



International Institute of Holistic
and Health Education

Understanding pH: YOUR ROADMAP *for* LIFE!



Meal Planning with Alkaline and Acidic Foods



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FOR MORE INFORMATION, PLEASE VISIT I2H2E.COM

We live in a *very hectic world!*

I, for one, am amazed at how many things take up our time. Many activities keep us away from home during the day (work, outings, school) and there is an endless array that keeps us out at night (sports, scholastic clubs, concerts, community events, church). Because of the exciting lives we lead, the vast majority of people living in America are running on empty most of the time. Their fuel is often jam packed with convenience, and that is the number one reason their energy level is on E.



E = EMPTY

Empty calories, Empty flavors, Empty nutrients, Empty energy and **EMPTY OF LIFE!**

F = FULL

Full of nutrients, Full of flavors, Full of energy and **FULL OF LIFE!**

**YOU MAY BE SURPRISED TO LEARN THAT FAST,
CONVENIENT FOOD IS NOT FUEL AT ALL.**

The first thing to tell you is that our family started ***right where you are now.*** The ***“You are Here” X on the map!*** We just happened to start this journey many years ago. We’ve driven down the road, over the hills, and have very FULL tanks! We have more energy now than we usually know what to do with...and our engines are squeaky clean!

▶ **THE MAP:**

This was the part of the trip that took the longest... searching for the right direction! Years were dedicated to finding the map to our family’s health. Heck, there are no MapQuest features out there when it comes to diet and how the body works...just LOTS of travel agents! And with ten children we were not in a position to afford a travel agent so...we hiked! And guess what... we learned more than we ever could have had we just hopped on a plane. This gleaned knowledge is what we share with you. We have omitted the dead end roads, and have made this trip a true vacation. Just wait until you arrive at The Healthy Vital Life!

▶ **THE DESTINATION:**

A few feelings from those arriving at The Healthy Vital Life: “WOW! Heaven! ENERGETIC, Happy, Smart, Feeling Fit, Better Prepared, Inspired to Accomplish Goals, Ambitious, Visionary, Positive, Strong Emotions, Passionate, Sexy, and one raw foodist told us he felt he had...SUPER POWERS!” Heck, I AGREE! You do feel stronger, more passionate, better looking and you think more clearly! Yes, you may feel you can FLY!!!!!!
(Although the author does not suggest trying this at home...)





▶ **FACTS OF LIVING ON EMPTY, DIRTY FUEL:**

▶ **FACTS OF LIVING ON FULL, CLEAN FUEL:**

Every 24 hours in America...

11,000 people
are told they have cancer or diabetes

3,000 people
have a heart attack
(2,000 of them die)

1,500 people
die from cancer

720 people
die from diabetes

1,200 people
die from medical malpractice

1,872 people are admitted to the hospital for prescription drug side effects

288 people die from taking medications as prescribed

ENERGY is abundant!

