

# **STEPS TO OPTIMAL pH BALANCE**

**Remember, one should always consult with his or her health care professional before taking nutritional supplements or altering dietary habits. The information contained in the following material is for educational and information purposes only. It is not meant to diagnose, treat, mitigate, or cure disease.**

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## How do I know if Im over-Acidic?

### Do you suffer from?

- Depression
- Heart Disease
- High Cholesterol
- Obesity - You just cant loose those pounds no matter what.
- Underweight -
- Acne, boils, eczema or other skin conditions.
- Constipation
- Itching
- Irritability
- Allergies
- Acid Reflux/Heartburn
- Vaginal Yeast Infections
- Osteoperosis

## You Just May Be Too Acidic

The relationship between acid and base (Alkaline) is scientifically quantified on a scale of 1-14.

- 7 is nuetral
- below 7 is acidic
- above 7 is basic (Alkaline)

The pH level reflects the concentration of hydrogen ions, but were not going to get into the chemistry here. Just know that the ideal pH is **7.365** which is slightly alkaline.

## **Reduce Acid Addictions**

A diet that promotes over-acidification of the blood and tissues allows for a terrain that is conducive to the growth of virus, bacteria, yeast, and fungus - the greatest decomposers of cells and tissues in the human body. Think of it like this: A refrigerator must stay cold in order for food to stay free of bacteria, fungus, and mold. If the terrain of the refrigerator is compromised and it begins to warm up, the food inside will begin to grow bacteria that evolves into yeast and mold. The food begins to deteriorate and is destroyed. The same thing happens inside your body when you overeat acid-producing food. This over-acidification is how infectious and degenerative disease begins.

A low carbohydrate diet consisting of dark green and yellow vegetables, soy beans, sprouted items, nuts, seeds, grains, and essential fatty acids is the biologically and physiologically correct nutrition. Why? Because this type of diet lowers the over acidification of the blood and tissues by its abundance of bases and alkaline salts.

## **How do you know if your overly acidic?**

### **Fat is an acid problem!**

Yes guys and gals, you can thank an overly acidic internal environment for the excess pounds your carrying around. In a defensive maneuver, the body creates fat cells to carry acids away from your vital organs to try to protect them. That's why your body doesn't want to let go of these fat cells so easily.

If you've tried everything to lose weight, over acidification may be the problem. When you eat to make your body more basic (Alkaline) your body will let go of your fat.

### **What about under-weight!**

On the other end of the spectrum, the yeast and fungus produced by an overly acidic body can feed on your nutrients and reduce the absorption by as much as 50%. This caused people to become excessively thin.

A healthy body naturally maintains its ideal weight. When you restore balance by alkalizing & energizing, your body will naturally seek its own ideal weight.

## **Allergies**

Overly acidic bodies produce toxins that contribute significantly to what are commonly called allergy symptoms.

The digestive system is also weakened by an overly acidic state and cannot totally break down amino acids, often causing food allergies.

## **Fatigue**

We are a world that is tired all the time. The toxins produced by an overly acidic body reduce the absorption of proteins & minerals which weakens the body's ability to reconstruct cells and other components of energy production. Fatigue is a result along with poor endurance, and general weakness.

## **Mood Disorders**

Overly acidic bodies also lead to yeast & fungus over growth which interfere with the production of co-enzyme A. When co-enzyme A decreases, depression, anxiety, panic attacks, irritability, mood swings and PMS often appear or worsen. Other symptoms include headaches, migraines, inability to concentrate, memory problems, dizziness and that "fogged in" feeling.

## **Top Three Killers**

Cancer, heart disease and diabetes are all directly linked to diet, specifically to an over acidic diet. It turns out one of the most important measurements to your health is the pH of your blood & tissues. It tells how acidic or basic (alkaline) your body is.

# **STEPS TO OPTIMAL pH BALANCE**

**According to Dr. Robert Young, Microbiologist.**

**“The Answer is to Alkalize and Energize”**

## **Test To Know If Your Acidic**

Testing the pH level of your urine and/or saliva at home offers an inexpensive and quick indication of your body's mineral reserves. The results will help guide you with meal, juice and SuperGreens consumption. Best to test 1st thing in the morning and best to test urine as saliva is too variable.

Obtain special pH paper and instructions from Makenawerks at 949-443-4313 or the website [www.makenawerks.com](http://www.makenawerks.com)

## **Juicing Every Morning**

Green vegetables contain alkaline salts, vitamins, minerals, chlorophyll and enzymes and are very alkalizing. The best and most alkalizing juice is made up of mostly green vegetables and grasses. Fruit juices must be avoided because of the large amount of sugars and acids. Fruits that are alkalizing and should be included are Lemons, Limes, Tomatoes and Avocado. Sample recipes to follow.

## **Include Essential Fatty Acids**

Add 1 -2 tbs of Flax seed meal to your morning juice. Flax seeds are a great source of essential fatty acids which help to buffer and neutralize acids. Other sources of essential fatty acids are olive oil and primrose oil.

## **Lemon & Water**

Drink a cup of hot water with lemon before drinking your alkalizing juice. Essential for burning fat and cleanse the liver. It also promotes bowel movement, aiding in the elimination of wastes.

## **Raw Soups**

Raw, pureed soups - These soups help the body combat toxins and can be very anti-fungal. Ingredients like garlic, onion, green vegetables, and vegetable broth are detoxifying and increase the effectiveness of the Cleanse. Raw soups supply energy in a form that is easy for the body to utilize; it doesn't have to expend energy to obtain it during digestion. One to two bowls/day during a Cleanse is suggested. Sample recipes to follow.

## Super Hydration

The most important thing you must learn is to hydrate the body with alkalizing water. Like the earth on which we live, our bodies are 70% water. Food cravings are often the body's cry for water. A thirst for water will begin as one begins to hydrate with water. A diet high in acid foods such as meat, dairy grains, high sugar fruits and bread, causes acid wastes to build up in the body. When acid wastes enter our blood stream, the blood system will attempt to dispose of these wastes in liquid form through the lungs or the kidneys. If there are too many wastes to handle, they are deposited in various organ systems like the heart, pancreas, liver, colon, and other locations.

The breakdown of this disposal process of acid waste could also be called "the aging process". To slow down and reverse this process, one must begin by removing this over-acidification of the blood and tissues by including liberal amounts of alkaline water in the diet. Alkaline water has a pH between 9 and 11, and will neutralize harmful stored acid wastes and gently remove them from the tissues.

## Dr. Young's Alkalizing Team

### **SuperGreens™ Powder and LiquidLightning Prime pH**

**SuperGreens Powder** has four times the power of ordinary green powders. SuperGreens contains 49 organically-grown grasses, sprouted grains and green vegetables and leaves which infuse the body with more than 125 easily absorbed vitamins, minerals and amino acids. SuperGreens are also super concentrated in a 20 to 1 ratio to immediately go to work eliminating acid wastes from the body. **LiquidLightning Prime pH** is an oxygen catalyst in the bloodstream. This formulation has been shown to have an alkalizing, neutralizing, oxygenating and pH balancing effect on the body.

It is ideal to have one-gallon/4 liters, or more, of water each day. In one liter (quart) just add one level teaspoon of SuperGreens powder and 10 - 15 drops of LL Prime pH and you have a nutrient-dense, alkalizing and energizing drink! It is easiest to keep your SuperGreens drink in a water bottle so you can shake it up to keep the greens well mixed. Make up a bottle at a time and use it at room temperature (the body must work to warm up an iced drink or cool down a hot drink). If you choose to have a warm drink, then heat it so you can still comfortably keep your finger in it.

## **Excellent Daily Schedule Of Hydration**

**Upon rising:** 1 quart/liter of fresh water with 1 scoop /tsp of SuperGreens Powder and 15 drops Prime pH per quart/liter of water.

