

# New Alkaline Habits for the New Year!

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Happy New Year!

I am not a fan of New Year's resolutions because let's face it... just because you make it doesn't mean you're going to keep it.

In fact, only 8% of people completely succeed in achieving their resolutions. **By January 15<sup>th</sup>, just two weeks into the new year, the research shows that 90% of people who**

**made resolutions, break them.** And it only drops further from there.

But my big problem with resolutions is this... they make changing your habits into this big, scary, stressful thing, and usually they are evolved around PAIN, and motivating yourself by pain never works.

Your New Year's Resolutions or **Goals need to be something that compels you**, something that moves you down to your very soul, so that when the challenging times come up, you have a purpose wrapped around you goals SO STRONG that you will find a way to obtain the goals, as opposed to abandoning them like so many do.

**The truth is, thinking about change is hard. Actually changing is EASY.**

There's nothing inherently wrong with making a New Year's resolution but instead, why not make a shift in your mind right now, in this very moment, to change whatever it is that you need to change?



The key to avoiding going back to your old ways is to start by implementing one small change at a time. Maybe you can start with one or two habits, then once those become natural and you don't even have to think about them, consider adding on a few more.

You could even make it a point to add one healthy lifestyle shift each month of the year. Just don't move on to something new until you have mastered what you're working on right now.

Working on more than one new thing at a time is a recipe for not succeeding at either of them.

As soon as one thing is habit and part of your everyday life, it'll be easy to add something new.

Even if you can only implement a few new habits over the course of the whole year, if you do those consistently and they last, it is way better than trying a million things all at once. Ultimately, that doesn't sustain itself. You give up and get frustrated.

By adding and not taking away, eventually the good will outweigh the bad, and this is how whatever it is you want will ultimately become your habit.

By the way, this is how I finally beat my lifelong, hardcore addiction to sugar, so I KNOW it works.

**So here are 16 simple habits you can add to your life in 2016. Choose just one as your new goal, START IT NOW, and make sure to be consistent with it until you move on to the next one.**

1. Have a smoothie for breakfast every day for a week.
2. Drink one more glass of filtered, alkaline water each day.
3. Try to cook one new, yummy alkaline recipe each week ([get inspiration here](#)).
4. Add sunflower, flax, or chia seeds to at least one meal every day.
5. Go raw! Eat more raw foods or cook under 118 degrees Fahrenheit.
6. Eat more meals at home instead of eating out or ordering in. It's easier to eat healthy, nourishing foods at home.
7. Make a habit of having an afternoon snack of fresh veggies and hummus – cucumbers, celery, carrots, cherry tomatoes, broccoli, or whatever your favorites are.
8. Cook using coconut oil instead of vegetable or olive oils.
9. Gradually replace junk foods and fast foods with alkaline foods. The more you eat them, the more you'll want to eat them.
10. Eat more greens! Go for either spinach, kale, or another dark leafy green every day.
11. Make sure you are getting some good healthy fats in your diet each and every time you have fruit to balance out the sugar. Avocado, hemp seeds, or coconut are great sources of good-for-you fat.
12. Start making pitchers of spa water to have on hand all the time with your favorite combinations of lemons, limes, grapefruit, or cucumber.

13. Replace meat in your meals with hearty, substantial veggies a couple of times a week.
14. Add one more gym or workout session in each week.
15. Eat your favorite alkaline veggies one additional time per week – you already love it, so why not eat it a little more?
16. Invest in your long term health and well-being by starting off each day with [AlkaMind Daily Greens](#) and finishing it with [AlkaMind Daily Minerals](#).



The great thing about any of these habits you start is that they're going to make you feel great. And once you feel great, you're not going to want to go back!

And most important, something I learned from Tony Robbins – your follow through comes from your STATE and your EMOTIONS!

No matter what you start with, whether it is something from my list above, or something different that you choose, it needs to be something that is going to EXCITE you, and you have to do it DALY (if it is a daily goal like drinking an alkaline smoothie) OR review the goal everyday, and again, review it with passion and excitement.

I'd love to hear in the comments what you decide to try first.

New Year... New You!

GET OFF YOUR  
**ACID**

**7** DAY  
CLEANSE

A collage of six images showing various healthy dishes and drinks: a bowl of salad, a cup of soup, a bowl of rice with vegetables, a glass of green juice, a bowl of soup with vegetables, and a glass of purple juice.

[Learn more now!](#)

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