Clean & healthy colons

No illness or dis-ease

Always enough fuel for an adventure

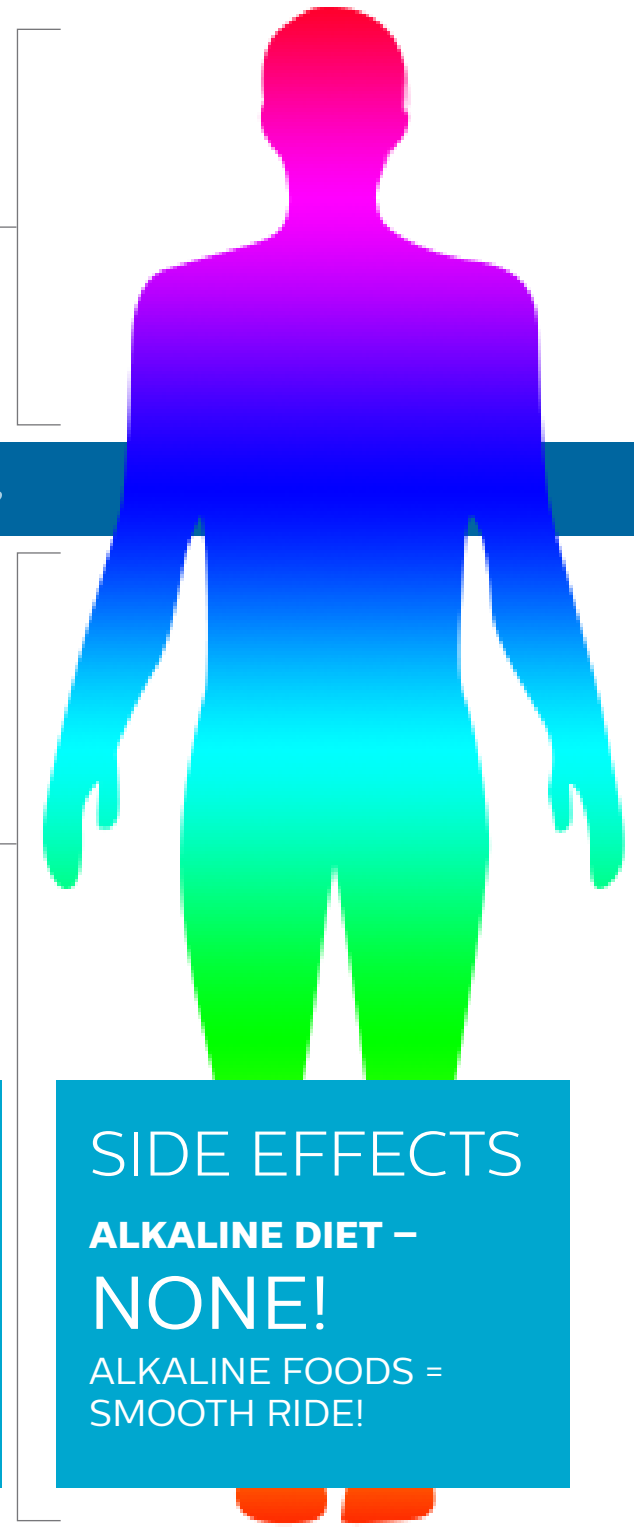
Nothing stands in the way

Life is very fulfilling

Great Libido!

▶ 20% ACID-PRODUCING FOODS

Acidic foods force the body to borrow minerals—including calcium, sodium, potassium and magnesium—from vital organs and bones to buffer (neutralize) the acids. These acids may be removed from a very well hydrated body, but most times they are stored away in fat cells, to hide them from the body. Our bodies are smart. It knows these toxins will kill it! Other acidic ingredients such as food colorings and food additives cause the body to create cholesterol to conceal the toxic acids from the body.



TIME TO CHANGE

your fuel grade?!

▶ 80% ALKALINE-PRODUCING FOODS

This is the ULTIMATE, PREMIUM GRADE fuel for your body! Alkaline foods offer a vast array of health benefits. Essential amino acid chains, enzymes, minerals, vitamins, and phytonutrients all abundant in alkaline foods enrich and promote a healthy intestinal environment and a healthy colon.

SIDE EFFECTS

ACIDIC DIET – Cardiovascular damage, constriction of blood vessels, reduction of oxygen, weight gain, obesity, diabetes, bladder and kidney conditions, kidney stones, immune deficiency, arthritic and rheumatic diseases, acceleration of free radical damage, cancerous mutations, hormone concerns, premature aging, osteoporosis, weak, brittle bones, hip fractures and bone spurs, joint pain, aching muscles and lactic acid buildup, low energy and chronic fatigue, slow digestion and elimination, and last on this list but definitely not the least, yeast/fungal overgrowth—Candida. Acidic foods = MAJOR VEHICLE TROUBLE and ROAD RAGE!

SIDE EFFECTS

ALKALINE DIET –

NONE!

ALKALINE FOODS =
SMOOTH RIDE!