**Between breakfast & lunch:** 1 quart/liter of fresh water with 1 scoop /tsp of SuperGreens Powder and 15 drops Prime pH per quart/liter of water.

**Between lunch & dinner:** 1 quart/liter of fresh water with 1 scoop /tsp of SuperGreens Powder and 15 drops Prime pH per quart/liter of water.

**Between dinner & bed:** 1 quart/liter of fresh water with 1 scoop /tsp of SuperGreens Powder and 15 drops Prime pH per quart/liter of water.

**3-5 capsules can be used in place of powder** if desired, however don't cut down on the water. Take capsules with four quarts/liters of water.

## **Super Soy Sprouts, The "Power Plant"**

Super Soy Sprouts are living baby plant food whose delicate Cell Walls release live nourishment and life force easily. Their nutrients are easy to digest.

### **Super Soy Sprouts benefits include:**

- 43% protein, containing all of the essential amino acids, Anti-fungal and anti-acids.
- Prevents gallstones. Stimulates bone formation and boosts calcium absorption Lowers cholesterol levels
- Regulates blood sugar and reduces the need for insulin Reduces blood pressure
- Helps curb sugar cravings
- Helps in reducing aches and pains
- Promotes better bowel function
- Blocks the growth of prostate cancer cells
- Lowers the incidence of colon cancer and protects against other inflammatory bowel diseases
- Aids in PMS, irregular periods, cramping, fatigue, infertility, hormonally triggered depression, weight gain, acne and hot flashes
- Aids in energy and hormone balance
- It is effective against a variety of cancer cells, including breast, colon, lung and prostate cancers.
- And much, much more!

With protective benefits like this, and how could anyone not want the assurance that comes with supplementing with the Super Soy Sprouts. just 3 teaspoons of Super Soy Sprouts a day will give a 154 pound person a substantial amount of their daily requirements of proteins, vitamins, minerals and phytochemicals.

### **Biolite Coloidal**

Contains co-enzyme NADP, which is required by cells for obtaining energy. Is electrically attracted to each cell to provide a direct, supplemental source of cellular vitality.

### **Cleansing**

Once the basics of the diet are understood, one is ready to take control and make positive changes. It is time to begin the process of detoxification and cleansing. The most effective way that many individuals begin the healing process is with a "cleanse:" Cleansing is a holistic approach to allowing the body to heal itself, naturally.

The first step to correcting the pH imbalance is to remove the debris that has built up in the body and provide the raw materials, or building blocks for repair.

The Cleanse can be accomplished without taking additional supplements, however there are some which will aid in the process, making it more effective. These include SuperGreens, Prime pH, Biolite and SuperSoy Sprouts. It is very important to provide nutrients that will aid in repair and give the body energy it needs during the cleansing process; this is not a fast! Vegetable juices and soups, water with Prime pH, essential oils, and SuperGreens are recommended.

**To order all products above please see the attached order form  
or contact Makenawerks at 949-443-4313  
or the website [www.makenawerks.com](http://www.makenawerks.com)**

## **Dr. Robert Young's New Biology**

Dr. Robert O. Young, a nutritional microbiologist, is a pioneer of analyzing living blood cells. Dr. Young has spent years researching diseased and healthy cells under the microscope. He found that unhealthy cells appear dark and mis-shapen, while healthy blood cells are round and vibrant in color, practically glowing in comparison. Dr. Young set out to find what caused this "inner light:" He discovered the essence of life is derived almost exclusively through plants, and that every cell in the body needs the light derived from green plants. The greater the amount of green foods consumed in the diet, the greater the health benefits achieved.

Dr. Young also found that these plant foods are cleansing and alkalizing to the body, while processed and refined foods can increase unhealthy levels of acidity and toxins. Through his findings, Dr. Young concluded that over-acidification of the body is the underlying cause of all disease. Because many people consume a diet primarily comprised of acid-forming foods, (i.e. sugar, meat, dairy, yeast breads, etc.) rather than green plant foods, they are sick and tired.

When the pH level in one's body is unbalanced, almost any area of the body can be affected; nervous system (depression), cardiovascular system (heart disease), muscles (fatigue), skin (aging), etc. Even obesity is a sign of over-acidity, a normal body response which protects vital organs from damaging acids and their effects. Conversely, in an alkaline environment, the body reaches an ideal weight and corrects negative health challenges naturally.

Dr. Young set out to harness the natural light and energy found in green plants and direct this energy to individual human cells. The result is a family of natural, plant and mineral-based supplements, in both capsule and liquid colloidal form. Colloids are tiny particles, absorbed in the mouth and throat.

These products not only increase energy, but also help to destroy harmful organisms that decrease one's energy and vitality. The electric charge and frequency of these particles are designed to match that of the body's cells. In this manner, a new level of health may be achieved; health problems, negative symptoms, illness, fatigue, and excess weight diminished.

According to Dr. Young's program, the nutrients found in supplements, alkalizing foods, and water can bring the body back into balance. These vitamins, minerals, and herbs infuse the body with new energy, adjusting less energized areas to a new level of light. Other products spotlight energy on the performance of specific organs. These "targeted" products offer a most prized possession ...health.

## Better Food Choices

Alkaline food and water must be consumed in order to provide nutrients the body needs to neutralize acids and toxins in the blood, lymph, and tissues, while strengthening immune function and organ systems. For this reason, the Alkalarian Diet was developed to guide those who wish to regain balance and vigor in the body. Some people may choose to follow the Alkalarian Diet completely, while others slowly transition themselves and their family. For many, the change is not an overnight event, but a process. Taste buds that have been jaded by the toxic effect of sugar, salt, and other artificial flavors may take some time to adjust and appreciate the subtler taste of vegetables. Some individuals opt to add an alkaline food and eliminate an acidic food each week, until reaching the goal of an alkaline diet. The following list shows examples of food transitions one might make:

### From:

Cow's milk  
Beef, chicken, pork, shellfish  
Cold cereal, oatmeal, pancakes  
Baked potato with butter  
Coffee, soda, alcohol, fruit juice  
1 liter/quart of water per day  
Pizza, hamburger, fried chicken  
Iceberg lettuce salad  
Vinegar/cream-based dressing  
Pasta with alfredo sauce  
Bread with jam  
Potato chips and ranch dip  
Candy, gum, cake, pie, donuts  
Meat and starch meals  
Cooked or microwaved meals

### To:

Almond, soy or rice milk  
Fresh salmon or trout  
Millet, buckwheat, quinoa  
Basmati rice with olive or flax oil  
SuperGreens with Prime pH in water  
1 gallon or more of water per day  
Sprouted wheat tortilla with veggies  
Spinach/red leaf lettuce with avocado  
Olive oil-based dressing with lemon juice  
Buckwheat soba noodles with olive oil/tomato  
Brown rice cake with almond butter  
Wheat tortilla chips with hummus or salsa  
Almonds, pumpkin seeds, raw veggies  
Vegetables and low-carbohydrate meals  
Raw, steamed or low-temperature meals

When making the change to an Alkalarian diet, one might feel confused or unsure about how to start and what kinds of foods to buy. A sample shopping list helps one to know what kinds of foods typically stock the fridge and cupboard of an Alkalarian.

