

AlkaMind™ GET OFF YOUR ACID™ SWAP THIS FOR THAT!

We are faced with so many food options every day! Becoming healthier doesn't have to be about deprivation and taking away all of your favorite foods! Transitioning to an alkaline lifestyle is easier than you may think. By changing just a few eating habits you can make a huge difference to your health and your energy! Focusing on small simple changes makes healthy eating more manageable and sustainable over the long term. Swap out these acidic foods and you'll look better, feel better and slim down, too!

SWAP THIS OUT	BETTER CHOICE	BEST CHOICE
WHITE RICE	BROWN RICE	QUINOA
MILK	SOY MILK	ALMOND/COCONUT MILK
CANOLA OIL	VEGETABLE OIL	COCONUT/OLIVE OILS
PASTA	GLUTEN-FREE PASTA	SPELT PASTA/ZUCCHINI NOODLES
BALSAMIC VINEGAR	APPLE CIDER VINEGAR	LEMON & OLIVE OIL
COFFEE	GREEN TEA	HERBAL TEA
MILK CHOCOLATE	DARK CHOCOLATE	RAW CACAO
TABLE SALT	SEA SALT/KOSHER SALT	CELTIC GREY/HIMALAYAN SEA SALTS
MARGARINE	BUTTER	AVOCADO/COCONUT BUTTERS
SOY SAUCE	WHEAT FREE TAMARI	COCONUT AMINOS/BRAGGS LIQUID AMINOS
SUGAR	BROWN SUGAR (TURBINADO)	COCONUT SUGAR/STEVIA
PEANUTS	CASHEWS	RAW ALMONDS
CARBONATED/BOTTLED/TAP WATER	FILTERED WATER	ALKALINE WATER/WATER WITH LEMON
FRUIT JUICE	FRESHLY SQUEEZED FRUIT JUICE	COLD-PRESSED GREEN JUICE
GRANOLA	OATMEAL	GLUTEN-FREE OATS/QUINOA
WHITE BREAD	GLUTEN-FREE BREAD	SPROUTED BREAD/EZEKIAL

When you **GET OFF YOUR ACID**, your energy goes to an entire new level you haven't experienced in years, your skin begins to glow, you sleep better, your digestion improves, and those stubborn extra pounds literally melt off your body!

I'm not saying that you should always steer clear of your favorite acidic foods. Think 80/20 in favor of alkaline foods and when you can, use this chart to swap out the bad with the good.

Stay Alkaline,



- Dr. Daryl Gioffre