How To Eat Your Way To Beauty and Health
A Guide to an Alkaline Mediterranean Diet by Dr. Cynthia Bailey
**Introduction**

Fact: Your complexion and your appearance reflect what you eat – for better or for worse.

Do you think your diet is helping or hurting your health, vitality and appearance? Have you wanted to eat better but not known exactly how to make it happen? We all know there are some obvious bad dietary choices, like eating an entire package of cookies. But, short of that, how do you put your daily food choices into practical steps that build the most attractive and healthy you without living on raw veggies, tofu and tree bark?

**If you eat the foods that make you beautiful, you’ll be healthy and full of energy too.**

The media is full of diet advice, but it’s either mind-numbing or too good to be true. The same applies to the best-selling diet books. Many would have you change your entire diet and lifestyle in impractical ways, while also telling you to spend a fortune in supplements and powder drinks in order to magically “fix” your problems. On the other side of the spectrum, television celebrities and so-called experts across the Web tout the top 5, 10 or 20 “magic” foods to eat for health and beautiful skin.

**Is It Really That Hard, Or Is It Just That Simple?**

Do you need to cloister yourself on a health kick that kills your social life with impossibly rigid dietary restrictions? Or, can you eat junk food all day, add a handful of blueberries and expect a radiant complexion and vibrant health? And, what if you don’t even like any of the magic foods being touted as health superfoods? Or, what if they are out of season or too expensive? And, what’s in those powders and supplements anyway? It’s all so overwhelming since there are so many uncertainties. And ultimately, is any of this really how diet, beauty and health are all connected? No, of course not!

Based on more than 40 years of following nutrition science and research, I am aware that your health and complexion need a consistent range of supportive nutrients, antioxidants and other seemingly “magical” ingredients that can only come from your diet, not from powders or supplements. Ever since I was a teen, I’ve been interested in nutrition. In fact, I almost went into nutrition research instead of clinical medicine! (In the end, the people won out over the lab bench.) So, as a dermatologist, I’m definitely passionate about food, nutrition and how it relates to your skin.
The Truth About Your Diet

In this guide, I’ve compiled four decades of nutrition study filtered through my doctor brain, and added my clinical experience and understanding of health and disease, to create the most important recommendations for your health and complexion. Over the years, I’ve learned three absolute realities about your diet:

1. There is no “dietary bypass” for good health, meaning you can’t fill your body full of bad food month after month and expect that taking a handful of vitamin supplements will keep you attractive and well.

2. Food is medicine. Medicine, as defined by the Merriam-Webster dictionary is “a substance or preparation used in treating disease.” Food can do this too, and just like a poorly prescribed medicine, it can also harm your health and skin.

3. There are no “magic” foods that miraculously fix what ails a body. You need to set your body in a nutritional environment where it is constantly bathed in what’s good for it – and then it can weather the periodic “dietary indiscretion” like a martini or a slice of that yummy layer cake.

Eat Your Way into Beautiful Skin and Healthy Vitality

The secret to eating your way into beautiful skin is to build a foundation of healthy eating – like the foundation of a building or the base of a pyramid. When the foundation of your daily diet is healthy, adding the occasional “harmful” junk food (layer cake or martini) may not be so bad. And, adding one of the magical superfoods such as carrots might actually have your complexion absolutely glowing - keep reading to learn more!

By “foundation of healthy eating,” I mean the bulk of what you eat (and drink) during the day should be foods that fight inflammation such as acne, rashes like psoriasis, and many internal diseases. Brilliantly, these are also the same foods that fight high blood pressure, stroke, heart attack, cancer, diabetes and more. This foundation is the opposite of a “diet” because it’s not about what you don’t eat. Instead, it’s about what you do eat. It’s about the proportion of good food in your body at any given time being health promoting.

Did you know that good foods, once digested, create the internal biochemistry that fights inflammation and disease? “Treats” like sugary drinks and trans fat-loaded junk foods, on the other hand, create the internal biochemistry of inflammation, the diseases I mentioned, and an addictive cycle that you’ve probably experienced. Have you noticed that when you regularly have sugary drinks, cookies or trans fat-loaded junk foods, you want one about every hour or so and you find yourself in a familiar cycle of guilty dietary “indiscretions” that aren’t even that pleasurable after a while? I want you to help you avoid this.

Once you’ve established your foundation of healthy eating, it’s actually easy to maintain. You can even throw in the occasional treat since you’re less likely to fall into the addictive junk food cycle again.