## Shopping List

### Produce Section

Avocado  
 Beets  
 Bell peppers  
 Broccoli  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Chard  
 Cucumber  
 Dark lettuce  
 Eggplant  
 Garlic  
 Herbs (fresh)  
 Jicama  
 Kale  
 Leeks  
 Lemon  
 Lime  
 Onion  
 Parsley  
 Red, new potatoes  
 Seasonal fruit (when in balance)  
 Spinach  
 Squash  
 Tomato  
 Zucchini  
 Refrigerated Section  
 Borage Oil  
 Fresh salsa (no vinegar)  
 Flax seed oil  
 Hummus  
 Sprouted Wheat Tortillas  
 (by Alvarado Street)  
 Tofu  
 Udo's Choice- Perfected Oil Blend

### Freezer Section

Boca burgers (vegan)  
 Manna bread  
 (Sun seed or Whole Wheat)  
 Seafood/ Meat Section  
 Salmon  
 Trout  
 Free range turkey  
 (to be eaten on rare occasions)  
 Water

Distilled water  
 Reverse-osmosis

### Spices Section

Spice Hunter Brand  
 All Purpose Blend  
 California Pizza  
 Cowboy BBQ Rub  
 Curry Seasoning  
 Deliciously Dill  
 Garam Masala  
 Herbes de Provence  
 Italian Spice  
 Jamaican Jerk  
 Mexican  
 Pasta Seasoning  
 Spicy Garlic Bread  
 Szechwan Thai Seasoning  
 The Zip  
 Cinnamon  
 Cumin  
 Garlic  
 Ginger  
 Onion  
 Parsley  
 Thyme

### Health Food Section

Almond butter  
 Almond milk  
 Amaranth  
 Basmati rice  
 Brown rice cakes  
 Buckwheat  
 Dulse flakes  
 Flours (spelt, millet, amaranth, etc)  
 Grape Seed Oil  
 Hummus  
 Kamut  
 Millet  
 Olive oil  
 Quinoa  
 Rotini (quinoa, spelt)  
 Soba noodles (rice or buckwheat)  
 Spelt  
 Soy milk  
 Sprouts (any)  
 Sun-dried tomatoes

(in olive oil)  
 Tahini  
 Vegetable broth (yeast-free) Wild  
 rice  
 Salts  
 Bragg's Aminos  
 Sea Salt  
 Real Salt Brand  
 Legumes  
 Adzuki  
 Black  
 Black-eyed  
 Cranberry  
 Garbanzo  
 Kidney  
 Lentils  
 Mung  
 Pinto

### Nuts/Seeds

Almonds  
 Brazil nuts  
 Flax seeds  
 Filberts  
 Macadamia nuts  
 Pecans (seasonal)  
 Pine nuts  
 Pumpkin seeds  
 Sesame seeds  
 Sunflower seeds  
 Walnuts (seasonal) \*all nuts/seeds  
 should be raw and unsalted

**\*\*Remember to read all labels!!  
 Watch for citric acid, mush-  
 rooms, yeast, vinegar, peanut  
 products, corn products, etc.**

**Transitioning to an alkaline diet requires a shift in one's attitude about food. It is helpful to explore new tastes and textures while making small changes and improving old habits. The following guidelines help one to understand why these changes are necessary.**

The Guidelines

1. Don't let breakfast slow you down.

An energizing breakfast for many people new to the Alkalizing diet is millet or brown, basmati rice with fresh avocado, tomato slices, soaked almonds, sunflower sprouts and flax oil. In contrast, most foods and beverages people choose to begin the day do not increase energy. breakfast cereals, sweet rolls, toast, pancakes, waffles, muffins, oatmeal, maple syrup, honey, coffee, orange juice, etc., contain huge amounts of sugars and simple carbohydrates which over-acidify the blood and tissues. Even high-protein breakfast foods like eggs, sausage, bacon, omelets, etc., compromise the terrain and ultimately promote the growth of yeast and fungi.

2. Go for the green!

SuperGreens is one way of adding 49 different greens to your daily diet. Fresh vegetables and grasses are very cleansing, high in fiber, an excellent source of alkaline salts, and are anti-yeast, anti-fungal, and anti-mycotoxic as well. Vegetables should be included with breakfast, lunch and dinner, in addition to three teaspoons of SuperGreens Powder mixed with at least 3 quarts of water per day. Although fruit is also a source of nutrients and fiber, the high sugar content (fructose) of fruit stimulates yeast and fungal growth. It may be eaten between meals (as a snack) when in season, and when one is "in balance" - all symptoms have subsided.

3. Less carbohydrates, more vegetables.

Good, low carbohydrate vegetables include asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, spinach, kale, lettuce, okra, onions, garlic, parsley, radishes, and squash. About 80% of all meals should be fresh, raw, alkalizing vegetables.

Complex carbohydrates are highly acid-forming in the body and should not exceed 20% of the diet, so eat them in moderation. Starchy grains and legumes may become moldy when stored and contain fungus, so try to eat them fresh. Amaranth, spelt, quinoa,

buckwheat, and millet, are the best choices of grains, especially when sprouted.

#### 4. Sprout it out.

Some of the best foods to eat are sprouts. Sprouted seeds become more alkaline as they grow. They are live plant foods that are "biogenic;" which means they transfer their life energy to us. Sprouts can easily be grown in your kitchen during any season, or purchased at the market. Be sure to check the bottom for brown or soggy stems as they should be eaten only when fresh.

#### 5. No more acid-forming foods!

Acid-forming foods you should avoid are animal products (which include meat and milk products), refined grains, yeast products, and most fruits. Also: pork, veal, most fish, beef, organ meats, chicken, turkey, eggs, shrimp, lobster, oysters, hot dogs, corned beef, pastrami, pepperoni, rice, potatoes, pasta, breads, cheeses, milk, buttermilk, sour cream, yogurt, ice cream, butter, margarine, mushrooms of all kinds, algae, corn products, peanut products, coffee, tea, wine, beer, soda pop, cider, soy sauce, ketchup, mayonnaise, vinegar, tempeh, sugar, artificial sweeteners, candy, gum, pies, cakes, donuts, and chocolate - just to name a few.

#### 6. Try meatless protein.

The average American consumes one and a half to four times the amount of protein required by the body. These protein-rich diets are comprised primarily of meat, cheese, milk, ice cream, and other products that contain not only protein, but saturated fat and cholesterol. Our bodies are only 7% protein and human mother's milk is only 5% protein (i.e., better suited to the body's protein requirements than protein-rich cow's milk). The American Dietetic Association states that a vegetarian diet can provide the sub-cellular units and the amino acids to make protein in amounts that are congruent with the body's needs.

#### 7. Don't forget to hydrate.

Drink one gallon (4 liters) or more of a good quality water each day. Distilled or reverse-osmosis (purified) water are more neutral and can be brought into the alkaline range with 8 drops of Prime pH per liter/quart.

8. Cut out the yeast.

Baked goods such as bread, muffins, pies, cakes and pastries should be avoided. According to the American Cancer Society, one out of nine American women will develop breast cancer by age 80. Research links it with the ingestion of baked goods and bakers or brewers yeast. Research also correlates diets containing yeast or fermented breads to gall stones, kidney stones and arthritis.

9. It doesn't do a body good.

Dairy products should not be eaten because of their lactose (milk sugar) content as well as the presence of yeast and fungus, molds, and their by-products. Also, due to the high sugar and fat content of dairy products, the fact that dairy cows are fed stored grains and fungal-based antibiotics, and the fermentation process of cheese and yogurt, all dairy products should be eventually eliminated from the diet. Calcium can be obtained from green leafy vegetables, green drinks, calcium-fortified tofu and soymilk, collards, broccoli, okra, salmon, etc.

10. There is no such thing as a good mushroom.

Mushrooms of all kinds; morels, algae, and truffles are all acid-forming foods. They contain mycotoxins which poison human cells and lead to degenerative diseases. Mushrooms in all forms are extremely poisonous whether eaten whole or in teas. The mushroom is not a vegetable, but rather the fruiting body of a yeast or fungus. Also, note that corn and peanut products have a high fungal content and should be avoided as well.

11. Just say no.

Wine, beer, whiskey, brandy, gin, rum and vodka are purely mycotoxic. Alcohol is a fungus-produced mycotoxin made by yeast that causes direct injury to human health.