At-a-glance pH CHART

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	80% OF YOUR DIET			20% OF YOUR DIET		
FOOD CATEGORY	MOST ALKALINE fresh-not cooked	MORE ALKALINE fresh-not cooked	LOW ALKALINE fresh-not cooked	LOW ACID	ACIDIC	MOST ACIDIC
SWEETENERS	Stevia	Maple Syrup	Raw Honey, Raw Sugar, Molasses, Agave	Processed Honey		White & Brown Sugar, NutraSweet, Equal, Aspartame, Sweet'n Low, Corn Syrup
FRUITS	Lemons, Limes, Mangoes, Papayas, Apricots, Nectarine, Persimmons, Tangerine, Watermelon	Coconuts, Grapefruit, Figs, Dates, Melons, Grapes, Papaya, Kiwi, Apples, Pears, Raisins, Pineapple, Avocado	Oranges, Apricots, Bananas, Cherries, Rhubarb, Sour Cherries, Blackberries, Dried Apricots, Currents, Peaches	Blueberries, Cranberries, Plums,* Prune,* Dry Fruit, Pomegranate	Overripe Banana	Canned Fruits, Processed Fruit Juices
BEANS, VEGETABLES, LEGUMES	All Sprouts and Grasses, Kale, Asparagus, Onions, Parsley, Raw Broccoli, Garlic, Ginger, Raw Fermented Vegetables	Carrots, Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob, Soybeans, Lima Beans, Spinach, Cucumber, Watercress	Tomatoes, Mushrooms, Cabbage, Peas, Potatoes (with skins), Fermented Tofu, Vegetables (all types, eat more raw veggies!)	Olives, Winter Squash, Kidney Beans, String Beans, Fresh Corn, Lentils, Cooked	Potatoes (without skins), Pinto Beans, Navy Beans	Chocolate, Pickled Vegetables, Carob
NUTS AND SEEDS		Almonds, Brazil Nuts, Chia Seeds, Hemp Seeds	Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Flax Seeds, Chestnuts	Peanuts	Pecans, Walnuts, Cashews	Pistachios
OILS		Flax Seed Oil, Raw Coconut Oil, Tea Seed Oil, Olive Oil	Avocado Oil		Safflower, Sesame, Sunflower	Lard, Canola, Corn and Vegetable Oils, Margarine
GRAINS AND CEREALS	Millet, Buckwheat		Amaranth, Wild Rice, Quinoa	Sprouted Wheat Bread, Spelt, Brown Rice	Wheat, White Rice, Corn, Oats, Rye	White Flour, Pastries, Pasta
MEATS AND FISH				Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish, Farm Fish, Organ Meats
EGGS AND DAIRY		Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Raw Milk, Butter, Buttermilk, Cottage Cheese	Eggs, Yogurt	Cheese, Homogenized Milk, Ice Cream
BEVERAGES	Herb Tea, Lemon Water	Almond Milk	Green Tea, Ginger Tea	Tea	Soft Drinks, Black Tea, Sparkling Water	Beer, Hard Liquor, Wine, Coffee

OTHER ALKALIZING FOODS: Alkaline Antioxidant Water, Apple Cider Vinegar, Bee Pollen, Fresh Fruit Juice, Lecithin Granules, Mineral Water, Molasses, Fermented Vegetables, Probiotic Cultures. Green & Veggie Juices, and ALL HERBS and SPICES! **NOTE:** ALKALIZING MINERALS: Calcium: pH 12, Magnesium: pH 9, Potassium: pH 14, Sodium: pH 14

OTHER ACIDIFYING FOODS: ALL Condiments, soy sauce **ACIDIFYING DRUGS & CHEMICALS** Aspirin and all Medicinal Drugs, Psychedelic, Herbicides, Pesticides, Tobacco.

*These two fruits leave an alkaline ash, but have an acidifying effect on the body.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease; research is ongoing for both the health care practitioners and the FDA! This chart is created from numerous sources and information combined. **Best to your VERY BEST health! Karen Urbanek www.i2h2e.com**

RULES OF THE ROAD

EAT PROTEINS AND CARBOHYDRATES SEPARATE.

You want to eat animal proteins (meat, chicken etc.) with vegetables, and carbohydrates (breads, noodles, etc.) with vegetables, but never combine proteins and carbohydrates. When combined, the acids in the stomach are neutralized, and proper breakdown can not be achieved. The result is nothing short of harmful to your body. Note: We do not recommend eating animals, dairy or wheat products.

EAT FRUIT ALONE.

Fruits break down unbelievably fast in the stomach. If eaten on an empty stomach, fruit can enter and exit your stomach within 20 minutes. Mixing fruits with meats and carbohydrates can cause gas and bloating. NOTE: Fruits contain sugar, and when they are over-ripe those sugars make the pancreas work hard. Sugar (even fruit sugar) feeds disease, and if the pancreas cannot break it down (pancreas isn't working well) the sugars go into the blood stream and feed Candida and illnesses.

DON'T DRINK AND DRIVE.

