

Make This Your Best Alkaline Summer With These 5 Tips

If you've been wanting to slim down, get energized, and feel better than you've ever felt before, this is the season to make it happen!

Summer is a great time to GET OFF YOUR ACID, to look your best, and feel your best.

Between the weather, the fresh foods available, and the clothes that show off a little more, there are a lot of reasons to not wait a day longer to make your life more alkaline.

Follow these simple tips to have your healthiest, most energetic, and most alkaline summer ever!

1. Drink more water.

Most of us are walking around dehydrated all the time, and when you add summer heat to that, it's downright dangerous. Dehydration can contribute to fatigue, Diabetes, arthritis, headaches, and angina, just to name a few.



Another summer staple that leads to dehydration is travel, especially on flights where the air lacks moisture. You should be very well hydrated before you get on a flight or in the car for a long drive, try to sip as much as possible when travelling, and be sure to hydrate up when you reach your final destination to make sure you have the best trip possible.

Try to avoid all of the options in the airport, at rest stops, and at the beach or your favorite summer attractions – soda, juices, carbonated water, and even bottled water. Bottled water is almost always acidic, in part due to the BPA contained in the plastic.

In addition, a recent study showed that average plastic bottle of water contains 24,500 toxic chemicals, 2 of which have major phyto-estrogenic effects on your body!

Instead, I always carry a glass water bottle, or I bring my [Get Off Your Acid Shaker Bottle](#) and will fill up as I go along.

2. Enjoy smoothies every day.

Smoothies are great breakfast and snack options year around, but especially in summer when you want to reach for something cold. If you're going to be hitting it hard during your workout, or even playing outside with the kids or enjoying a long walk, make a smoothie in advance and have it ready to go once you're really sweating.

It will help rehydrate you and deliver the nutrients your body is lacking from the heat. Add a scoop of **Alkamind Daily Greens** and you are good to go!

Remember my easy formula for an alkaline smoothie every time:

- A handful of dark, leafy greens like kale or spinach
- At least 1 good source of fat like coconut oil or chia seeds
- A vegan protein source like raw almond butter or **Alkamind Organic Daily Protein**
- Frozen fruit to make it taste delicious

Here's a couple of my favorite summer smoothie recipes:

- [Raspberry Lime Smoothie](#)
- [Summer Citrus Smoothie](#)
- [Summery Coco-LoCo Smoothie](#)

3. **Take advantage of the weather.**



Summer is the best time of year to get outside and enjoy the warm weather while you exercise.

Whether you take a walk or jog around the neighborhood, go for a swim, or relish morning yoga on the porch, deck, or balcony, find ways to stay fit that take advantage of the outdoors.

Working out decreases both your stress level and your acid level, and you'll be able to sleep better every day

that you get out there, but it has to be the right exercise! If you're wondering whether your exercise is acidic or alkaline, here's my rule of thumb...

If you can hold a conversation while you're exercising, you're alkalizing your body!

Now, that is not to say that you can't go spinning, jump rope, or do high intensity interval training, all of which create high levels of lactic acid in your body. Have a great work out, sweat a lot, and then drink your [Alkamind Daily Minerals](#) within 10 to 15 minutes of your workout to neutralize all that lactic acid.

4. **Eat more in-season salads – *A Salad Every Day Keeps the Acidosis Away!***

I don't know about you, but roasting dinner in the oven for an hour seems like way too much heat when it's already hot outside.

Luckily, salads are high up on the list of great alkaline foods to eat. They are a quick and easy way to add a ton of alkalizing foods into your diet that go with just about any type of cuisine. Not only do salads have a lot of vitamins and minerals, but the organic greens also have lots of

water, which is great for helping to alkalize your body. Salads can be super healthy and so versatile, and help you get the most nutritional bang for your buck.

Try using as many different fresh fruits and vegetables that grow near you as you possibly can. My favorite toppings for organic romaine, spinach, kale, or watercress include cucumbers, red bell peppers, basil or other herbs, jalapeno, avocado, tomatoes, and slivered almonds.



One thing that's important to note about salad dressing is this... Avoid ALL vinegars except apple cider vinegar because balsamic and vinegars made with wine are very high in yeast and sugars. Instead, simply use lemons, extra virgin olive oil, and sea salt.

At our house, we wash and chop a couple of days worth of salads over the weekend to make dinner prep really easy.

By doing the prep work now, salads become the easiest food at your fingertips rather than a huge production, which is important when you are hungry and want something right away.

[Be on the lookout for a great summer salad recipe on Thursday!]

5. **Join our summer cleanse!**

If you really want to slim down, get alkaline, and get rid of the aches, pains, and fatigue that have been plaguing you, this is the perfect time to join us for the Summer **Get Off Your Acid 7-Day Alkaline SUMMER GROUP Cleanse**.

We'll be starting July 17th, so I hope you'll be a part of this great group!

Included with the cleanse is...

- 100+ easy to follow, yummy recipes in a seasonal alkaline recipe book
- Meal plans and shopping guides to make your week simple
- The guidebook with everything you need to know about cleansing and getting OFF YOUR ACID!
- 30-day supplies of Alkamind Daily Greens and Daily Minerals
- Support from me and the cleanse Facebook group
- 2 call recordings with Q & A's
- Daily motivation right to your inbox
- Plus 4 bonuses to make your cleanse easy and delicious!

To quote cleanse participant and patient, Kelly Ripa...

“Dr. Goiffre put me on this cleanse. It's an antacid, highly alkaline cleanse, and it has changed my life.”

Find out more and sign up now.



GET OFF YOUR
ACID
7 DAY
CLEANSE