12. Avoid smoking or chewing tobacco.

Tobacco leaves are coated with yeast, fungus, and mycotoxins, which poison the cells and tissues of the body. Research clearly reveals the pathway that the fermentation of the tobacco creates with yeast and sugar. When using tobacco, you are directly introducing dried fungus and wastes into your body.

## **The 10 Day pH Balancing Cleanse/Feast**

During the Cleanse, your intake should consist of the following:

1. Freshly juiced, green vegetables - Kale, spinach, parsley, celery, cucumber, broccoli, wheat grass, cabbage, barley grass, collard greens, okra, etc. If this is one's only intake, drink 8-12, 8 oz. glasses per day, in addition to 64 oz. to one gallon of water. If using SuperGreens in addition to fresh juice, drink 2-3 glasses a day. If juice is not available, try the soup recipes listed below. It is vital that enough energy and nutrients are provided so that the body can heal itself. An example serving of juiced greens: 1 cucumber, 1 stalk celery, 1/3 bunch parsley, a handful of alfalfa sprouts, and some spinach or kale leaves.
2. InnerLight's SuperGreens Powder (and Prime pH)- This green juice powder consists of 49 different vegetables, grasses and herbs, combined to increase energy, detoxify the system, decrease appetite, and strengthen immune function to prevent disease and illness. SuperGreens is highly alkalizing, a great source of vitamins and minerals each day. During a Cleanse, one should drink a minimum of 3 quarts of distilled water, a teaspoon of the powder in each quart per day. Another quart or more of pure water should be consumed each day, with additional SuperGreens added if desired. All water, even distilled or reverse-osmosis, should have Prime pH drops added to increase oxygen and alkalinity. Approximately 3 drops of Prime pH to 8 oz. water, 6:32 oz., 12:64 oz., and 24:1 gallon of water should be added. In summary, one should drink at least a gallon of water, adding at least three teaspoons of SuperGreens and 24 drops of Prime pH each day.
3. Raw, pureed soups- These soups help the body combat toxins and can be very anti-fungal. Ingredients like garlic, onion, green vegetables, and vegetable broth are detoxifying and increase the effectiveness of the Cleanse. (Sample recipes follow) Raw soups supply energy in a form that is easy for the body to utilize; it doesn't have to expend energy to obtain it during digestion. One to two bowls/day during a Cleanse is suggested.
4. Essential Oils- These high-quality oils may be added to juices, soups, or taken in gelcap form. Among the most highly recommended are: Primrose, Flax Seed, Borage, Olive Oil, or a blend such as Udo's Choice, Perfected Oil Blend. About 2-3 Tbsp./day is recommended.
5. Nutritional Supplements- As previously mentioned, it is not

absolutely necessary that one take supplements during a Cleanse, but it is recommended. Dr. Young's Complete Pack, which contains the Balance Pack and Basics Pack, is available through InnerLight International. It contains various products, in capsule and liquid colloidal form, that will help to detoxify, as well as strengthen and build the system. Typically, one would simply follow the recommended dosage on each bottle, take until all capsules/liquid is gone. (Note: SuperGreens and Prime pH are included in the Balance Pack) Other than the products mentioned above, one may choose to take the vitamins/minerals one normally takes while doing the Cleanse. Liquid colloids should be taken about a half of an hour before meals, while capsules can be taken at the same time as juices and raw soups.

#### A Typical Day on the Cleanse

7:00 a.m.	1 quart water with Prime pH and lemon juice
7:30 a.m.	Liquid colloidal supplements
8:00 a.m.	Freshly juiced greens and capsules
9 - 12:00	1 1/2 quarts water with SuperGreens/Prime pH
12:30 p.m.	Liquid colloidal supplements
1:00 p.m.	Capsules with soup or juice
2 - 5:00	1 1/2 quarts water with SuperGreens/Prime pH
5:30 p.m.	Liquid colloidal supplements
6:00 p.m.	Capsules with soup or juice
7 - 9:00	Water with Prime pH and lemon juice as desired

The previous schedule is just an example of what a typical day on the Cleanse might be like.

This model is given to help one understand how simple it is to consume all the water and liquids that the body requires in one day while doing a Cleanse. One needs to be sensible during this time; do not attempt to limit one's intake too much. Hydration is essential.

### **Cleansing Symptoms**

It is important to understand that during cleansing, the blood is actually "dirtier" than when one began. This can result in feeling worse before one can feel better. Some "detox symptoms" may occur, such as: nausea, dizziness, headaches, fatigue, runny nose, etc. Some call these flu-like symptoms a "healing crisis." It's a good sign! It shows that the cleansing process is effective; toxins are being expelled from the body and eliminated through wastes, mucus, etc. The most important thing to do when one exhibits these symptoms

is to hydrate the body with water and green juices. This will allow the toxins to exit the body and help to decrease some of the discomfort of side effects. Don't give up! Cleansing will put one year ahead in the healing process according to some.

Granted, each individual's body responds differently to various stimuli. Therefore, one must decide how many days to follow the Cleanse, individually. Generally, a seven to ten day cleanse is recommended. This ensures that the body has rid itself of harmful toxins, adequately cleansed the system, and weaned itself off sugar and other acid-forming foods which are difficult to eliminate from the diet.

Upon termination of the cleanse, one will find it is much easier to avoid the types of foods that are not recommended on an alkaline diet, like sugar, meat, coffee, etc. It may be a challenge to pass up these foods during the start of the Cleanse, but once completed, the body has almost "forgotten" the sweet taste of these foods and finds enjoyment in subtler, more natural tastes. Many people comment on the way their "taste buds have changed" since doing the Cleanse and continuing on the maintenance diet. It's surprising how sweet fresh, lightly steamed vegetables or salad tastes!

## **The 10 Day pH Balancing Liquid Feast/Cleanse Schedule**

Note: You may continue this feast/cleanse up to 21 days if you desire. Also remember, this is a guideline. Please eat until you are satisfied, not too full. You may have to adjust the times and schedule to your own working or daily schedule. Take capsules with meals and colloids before meals.

### **Day One**

7am or upon waking: Drink 1 liter/quart of distilled water, w/15 drops of Prime pH and 1 tsp of SuperGreens Powder.

\*Optional: You can add 1 scoop of SuperSoy Sprouts to your SuperGreens drink, or you can eat 1 tsp. of SuperSoy Powder and then immediately drink your SuperGreens. Also you can add some fresh lemon juice to your SuperGreens drink if desired.

**7:30am** Take 5 drops under the tongue of the colloidal. Take them one after another. These products are found in your Balance, Basics or Ortho Pack depending in which you are doing.

**7:35am** Do 10 minutes of exercise on a Rebounder mini tramp, or any aerobic exercise.

**8:00am** Eat Creamy Broccoli Soup.

**9:00-12:00 Noon** Drink 1 liter/quart of distilled water, with 15 drops of Prime pH and 1 tsp of SuperGreens Powder. \*Optional: (see 7am from above)

**12:30pm** Take Biolight Colloidal.

**1:00pm** Eat Popeye Soup.

**2:00-5:00pm** Drink 1 liter/quart of distilled water. Same as 9-12 noon.

**5:30pm** Take BioLight Colloidal as 12:30pm above.

**6:00pm** Eat Healing Soup.

**7:00-9:00pm** Drink more SuperGreens or plain distilled water with prime pH.

**Added Note:**

If at any time during the day, you are still hungry, you can have more soups or SuperGreens drink. You can also do fresh vegetable juicing (no carrot or beet during this 10 day feast because of sugar content) and keep most of the vegetables green. Also for maximum alkalizing benefits you can dilute fresh vegetable juice by putting one part vegetable juice to 10 parts distilled water and add 5 drops of Prime pH drops.

