



## **I have Alkaline on my mind with Alkamind!**

[Alkamind](#) is a company that was started by Dr. Daryl. He is a chiropractor from Manhattan who wanted to help people be more healthy. He helps educate people to think about the food they put in their body and make a change from the inside. Alkamind uses a catch phrase of “Get off your Acid” because it helps you think about what the food your eating does to your body. Dr. Daryl has many products that can help you balance your life and feel better.

### **Choose the right foods and mind what you eat!**

I have personally felt the benefit of keeping my body balanced. When my PH level is off, I feel sluggish, more pain and tired. As in most things in life I have good days and bad days. What I like to focus on is having more good days than bad. To do that, I need to think about what I am eating and how it affects my body. I was beyond thrilled to try the products from Alkamind and see if they can help be stay on track.

Alkamind Organic Daily protein Shakes can be used as a meal replacement, snack or after workout energizer. I love using it as all three. They are available in two different flavors.

- Vanilla Coconut is super smooth and creamy. If you love a traditional vanilla shake than you will flip over the added flavoring of coconut. Full of all the nutrients your body needs to stay on track this shake was so yummy.
- Creamy Chocolate is just delicious. It is packed full of the chocolate flavor you crave when you think of a protein shake.

There are some days that having a shake as a meal replacement is not enough. It is great to have another option to make me feel satisfied.

### **Alkamind Daily Greens is what I turn to when I get an extra craving.**

These greens have 27 different organic super foods that help give your body the energy it needs. There is no easier way to get that many different green in. Just imagine trying to eat a serving of all of these greens, I think you would feel like a cow that is constantly chewing grass.

ALFALFA LEAVES  
OAT GRASS  
SPINACH  
CABBAGE  
WHEATGRASS

WHOLE LEAF  
KAMUT GRASS  
DANDELION LEAF  
PARSLEY  
BARLEY GRASS

BROCCOLI  
CELERY  
LEMONGRASS  
CILANTRO

All of those ingredients and more is ground into a fine powder that has just a hint of peach flavor. I love the taste and it really makes me feel like I am doing all I can to stay balanced.

To stay on track you need to know where you are in regards to your Ph Level. These PH test strips are so easy to test your levels and stay on track.

Overall, these products from Dr. Daryl are awesome. They taste great and really help me focus on what I eat. Do you know your PH level?