It is better to drink water or liquids 30 minutes before meals, or an hour after a meal. This prevents the body's digestive juices from becoming diluted. And, room temperature drinks are easier on your system than cold ones. Our family does not drink while eating. It simply becomes a habit and is easier than you think! We have no desire for drinking and driving! The penalties far outweigh the thrill of it...

EAT RAW FOOD BEFORE COOKED FOODS.

It's that simple! Cooked foods digest slower, so eat those raw foods first and let them pass without being hindered by the cooked foods.

ENJOY RAW FERMENTED VEGETABLES.

They are essential in helping with digestion. Even eating a few tablespoons with each meal is great! Living foods create life. Raw fermented vegetables are at the top of the life giving list!



GO Raw!

Try to eat 75% of your diet (or more) raw. Raw foods are foods that are never cooked or heated beyond 115 degrees. Check out the amazing foods created from sprouted grains, nuts and seeds. Most everyone in our home eats at least 75% raw and we LOVE this lifestyle!

Vegetables are the highway to health!

THE DAILY DRIVE



BREAKFAST

ALKALIZE YOUR BODY DURING THE MORNING HOURS.

The very best nutrient-dense & life promoting morning breakfast is a green drink. You can visit our website for a You Tube demo and find recipes on our literature page. Our family recipe for a great morning is produce until noon. Alternative breakfast ideas would be a grain cereal made from quinoa, millet, or buckwheat with almond milk. (Try making your own! YUM!) Leftover vegetarian soups also are enjoyable. If fighting Candida, enjoy eggs with your vegetables.



LUNCH

NOTE: ACIDS ARE BEST EATEN BETWEEN 11:00 AM AND 2:00PM

Raw sandwiches = raw bread (dehydrated nuts, seeds, and vegetables. Like a perfect yummy cracker!) topped with almond mayo, avocados, red onions, cucumbers, carrots, spinach, lettuce, you name it! If you have not tried raw bread, come in for a free sample.

Salads = use everything on your salad! Lettuces, tomatoes, cucumbers, pineapple, oranges, onions, sprouts, greens, peas, black beans, apples, salsas, brown rice, quinoa, etc. Salad dressings should be homemade so you know your ingredients (or buy our dressings!)

Sandwiches = Hummus on sprouted breads or tortillas, vegetable sandwiches, almond butter and lettuce, almond butter and bananas, veggie burgers, salmon patties, or enjoy an organic or local grass fed beef burger.

Grain salads = Cooled quinoa, millet or rice (or a combination) topped with avocados, tomatoes, green onions and a pinch of sea salt.

Vinaigrettes = Enjoy organic oils and natural vinaigrettes on the above salads, steamed vegetables or fresh vegetable spears. We have many exclusive flavors at our store and many blends as well! We even sell our very own blend of olive oil that you can not find anywhere else!



DINNER

TRY TO EAT PRIOR TO 7PM FOR BEST ASSIMILATION

Ideas: Vegetarian soups, grain dishes, bean dishes, vegetables, steamed root vegetables, mashed red potatoes with sauerkraut and peas, baked sweet potato fries, steamed or sautéed fish, salmon (not from a farm), lentil tacos, black bean tacos or enchiladas, vegetarian lasagna, plate taco's, and...raw entrees! **Check out the thousands of raw recipes online!**

Your body was designed to live and create life!

It was designed to thrive on alkaline foods without sickness or dis-ease. This is a condensed, believe-it-and-live-it outline of the food program we follow that has healed and changed our lives. There are countless others who have followed this program and recovered and healed from dis-eases and illnesses. In my mind, there should never be a death sentence. If you have been given one, throw it away. The ability for the body to heal is amazing, and the daily endless list of those who have raised from their death beds stands as testimony. HOWEVER these statements have not evaluated by the FDA and we do not intend to diagnose, treat, prevent, or cure any disease. If you make a change because you have been influenced by what you are reading...GREAT! Please accept responsibility for those changes. We will not be held liable for changes you make regarding your own health. Contact your doctor when making lifestyle changes. If you find he/she does not support you in taking control of your health, perhaps it is time to look for a new doctor.

YOU OWN YOUR BODY! YOUR Engine is PAID for in FULL!

**Find a technician that knows about every aspect of how you were designed, so they understand how to fuel you!
HAPPY TRAVELING!**

FOR MORE INFORMATION OR TO FIND A TECHNICIAN, PLEASE VISIT I2H2E.COM