Day 2  
Healing Soup  
Gazpacho  
AsparaZincado

Day 7  
Creamy Broccoli Soup  
Vegetable Minestrone Soup  
Green Power Coctail

Day 3  
Celery Soup  
Gazpacho  
AsparaZincado

Day 8  
Broccoli/Cauliflower Soup  
Gazpacho Soup  
Celery Soup

Day 4  
Creamy Vegetable Soup  
Mock Split Pea Soup  
Vegetable Minestrone Soup

Day 9  
Green Raw Soup  
Creamy Broccoli Soup  
Healing Soup

Day 5  
Celery/Cauliflower Soup  
Chunky Vegetable Soup  
Broccoli Creamed Soup

Day 10  
Popeye Soup  
Celery/Cauliflower Soup  
Creamy Vegetable Soup

Day 6  
Popeye Soup  
Healing Soup  
Celery Soup

## Maintenance Program

After the Cleanse, one should stay "green" for about 3 weeks. Eat raw and lightly steamed vegetables; salads with lemon-based dressing, steamed broccoli or asparagus, etc. No complex carbohydrates, including high-carb veggies, grains, and starchy legumes should be eaten. One must slowly add more complex foods and carbohydrate back into the diet. Continue to drink a gallon of water each day, with 3 teaspoons of SuperGreens and 24 drops of Prime pH.

Some people, with more severe health challenges/goals, may need to stay "green" for 2-3 months before adding non-green alkaline food choices. These individuals should continue juicing green vegetables each day, drinking at least 1 gallon of SuperGreens with Prime pH, and eating lightly steamed, green vegetables or salads. They may also choose to take one or two more of Or. Young's Complete Packs as well. For more information and consultation, these individuals should seek guidance from a trained individual of choice.

When one completes the three week "green" period following the Cleanse, it is time to add more complex foods. One may add a serving per meal of: peas, winter squash, sweet potato, pumpkin, split peas, chick peas, and other legumes. Grains of choice should be: millet, spelt, buckwheat, kamut, quinoa, brown rice, and wheat - as long as they are free of sugar, honey, maple syrup, brown rice syrup, yeast, or any other additive which inhibits good digestion. Buckwheat and spelt are the best, being alkalineforming and non-mucoid forming. Spelt also has valuable nutritional factors.

As one transitions to an alkaline diet, it may seem time-consuming or cumbersome. There are many simple ways which one can save time and money. On the run, take storage baggies with chopped veggies, sprouts, nuts and seeds, or baked tofu to snack on. Planning ahead this way will help when one is faced with the drive-thru or a luncheon. When ordering out, most restaurants will happily substitute extra veggies for meat. Try stir-fry dishes with steamed rice or spinach salads with veggies instead of ham and cheese. It is easy to carry a small bottle with olive oil to use for dressing. It's fun to open yourself up to new restaurants like Indian, Chinese, or Thai, which usually offer vegetarian dishes.

At home, use spare moments to prepare ahead of time. One can

make a big salad at the beginning of the week to save time. Store it in an air-tight container with papertowels lining the bottom. Keep chopped veggies and toppings in small containers, ready to add to the salad at the last minute. There are many food processors and small, hand-held choppers available to make the process of salad preparation more convenient. More meal ideas follow.

Some people who have been on the Alkalarian Diet for a few months complain that they are not losing weight at the same rate they did initially. It is possible that one's body is still adjusting to recent dietary changes. It may take a few more weeks or months to overcome this so-called "plateau" ; and begin losing weight and toxins again. When one experiences such challenges, evaluate diet habits honestly- 80% alkaline and 20% acid are the guidelines. Alkaline foods should be raw, uncooked green vegetables. Acidforming foods might be red, new potatoes, brown basmati rice, or lightly steamed/ warmed foods. This 20% allowance should not include candy, cake, beef, cheese, ice cream, yeast breads, etc. Following these recommendations is the best way that one will achieve positive health goals and reach one's optimal weight.

## Menu Suggestion

Menu suggestions are interchangeable for any meal. Shelley Young's recipe book, Back to the House of Health®, is a great source for new experiments in the kitchen. It is full of energizing, delicious recipes for Alkalarians to enjoy.

**BREAKFAST:** Hot Millet Salad is a satisfying, tasteful combination of hot and cold. For each serving, bring one cup of water and 1/4 cup of millet to a boil, then cover and simmer for 25 minutes. Remove from pot and place in a soup bowl. Cut 1/2 a tomato and 1/2 an avocado over the top of the millet. Add Bragg's Aminos, Flax Seed Oil, sliced almonds, and spices as desired.

Vegetable Soup can be made with green beans, celery, zucchini, yellow squash, carrot, bell peppers, leeks, onions, garlic, cabbage, etc. Simply heat vegetable broth or water, add chopped vegetables, flavor with spices (oregano, basil, parsley), and simmer until vegetables are slightly cooked/soft. Add Bragg's Aminos or Real Salt for flavor. Garnish with flax seeds, almonds or sunflower seeds.

Buckwheat Cereal with almond milk is quick and filling on a cold

morning. Buckwheat groats, cracked buckwheat, and cream of buckwheat are available at most health food stores.

Steamed Broccoli is a very energizing choice for breakfast. Lightly steam broccoli for 5 minutes. Add chopped onion, slivered almonds, or sunflower seeds on top. Top with lemon juice and olive oil, or Bragg's Aminos if desired.

**LUNCH:** Salads are a wonderful choice for any meal. Spinach or dark, leafy lettuce is best for salads. Be sure to add lots of delicious, alkaline vegetables like: avocado, tomato, sprouts, cabbage, jicama, green or purple onions, cucumber, celery, bell peppers, etc. For taste and variety, try salsa, hummus, or the following dressing.

Basic Salad Dressing can be made ahead of time in a cruet, and stored in the cupboard. Mix 1/3 cup fresh lemon juice, 1 cup virgin olive oil, 1/2 tsp. oregano, 1/2 tsp. cumin, 1/2 tsp. garlic powder, 1/2 tsp. cayenne or The Zip (by Spice Hunter), and 1 Tbsp. Bragg's Aminos. This is great on wraps, salads, steamed vegetables, or as a dip for plain tortillas.

Veggie Wraps make a quick meal that is filling. Alvarado Street Bakery has a nice wrap made of sprouted wheat. Begin with pesto or hummus spread, add sliced avocado, tomato, cucumber, spinach, sprouts, black beans, or any vegetable of choice. Top with Bragg's Aminos, garlic powder, The Zip, salsa, or other spices as desired.

Madrid Gezpacho Soup can be made in the blender. Mix 3 large tomatoes, 2 cucumbers, 1 red pepper, and 1 small jalapeno pepper. Add 1 quart of water, 3 Tbsp. Olive Oil, juice of 2 lemons, 1 tsp. ground Cumin, and 2 tsp. Real Salt. Add garlic to taste. Blend in portions until smooth. Chill in refrigerator until ready to serve. Garnish with celery, green onion, and avocado.

**DINNER:** Stir-fry can be completed in 20 minutes, start to finish. Boil one package of Buckwheat Soba Noodles according to directions. While cooking, stir-fry 1 chopped red pepper, 1 chopped onion, 1 cup broccoli or asparagus, and other vegetables desired. Add a little Bragg's and vegetable broth for seasoning. Stir fry 5 minutes, then add drained noodles. Add some olive oil, sesame seeds, garlic powder, and Stir-Fry Ginger by Spice Hunter. Stir together and eat! Salmon, Trout, Sole, or Halibut may be eaten sparingly. Garnish grilled fish with sliced lemon and serve with a generous portion of

fresh vegetables or salad. Basmati or wild rice might be served on the side, topped with sliced almonds.

