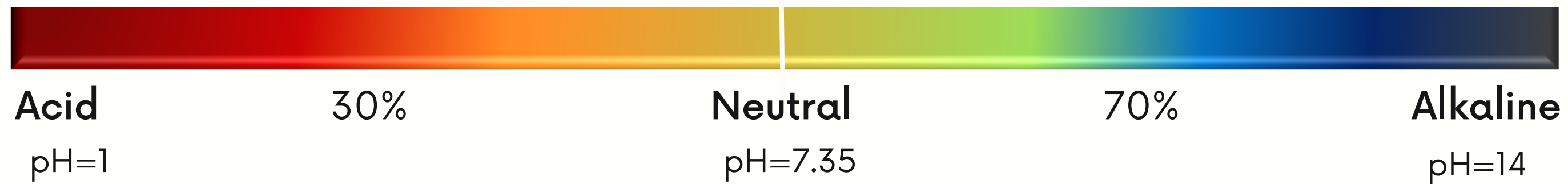
You are not the victim
of your biology
(genes).

Your quality of health
depends on your
lifestyle choices.



Rewrite your story

Four steps to reverse acidity



1. Choose 70% Alkaline forming foods. Clean eating - mostly plant based.
2. Reduce acid forming foods intentionally – less than 30% of daily foods
3. Hydrate well (2+ litres of pure water per day)
4. Stress management (relaxation, exercise, meditation, visualisation, prayer, planning your day ahead, don't take on too much)

"Food isn't just calories, It's information.

It actually contains messages that communicate to every cell in the body."

-Dr Mark Hyman



"I define my future with every choice I make."



Rewrite your story

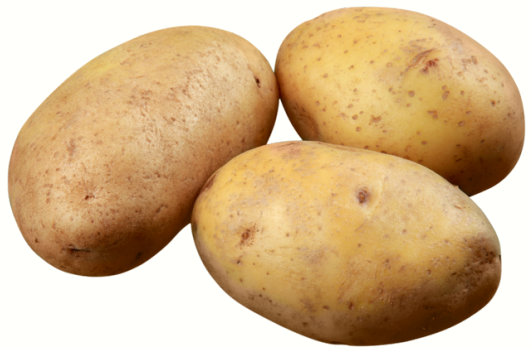


Life giving vegetables

Neutral

Alkaline

Highly alkaline



Most vegetables and herbs in their raw, natural state are mostly alkaline or highly alkaline-forming foods. Including ginger, garlic, peas, asparagus, tomatoes, bell peppers, cauliflower, eggplant, etc.

Fruit for health and vitality

Alkaline

Highly alkaline



It's not what it tastes like, it's what it does inside your body.

Lemons taste sour, but are alkalizing your body when you eat it.

Other fruit: Figs, Apricots, Kiwi, Cherries, Peaches, Fresh coconut, Bananas, Guava.
Be aware of dried fruit since it may have added sugar and preservatives.

Grains and sugars

The more processed any food is, the more acidic it becomes.

Adding sugar to any food, makes it more acidic.

Adding refined flour to any food, makes it also more acidic.

Highly acidic

Highly acidic

Acidic

Slightly acidic

Neutral

Alkaline



Refined sugar



White refined flour



White rice



Rolled oats



Buckwheat



Black rice



Sweets, chocolates



Pasta made with wheat flour



Raw sugar cane



Unsalted popcorn



Steel cut oats



Wild rice



Cake, biscuits, rusks, doughnuts, etc



White bread, etc



Wholewheat bread



Rye bread (60%+)



Brown rice



Quinoa

Nuts, seeds and legumes

Highly acidic

Acidic

Slightly acidic

Neutral

Slightly alkaline

Alkaline



Roasted, salted peanuts



Raw peanuts



Cacao powder



Almond milk



Pumpkin seeds



Raw almonds



Peanut butter



Roasted and salted nuts



RAW cashew, pecan, pistachio, brazil nuts



Almond butter



Sunflower seeds



Hazelnuts



Hazelnut chocolate (sweetened)



Papadums made with lentil flour



Cooked and canned legumes



Raw legumes



Sesame seeds



Walnuts

In general, commercially processed foods are more acidic than home-made foods. E.g home-made almond milk is less acidic than store-bought almond milk that has additives to preserve it.

Animal products

Highly acidic

Highly acidic

Highly acidic

Acidic

Slightly acidic

Alkaline

Highly alkaline



Processed cheese



Long-life milk



Canned fish



Cheese



Raw cow's milk,
raw cream, butter



Barbequed meat



Red meat and pork



Deep fried fish, nuggets,
fingers, etc



RAW fish



Whey protein



Meat prepared with
sugary sauces



Processed meat (bacon,
salami, russians, etc)



Deep fried
chicken



Chicken fillets (grilled)



Eggs

None

ALL animal products are
acidic forming.
That's why we limit them
to 3 portions per week in
the Light2live lifestyle
program.

The more processed any food is, the more acidic it becomes.

Adding sugar to any food, makes it more acidic forming.

Adding refined flour to any food, makes it also more acidic.

