

Here are four gradual steps you can follow to improve your health and increase your alkaline reserve status:

1. Eat more cooked vegetables every day. Just add it to whatever you're eating.
2. Eat fewer high protein foods. Eat smaller portions of beef, poultry, pork, and fish, while continuing to add more cooked vegetables to meals.
3. Don't cook the vegetables quite as much, leaving them a bit crunchy, and add one serving of raw fruit or vegetables each day.
4. Begin to lesson the amount of sugar, salt, coffee, tea, cola drinks, and processed foods.

Note: Make dietary changes slowly. Rapid changes will cause toxins to be dumped into your system which is already bogged down and make you feel worse! As you make these changes slowly, you'll begin to crave wholesome foods, you'll achieve a balanced diet, your health will improve, and you'll feel a lot better.

Timetable for the Transitional Diet	
Phase One: Immediately	Increase the amount of whole foods and cooked vegetables you consume each day.
Phase Two: After 3-4 days	Add one serving of fruit each day.
Phase Three: After 2 weeks	Make one meal each day fruit and cooked vegetables only. Start to cut back on the amount of health inhibitors you regularly consume (coffee, tea, cola's, etc.)
Phase Four: After 3 weeks	Start to reduce salt. Add more cooked vegetables and raw fruits.
Phase Five: After 4 weeks	Start to reduce the amount of high protein foods you eat daily. Decrease your diet by one health inhibitor per week (alcohol, chocolate, cigarettes, fast foods, processed foods). Start to add raw or lightly cooked vegetables.
Phase Six: After 5 weeks	Continue to decrease the amount of acid producing foods while increasing the amount of alkaline producing food that you consume on a daily basis.

Some Common Alkaline Ash Foods

(Help to control acid in your internal environment.)

Almonds	Cauliflower	Lima beans, green	Potatoes, white
Apples	Celery	Limes	Radishes
Apricots	Chard leaves	Milk, goat*	Raisins
Avocado	Cherries, sour	Millet	Raspberries
Bananas	Cucumbers	Molasses	Rutabagas
Barley plant juice	Dates, dried	Mushrooms	Sauerkraut
Beans, dried	Figs, dried	Muskmelons	Soy beans, green
Beet greens	Grapefruit	Onions	Spinach, raw
Beets	Grapes	Oranges	Strawberries
Blackberries	Green beans	Parsnips	Tangerines
Broccoli	Green peas	Peaches	Tomatoes
Brussels sprouts	Lemons	Pears	Watercress
Cabbage	Lettuce	Pineapple	Watermelon
Carrots	Lima beans, dried	Potatoes, sweet	

*Recommended for infants only when mothers' milk is not available.

Some Common Acid Ash Foods

(Leaves strong acid in your internal environment)

Bacon	Crackers, soda	Oysters	Shrimp
Barley Grain	Cranberries	Peanut butter	Spaghetti
Beef	Currants	Peanuts	Squash, winter
Blueberries	Eggs	Peas, dried	Sunflower seeds
Bran, wheat & oat	Flour, white	Pike	Turkey
Bread, white	Flour, whole wheat	*Plums	Veal
Bread, whole wheat	Haddock	Pork	Walnuts
Butter	Honey	*Prunes	Wheat germ
Carob	Lamb	Rice, brown	Yogurt
Cheese	Lentils, dried	Rice, white	
Chicken	Lobster	Salmon	
Cod	*Milk, cows	Sardines	
Corn	Macaroni	Sausage	
Corned beef	Oatmeal	Scallops	

*These foods leave an alkaline ash but have an acidifying effect on the body.

Neutral Ash Foods That Have an Acidifying Effect

Corn oil	Corn syrup	Olive oil	Refined sugar
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