Beans and Rice make a classic combo. Soak and cook dried pinto, kidney, garbanzo, lentils, or black beans, and drain. In a pan, season beans with ground cumin, chilli powder, Real Salt, and garlic. Pour in vegetable broth until beans are covered. Season with fresh parsley, chopped onion, pepper, and grated carrot. Simmer until onions are cooked. Remove, then place each serving in a bowl with a scoop of basmati rice. Top with fresh, chopped tomatoes and serve with salad.

## **SNACKS**

Raw, soaked nuts can be prepared overnight. Simply place desired amount of nuts in a container, covered with distilled water. Keep in refrigerator overnight. Drain the next morning and enjoy throughout the day. Rinse twice a day with fresh water.

Sprouted Tortilla Chips are made from whole tortillas. Cut up one package of Alvarado Street brand tortillas into pie-shaped pieces. Place on two lightly-oiled baking sheets and toast at 350 degrees for 10-15 minutes. They can be dipped in salsa, hummus, or almond butter for a snack.

Broccoli/Tomato Salad is a lettuce-free salad quickly prepared. Just chop 1-2 cups of broccoli in a bowl. Add 1 tomato and 1 avocado, sliced. Top with slivered almonds, Bragg's Aminos, Real Salt, and The Zip for an energizing snack or meal.

Rice cakes with almond butter are a crunchy treat. Spread raw almond butter on an unsalted brown rice or multi-grain cake for a speedy snack.

Hopefully, the aforementioned menu ideas will be helpful when one lacks creativity or time! Do not be discouraged or intimidated by thinking an alkaline diet demands too much change. Take time to become familiar with new foods. Wander around the health food store and produce section in order to become more familiar with new things.

**\*\*Remember, the closer one adheres to the recommended foods and guidelines, the greater the results one will experience. Choose to be successful!!!**

# **pH Balancing Soups & Juices**

## **Recipes by Shelly Young**

### **Soups**

#### **Creamy or Crunchy Broccoli Soup SERVES 4-6**

This high protein soup is a must for broccoli lovers! And it takes just 15 minutes to prepare.

2 cups vegetable stock or water

3-4 cups broccoli, chopped

1 red bell pepper, chopped

2 red or yellow onions, chopped

1 avocado

1-2 stalks of celery, cut in large pieces

Bragg's Liquid Aminos or Real Salt" to taste

Cumin and ginger, to taste (experiment with different spices!)

In an electric skillet, warm 2 cups of water or stock, keeping the temperature at or below 118 degrees (finger test). Add the chopped broccoli and warm for 5 minutes.

In a blender, puree the warmed broccoli, bell pepper, onion, avocado, and celery, thinning with additional water if necessary to achieve the desired consistency. If desired, save the broccoli stalks, peeling off the tough outer skin, process them in a food processor until they are small chunks, and add to the soup just before serving to add crunch!

Serve warm, flavoring with Bragg's, fresh ginger, cumin, or any other spices you like. Add a slice of lemon on top to garnish.

#### **Green Raw Soup SERVES 4-6**

This is a wonderfully alkalizing soup that I prefer served cold in the summer months and warmed in the winter months. It's energizing and easy to digest.

1-2 avocados

1-2 cucumbers, peeled and seeded

1 jalapeno pepper, seeded

1/2 yellow onion, diced

Juice of 1/2 lemon

1-2 cups light vegetable stock or water

3 cloves roasted garlic

1 Tbs. fresh cilantro

1 Tbs. fresh parsley

1 carrot, finely diced

Puree all ingredients (except onions and carrot) in a food processor or Vita-Mix'.

Use more or less water for desired consistency. Add onions and raw crunchy carrot bits at the end for a garnish. Yum!

#### **AsparaZincado Soup SERVES 3-5**

This great soup is rich in zinc and has a rich tomato flavor-and takes only 15 minutes to prepare.

12 stalks medium asparagus (or 17 thin stalks)

1 avocado  
5-6 large tomatoes  
1 cup fresh parsley  
3-5 sun-dried tomatoes (bottled in olive oil)  
1/4 cup dried onion  
4 cloves fresh garlic  
1 red bell pepper  
Bragg's Liquid Aminos to taste  
1-2 tsp. Spice Hunter's Herbes de Provence  
2 tsp. Spice Hunter's Deliciously Dill  
2 lemons or limes, cut in thin slices

Trim and dice the tips from the asparagus and set aside for garnish. In a food processor or Vita-Mix' blend the asparagus and red tomatoes, parsley, dried tomatoes, spices, garlic, onion, and red bell pepper. Then blend in the avocado until soup is smooth and creamy. Warm in an electric skillet and garnish with lemon or lime slices on top. Season with Bragg's to taste or serve cold in the summertime. Sprinkle diced asparagus tips on top of soup just before serving. Yummy!

### **Sauteed Edamame Vegetable Soup SERVE56-g**

This soup gets its wonderful silky broth from straining it after you puree it-an extra step, but well worth it. If you saute the veggies until they are brown, you will notice a wonderful roasted flavor in this soup. The edamame beans add sweetness.

1 Tbs. grape seed oil  
3 large tomatoes, cored and quartered  
1 large onion, sliced  
1 large red pepper, cut into 1/2-inch strips  
1 carrot, sliced  
1 clove garlic, chopped  
2 quarts veggie broth (I use Pacific Foods of Oregon brand)  
3 large sprigs of parsley  
3/4 tsp. dried thyme  
1 10-oz. pkg. of edamame beans (found in frozen section of your store)  
Real Salt to taste

Heat oil in bottom of soup pot, on high heat. Add the tomatoes, onion, red pepper, carrot, and garlic. Saute until vegetables are a deep golden brown, about 15 minutes. Then take about half of those veggies out of the pan, chop fine, and set aside.

Add the veggie broth, parsley, and thyme to the remaining vegetables, heat to a boil, then cover, turn heat down, and simmer about 10 more minutes. Remove from heat and cool slightly.

Working in batches, place the soup into a Vita-Mix or any blender and puree.

Transfer to a strainer set over a bowl. Pour puree through the strainer and coax the liquid through the strainer into the bowl. Discard the solids left in the strainer and return the silky broth and the remaining chopped vegetables to the soup pot. This broth should be a beautiful orange color. Add Real Salt to taste at this point. I add a teaspoon. Add edamame beans and simmer until heated through,

about 5 minutes longer.

### **Popeye Soup SERVES 4-6**

This is a wonderful alkalizing soup because of the cucumbers and greens. It is ready in just 10 minutes. Serve warm with afresh tortilla for dipping.

1 avocado

1 cup water or vegetable stock (Pacific Foods of Oregon brand is yeast-free)

2 cucumbers, unwaxed

1 cup fresh raw spinach

2 green onions

1 clove garlic

1/3 red bell pepper

Bragg's Liquid Aminos or Real Salt to taste

Middle Eastern spices (Spice Hunter's Garam Masala, 1/2-1 tsp., Curry Seasoning, 1/2-1 tsp., and Zip, 1/2-1 tsp.)

Fresh lime juice, to taste

4 spearmint leaves to garnish

In a Vita-Mix' or blender, add the avocado and half the water or stock and puree, then add the rest of the ingredients (except the spearmint leaves) one at a time, blending to desired thickness and thinning with the remaining water if desired. Add Bragg's Aminos or Real Salt to taste, and flavor with spices and lime juice as desired. You might add a couple of minced sun-dried tomatoes too. Experiment! Also this soup is good while on the liquid Cleanse.

Warming options: This soup can be served warm or cold. If blending in a Vita-Mix', the longer you blend, the warmer the soup will get. If you do not have a Vita-Mix', you can carefully warm the soup (not cook it) in an electric or stovetop skillet on low heat. Warm the soup only until you can hold your finger in it without having to pull it out. This will keep the food at about 118 degrees, which will keep the food raw, but warm and not cooked. Serve with spearmint leaves on top. Enjoy!