Beverages

Highly acidic Acidic Slightly acidic Neutral Alkaline Highly alkaline



Sodas/ Fizzy drinks



Sweetened
cooldrinks



Milkshakes,
Hot chocolate



Coconut water



Fruit smoothies



Vegetable based
juices and smoothies



Beers, ciders
and wine



Cooldrink powders,
nectars, concentrates



Sparkling water



Clean water



Freshly squeezed
fruit juice



Lemon water



Cocktails and other
alkoholic drinks



Coffee and ceylon
(black) tea



100% fruit juice (no sugar
added, preservative free)



Iced tea made with
rooibos and fruit juice



Home-made
almond milk



Rooibos and
herbal teas



Basic guidelines:

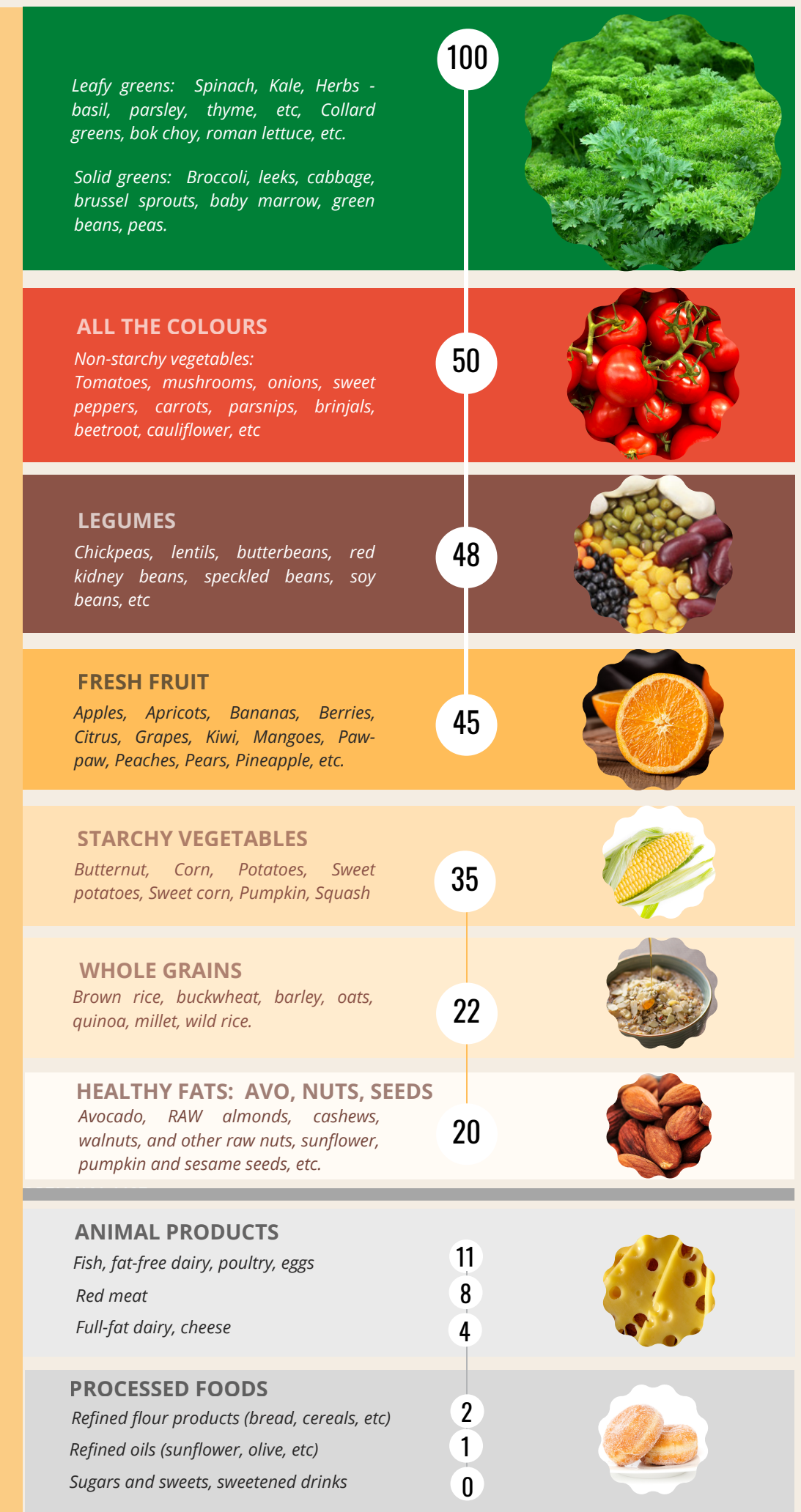
- Stick to your menu plan.
- The more processed a food, the more acidic it becomes.
- The majority of your daily food intake should come from the top 4 categories.
- Limit food from the acidic groups to 3 portions per day.
- Plan your daily food intake.
- Prep your food and pack it for the next day when you are not at home.

Highly alkaline to alkaline foods

Neutral to slightly acidic foods

Acidic to highly acidic foods

NUTRIENT EXCELLENCE SCALE



*Balance
is not something you find,
it's something you create.*

-Jana Kingsford

