

A Day in the Life of the 80/20 Alkaline Lifestyle

Dr. Daryl Gioffre

<http://www.GetOffYourAcid.com>



If you've followed me for any length of time now, you might have wondered... What is it really like to live the alkaline lifestyle most of the time? What does an 80/20 day really look like? What does Dr. Daryl do in a typical day to stay off his acid?

So today, I'm going to lay it all out for you.

This is a typical day for me and it's a good example of my 80/20 principle, which is aiming to eat 80% alkaline and just 20% acidic.

That's what your body is going to really thrive on because it's going to make it easy to keep your pH balanced.

Keep in mind, the alkaline lifestyle is flexible, so your ideal 80/20 day doesn't need to look exactly like this. In fact, just like with everything we talk about here, start by adding and not taking away.

Maybe you'll read this and decide to start doing power breathing first thing in the morning too. Or maybe you'll add in the supplements I take. Even if you just incorporate one thing in your day-to-day life, you're going to start feeling that much better and be that much closer to getting off your acid.

So are you ready to get started?

Wake Up

The first thing I do before I even get out of bed each morning is **3:6:5 Power Breathing**.



Deep breathing reduces stress levels, it can lower blood pressure, slow the heartbeat, energize your muscles, and most importantly, change your pH within 1 to 3 minutes.

I learned this power breathing technique from Tony Robbins. I do it first thing in the morning and I also do it anytime I find myself stressed.

Breathe in through your nose (inhale) for 3 seconds.

Hold breath for 6 seconds.

Breathe out your mouth (exhale) for 5 seconds.

Daily Greens

The second thing I do, right after waking up is take [AlkaMind Daily Greens](#) with water.



That's going to do a couple of things for me. First, it delivers a huge dose of vitamins and minerals from all of those nutrient-dense greens, so it boosts my energy.

Second, even if you were to just drink plain water, (although mixing in Daily Greens is even better) your body would thank you for hydrating it first thing in the morning. We wake up dehydrated, and it gives all of our organs and digestive system a kick-start to get rehydrated.

Morning Exercise

After drinking Daily Greens, I get on my rebounder for about 15 minutes of exercise. It gets my heart rate up and blood pumping.

If you're not familiar with the rebounder, it's a mini trampoline. NASA did a study and showed that the rebounder is 68% more effective as a cardiovascular exercise and for weight loss compared to running. So the rebounder hands down is the best investment of your time when it comes to working out.

Breakfast Smoothie

After a shower, it's time for my breakfast, which is almost always a smoothie.

I mix greens, low-sugar fruits (avocados are a great choice), a couple of healthy fats like coconut oil, chia seeds, or flax seeds, and then a good liquid like coconut milk, almond milk, hemp milk, or coconut water.

When I drink my smoothie, I take a couple of daily supplements too. First, a really good quality **probiotic**, and also **Vitamin D3** at a dose of 5,000 IU.

Morning Tea

Once I get to work, I try to stay hydrated. I mostly do that by drinking water throughout my day, but in the morning I like to drink a **Detox Tea** with ginger, lemon, turmeric, and cayenne. [You can get the full recipe here.](#)

As you know, coffee is highly acidic. Yes, even decaf coffee. So tea is a great alternative for all of you coffee addicts out there.



This tea reduces inflammation, so even without a bit of caffeine, it'll help keep you going strong all day long.

Mid-Morning Snack

If I find myself hungry mid-morning, which isn't always the case but depending on the day and my schedule, can happen, I grab a quick and easy alkaline snack. My favorites are Chia bars made by Health Warrior brand, homemade alkaline trail mix (with raw almonds, cashews, cacao nibbs, unsweetened coconut flakes, goji berries, sunflower seeds, hemp seeds, and chia seeds), and [super alkaline power treats](#). Or you can always have an extra smoothie.

Lunch

For lunch I usually go with a salad or a good, filling vegetable soup. If I eat a salad, I go for a rainbow salad, trying to add as many colorful fruits and veggies in there as possible. That's a much better way to taste the rainbow than eating some Skittles, for sure.

If you eat meat and/or fish, lunch is a great time to add healthy animal protein like a piece of salmon because your body has the entire rest of the day to digest it. So often, when I eat animal proteins, it's at lunchtime.

Afternoon

As I go through the afternoon, I keep drinking water and get up and move at least every hour. If I want to change it up, I'll drink a fresh green juice or another dose of **AlkaMind Daily Greens**.

Snack

Usually in the middle of the afternoon, I'm ready for a snack, so I turn to kale chips, [toasted chickpeas](#), or hummus and veggie sticks.

As long as it's easy or already prepared, I stick to low or no sugar afternoon snacks that have a little protein. That's what your body really needs when you crave that latte and cookie at 3:00 PM!



Workout

I try to get my main workout after I finish up my workday. It helps me unwind and shift gears to family time. Most days, that's a 10-minute walk followed by a 45-minute run.

Then I follow up with **AlkaMind Daily Minerals** to replenish the electrolytes I lost while working up a sweat.

Dinner

In our house, dinner is usually quinoa bowls, salad, or a mix of vegetables. Depending on how much protein I've eaten earlier in the day, I might include a healthy form of protein at dinner.

Dessert

As you know, I'm a recovering sugar addict so even now, I often want dessert after dinner once we tuck our son in bed and it's time to relax. So I just make sure I'm indulging with an alkaline treat. My favorite is chia pudding, although [avocado chocolate mousse](#) is a close second.



30 Minutes Before Sleep

At the end of the day, I take my last dose of supplements.

- Omega 3 Fatty Acids (3 tbsp.)
- [AlkaMind Daily Minerals](#) with water, which is important for helping reduce the acidity levels in your blood as you sleep.



So there you have it – a day in the life of the 80/20 alkaline lifestyle. Start making simple changes and [follow us on Facebook](#) to help you keep up the good work!

GET OFF YOUR
ACID
7 DAY
CLEANSE

[Learn more now!](#)