### **Healing Soup SERVES 6-8**

This soup is good any time, and even when you are on the Cleanse. It is soothing when you are tired or stressed, or if you have a cold or flu, and is very anti-fungal.

2-3 whole cloves of garlic

2 Tbs. fresh cilantro

1 large whole onion

2-3 Tbs. fresh diced ginger

3 Tbs. yeast-free instant vegetable broth

2-3 quarts water

1 cucumber

Real Salt to taste

1-2 carrots (optional)

1 small head cabbage or broccoli (optional)

3 stalks celery (optional)

Crush garlic cloves and lightly steam fry. Set aside. Put whole onion in water in a deep pan, simmer until onion is transparent (approximately 1 hour). Add garlic

and vegetable broth. Slice cucumber and any of the optional veggies you are using, and add to soup. Simmer 10-15 minutes. Add ginger, cilantro, and salt, adjusting according to taste.

Variation I: You could also bring the water to a boil, then take it off the burner and drop assorted finely chopped veggies into the water. This would just warm, but not cook the vegetables.

Variation II: You can grate, juice, or food process the ingredients into a wet paste and then add them to hot water.

### **Broccoli/Cauliflower Soup SERVES 4**

1-2 cups broccoli, chopped

1-2 cups cauliflower, chopped

1 cup cucumber juice or veggie broth (Pacific Foods of Oregon brand)

1/2 cup soaked almonds

1 clove garlic, minced

1/4 tsp. cumin

1/4 tsp. curry powder

1 Tbs. lemon or lime juice

1 Tbs. Bragg's Liquid Aminos

1/2 tsp. Real Salt

In a food processor or blender, combine the almonds with the cucumber juice or broth and the garlic. Blend well. With machine still running, add the broccoli and cauliflower and blend until smooth. Finally, blend in seasonings and lemon or lime juice, Bragg's Aminos, and salt. Add more broth or water to desired consistency.

Variation: Use an avocado instead of the almonds and use this recipe for a salad dressing.

### **Celery/Cauliflower Soup SERVES 6**

1 onion, peeled and chopped

1 whole head celery, trimmed and chopped (save some celery leaves for garnish)

1 head cauliflower, trimmed and chopped

1 Tbs. oil (olive or Udo's)

1-2 qt. vegetable stock

1/2-1 qt. almond milk

Salt, pepper, and seasonings of choice, to taste

Steam fry the onion in a little water and oil in a large soup pan for about 5 minutes without browning. Pulse-chop the celery and cauliflower in the food processor until finely chopped.

Add the celery and cauliflower mix to the pan and warm until tender. Add the vegetable stock and almond milk and simmer for about 15-30 minutes, or you can leave this raw and not cook at all.

Puree the soup mixture in a blender or food processor until smooth texture is achieved. Season with salt and other seasonings of choice. Serve warm or cold.

### **Chunky Veggie Soup SERVES 4**

2 1/2 cups fresh carrot juice

1 avocado

6-8 celery stalks

2 carrots

1 summer squash

Small bunch of arugula

Spice options: parsley, basil, or coriander

For broth, blend carrot juice, avocado, and 3-4 celery stalks. Grate squash, carrots, and remaining celery, adding finely chopped arugula and other fresh green spices last. Serve in bowl or cup, decorate with fresh herbs.

#### Broccoli Creamed Soup SERVES 6

4 cups chopped broccoli

1 medium to large turnip, cut

2 cups pure water

1/2 cup celery, chopped

1/2 tsp. Real Salt

1 chopped onion Dash white pepper

2 Tbs. oil

1/2 qt. vegetable broth

1 heaping tsp. lecithin powder

Carefully saute celery and onion in oil. Add broth, 1 cup water, and broccoli.

Cook over medium heat until broccoli is tender-crisp. Meanwhile, steam turnip until hot, but not very soft. Allow to cool

slightly and puree with enough water to get a thick, smooth consistency. Add lecithin to blender and continue for a few seconds to mix. Add puree to soup and season. Cook for a few minutes to thicken.

#### Anticancer Soup SERVES 2

2 cups hot water

2 green onions, cut

2 Tbs. caraway seed

2 carrots

2 slices each, purple and green cabbage

2 broccoli stalks

1 red pepper, sliced

3 Tbs. fresh dill weed

Soak caraway seeds in pure water 24 hours before use, then pour off liquid. Put finely cut broccoli florets and thinly sliced, peeled stems in a pot with a cover.

Grate cabbage and carrots over broccoli and add caraway. Blend onions in 2 cups hot water and pour broth over veggies. Cover, let steam 5 minutes, garnishing with dill and sliced red pepper (20 minutes to prepare).

#### Mock Split Pea Soup SERVES 4

2 carrots, shaved

2 celery stalks, cut as desired

6 sprigs parsley

1 onion

4 cups water or vegetable stock

2 cups crisp steamed green beans  
1 1/2 cups crisp steamed asparagus  
Dash of mace  
1 bay leaf  
1/2 tsp. Real Salt or Bragg Liquid Aminos, to taste  
1/2 tsp. cumin, dill, or Spice Hunter's Herbes de Provence (optional)  
Chop all vegetable ingredients in food processor and add to 4 cups of water or vegetable stock and bay leaf in a soup pot. Lightly simmer until vegetables are just softened, about 10 minutes, remove bay leaf, then put contents into blender and thoroughly puree until thick, creamy texture is achieved. Add salt and seasonings. Serve warm.

#### **Vegetable Minestrone SERVES 4**

1 small cabbage  
1 red bell pepper  
1 onion  
2 carrots  
2 celery stalks  
1 zucchini  
1 yellow summer squash  
Flax seed oil, to taste  
Bragg Liquid Aminos, to taste  
Cayenne pepper, to taste  
Cut vegetables as preferred. Cover carrots and celery with water or vegetable broth in soup pot. Cook gently until they just begin to "give," then add remaining vegetables. Do not overcook. Serve hot with flax seed oil, Bragg's Liquid Aminos, and cayenne pepper to taste.

#### **Celery Soup SERVES 2**

4-5 stalks celery (including leaves, if fresh)  
3 cups pure water  
2 Tbs. yeast-free instant vegetable broth  
Flax seed oil, to taste  
Bragg's Liquid Aminos, to taste  
Cayenne pepper, to taste  
Cook celery until tender. Add water and broth mix. Pour all into blender. Blend 15-20 seconds. Reheat and serve. Use flax seed oil, Bragg's Liquid Aminos, and cayenne pepper to taste.

#### **Special Carrot Soup SERVES 4**

4 large carrots, sliced  
1 small onion, chopped  
1 garlic clove, minced  
1 Tbs. oil  
1/4 tsp. turmeric  
1/4 tsp. ginger  
1/4 tsp. mustard seed  
1/4 tsp. cumin  
1/4 tsp. Real Salt'  
Pinch of ground cinnamon

Pinch of cayenne pepper

7 cups water

1/3 cup kuzu root

1 tsp. lecithin liquid or powder

In a saucepan, steam fry the onion. Add carrots, garlic, mustard seeds, spices, and salt. Cook for 2 to 3 minutes, stirring constantly. Add 1/2 cup water, cover, and simmer until carrots begin to soften. Let cool.

In a large saucepan bring 5 cups water to a near boil and reduce to medium. Stir kuzu root into 1 cup cool water. Slowly pour into heated water and cook until thick.

Place cooled carrot mixture in a blender and puree on low speed until smooth, adding a bit of water if needed. Add puree to thickened water and cook for 5 minutes, stirring as needed. Add lecithin and stir for a minute. Adjust thickness if desired.

### **Creamy Vegetable Soup Serves 8**

This rich soup gets its creaminess from tofu. Be sure to blend it thoroughly (I think the blender is best) so you get a rich, even, smooth, creamy texture.

1 cup chopped onion

2 cloves garlic, minced

2 large leeks, chopped

3 celery stalks, chopped

2 cups shredded green cabbage

1/2 lb. asparagus, cut small

1 pkg. soft tofu

4 cups vegetable broth

2 Tbs. chopped fresh parsley

2 tsp. dried dill

2 tsp. dried basil

1 tsp. dried oregano

Real Salt and pepper, to taste

In a skillet, steam fry the onions and garlic for a few minutes. Add cabbage, celery, and asparagus. Transfer to a large pot and add the leeks and vegetable broth. Stir in the parsley, dill, basil, oregano, salt, and pepper.

Simmer just to brighten veggies. Let cool a bit, then puree in a blender or food processor two cups at a time with some of the tofu, and return to another pot.

Heat soup, not to exceed 118 degrees, and serve.

### **Gazpacho SERVES 6 (3/4-CUP SERVINGS)**

4 cups tomato juice (you make)

1/2 cup cucumber, chopped

1/4 cup green bell pepper, chopped

1/4 cup celery, finely chopped

1 Tbs. olive oil 1/2 tsp. pepper

1 tsp. basil

1/2 tsp. garlic, minced

Combine all ingredients. Cover and chill overnight.

### **Madrid Gazpacho SERVES 6-8**

3 large tomatoes  
2 cucumbers  
1 red bell pepper  
1 small jalapeno pepper  
1 qt. pure water  
3 Tbs. olive oil  
2 lemons, juiced  
1 tsp. cumin  
2 tsp. Real Salt Garlic, to taste

Blend vegetables, then add water, oil, juice, and spices. Blend again (in batches if necessary). Serve chilled, garnished with chopped tomatoes, celery, green onions, cucumbers, red peppers, and avocados.

### **Roasted Butternut/Celery Soup with Caramelized Onions SERVES 6-8**

This soup is a satisfying soup for chilly autumn and winter days. It is also delicious made with pumpkin and makes a great breakfast, lunch, dinner, or snack.

2 butternut squash  
3 celery stalks, cut in big chunks  
1 onion, peeled and chopped in big chunks  
1 onion, peeled and sliced into thin rings for garnish  
2 Tbs. olive or Udo's oil  
3-4 cups veggie stock (I use Pacific Foods of Oregon brand)  
Cinnamon and nutmeg or salt and pepper, to taste

Cut squash in half and remove seeds. Lightly oil the cut side of the squash and chunks of celery and onion. Place squash cut side down and celery and onion chunks on an oiled cookie sheet and roast in a 400-degree oven for about 45 minutes or until tender and lightly browned. Scoop out soft squash from the skins.

Puree the roasted vegetables in a blender or food processor with some of the stock. If you'd like a smoother texture, pass the soup through a strainer into a clean pot. Add the rest of the stock, season to taste, and keep warm.

To make the onion ring garnish, fry the onion in oil for 10 minutes until brown and somewhat crisp. Top soup and serve immediately.

### **Veggie Borscht SERVES 8**

6 cups veggie broth  
1 cup carrots (shredded)  
1 cup beets (roughly chopped)  
1 cup onions (thinly sliced) 1 1/2 cups cabbage (shredded)  
1 red pepper (shredded) Vegetized or Real Salt, to taste  
Pepper, to taste

Combine broth, carrots, beets, and onions in a large saucepan. Cook gently until the vegetables are tender. Add cabbage and red pepper, salt and pepper to taste, and cook 5 minutes more. The soup will have a richer flavor if cooled completely before serving time and then reheated.

**Sweet Pepper Consomme SERVES 6**

3 medium red peppers

2 tomatoes

1 medium onion

1/4 tsp. Real Salt

1 whole clove garlic

2 qt. boiling water

Cut the peppers in quarters and remove seeds. Quarter tomatoes and onion. Put all ingredients in boiling water. Simmer, covered, for 1 1/2 hours. Strain and taste for seasoning. A delicate and delicious broth, which may be served hot or cold.

**Thick Puree of White Bean Soup SERVES 8**

2 lb. dried white beans, washed and picked over

2 onions, chopped

3 large cloves garlic, minced

7 cups water

1 bay leaf

2 sprigs parsley

1 whole leaf Swiss chard, sliced crosswise

Real Salt or Bragg's Liquid Aminos, to taste

Black pepper, freshly ground, to taste

Soak beans 24 hours, in three times their volume of pure water, and drain.

Steam fry onions and one clove garlic until onions are tender. Put in large pot with 7 cups water, add drained beans, remaining garlic, bay leaf, parsley, and chard, and bring to a boil. Reduce heat, cover, and simmer 1 hour. Add salt and pepper and continue to simmer until beans are tender. Remove bay leaf and parsley. Puree soup in batches in a blender. Return to pot and adjust seasonings. This can be frozen.

**Chilled Cucumber Refresher SERVES 6**

4 cups yeast-free vegetable broth

1 cup cucumber, shredded

Dill weed

Combine broth and cucumber, chill. Sprinkle each serving with dill weed.

# JUICES

## Basic Green Vegetable Juice SERVES 1

This is a power packed green drink. Go easy on the parsley as it has a very strong flavor. Instead of this you can drink 1 tsp. concentrated green powder in 8 oz. pure water.

2-3 stalks celery  
1 cucumber  
2-3 large leaves kale  
4-5 large leaves lettuce  
2 cups spinach  
1/4-1/2 cup parsley

## Vegetable/Grass Drink SERVES 1 1-3 oz. carrot juice (3 carrots or less, try to keep the drink at least 80 percent green)

3 oz. celery juice (2 large stalks)  
1/2 oz. parsley juice (5 sprigs)  
1 1/2 oz. wheat grass juice

## Wheat-Beet Juice SERVES 1

1 1/2 oz. wheat grass juice  
1 oz. beet juice  
6 oz. cucumber juice

## Basic Green Drink SERVES 2

4 cups alfalfa and/or other sprouts  
4 cups sunflower and buckwheat greens 1/2 cup carrots  
1/2 cup sweet red peppers 1/4 cup parsley  
1 cup cucumber  
Add 1 bunch wheat grass (about 1/4 inch thick), if desired

## Garden Green Drink SERVES 2

4 cups sprouts  
4 cups green tops  
2 cups kale or collard greens 1 cup celery

## Green Power Cocktail SERVES 2

4 cups sprouts  
4 cups green tops  
1 cup kale  
1 cup beets

1/2 cup wheat grass

## Spring Green Drink SERVES 2

4 cups sprouts  
4 cups greens  
1/2 cup dandelion greens  
1/4 cup scallion  
1 cup carrots

## Potassium Special SERVES 2

3 oz. carrot  
4 oz. celery  
2 oz. parsley  
3 oz. spinach

## Insulin Generator SERVES 2

3 oz. Brussels sprouts  
3-6 oz. carrot  
3 oz. string beans  
4 oz. lettuce

## High Vitamin C & E Drink SERVES 2

6 oz. spinach  
2 oz. lettuce  
2 oz. watercress  
4 oz. carrots  
2 oz. green peppers

## Blood Builder SERVES 2

8 oz. celery  
3 oz. cucumber 2 oz. parsley  
3 oz. spinach

## Skin Cleanse SERVES 2

4 oz. potato  
4 oz. celery  
3-6 oz. carrot  
2 oz. watercress

## All-Vegetable Cocktail SERVES 2

1 pt. fresh tomatoes  
1/2 tsp. garlic  
1 cucumber, sliced  
1 green pepper Sprigs of fresh parsley  
1/4 onion, sliced  
2-3 lettuce leaves & 1/2 tsp. ginger  
Blend all ingredients in a blender on low speed.