A Different Way to Eat Healthy

There are many scientifically credible diets to promote health – low glycemic diets, low fat diets, whole food over refined foods diets, and mostly plant-based diets. You see these diets all over the media, published in the newsletters of hospitals and clinics, and touted by health experts. But, where is the overlap between good diet advice and building a healthy eating foundation? That’s the sweet spot and what I’ve been watching for 40 years. This is where you get the answer for what you should eat for your next meal.

In practical terms, the overlap of foods that you want to fill yourself up on throughout the day includes:

1. Low glycemic index foods
2. Low fat & smart fat foods
3. Whole (unrefined) foods
4. Mostly plant-based foods

Dr. Bailey's Alkaline Mediterranean Diet

This overlap is exactly the same pattern as the true Mediterranean diet (more on this later because, yes, it’s not just pizza and pasta). Interestingly, it is also almost entirely parallel to an Alkaline Diet. And these two observations got me studying. I studied the scientifically credible literature on a “true” Mediterranean diet, and I also studied the science behind alkaline foods. As a result, I developed a food pyramid based on this intersection of science that I call an Alkaline Mediterranean Diet.

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Once you’ve established your foundation of healthy eating, it’s actually easy to maintain. You can even throw in the occasional treat since you’re less likely to fall into the addictive junk food cycle again.
The Alkaline Mediterranean Diet is also a low glycemic and low fat/smart fat way of eating that favors whole foods. It has a predominance of plant-based foods over animal-based foods. But, more importantly, it can include steak, a martini, and layer cake from time to time without the disastrous cycle of addiction and inflammatory health misadventures.

I’ve been living by this pyramid for over 15 years and it’s both delicious and satisfying. I came to it looking for help with a number of unfortunate health frailties that I have dealt with since birth. Based on the impact it has had on me, I’ve been recommending it to patients and Web readers who also want to use “food as medicine” to help fight their health problems.

Smart Fats: These are fats that have been associated with health benefits instead of those known to cause health problems and obesity. They include Omega –3 poly unsaturated fatty acids like fish oil and flax seed oil. They also include mono-unsaturated fatty acids like olive and canola oil and oil in nuts, seeds and avocados.

Whole Foods: This term, as I am using it, consists of those foods that have not been refined. For example, brown rice is a whole food, but white rice is not because white rice is refined in a process that removes the outer fiber-rich brown coating on the rice grain. The same is true for white flour, which has the outer fiber-rich brown coating removed as well. This coating is present in whole wheat flour. Thus, the term “whole” refers to the food before something like the high fiber component was removed. It usually applies to foods that can be processed like grains.

Alkaline Foods: Foods you eat get digested and absorbed into your body where they can be used by your cells. This process often leaves behind acid. Your kidneys remove the acid to maintain the important balance of acid and base in your body. This process prevents dangerous metabolic acidosis. The amount of acid that a food leaves behind is called the Potential Renal Acid Load (PRAL). The lower the PRAL, the better.

Plant-Based Foods: These are foods derived entirely from non-animal sources such as fruits, veggies, grains, nuts, seeds, vegetable oils, and beans. Eggs, cheese, butter, milk, milk powder, whey, lard, meat, seafood, etc., are all animal-based foods.

Why Alkaline?

The internal biochemistry of your body is important to your health and determines how your body functions, which, in turn, impacts how you look and feel. One of the characteristics of that biochemistry is the pH of your fluids. The pH is the measure of how acidic or alkaline something is. The pH range goes from 0 to 14 and 7 is the middle, or “neutral” point. To give you some perspective, lemon juice is acidic with a pH around 2, and ammonia has an alkaline pH around 12. The human body functions optimally at a very slight alkaline pH around 7.4. Your body works hard to precisely regulate your body’s pH because it is critically important in determining how all of your cells and systems function. Even a mild shift toward an acid body pH has been associated with unwanted health consequences such as pre-diabetes and type 2 diabetes, metabolic syndrome (high cholesterol, obesity, high blood pressure, higher blood sugar and the combined consequences), muscle loss, cardiovascular disease, kidney stones, and higher cortisol level (the stress hormone). The scientific understanding of how your body’s internal biochemistry can put you at risk for these diseases is a hot topic of study right now. Skin diseases, such as psoriasis, are starting to enter the list of conditions correlated with this type of metabolic biochemistry. I expect others to follow soon.

How to Rock Your Health & Appearance with an Alkaline (True) Mediterranean Diet:

It’s all about low glycemic, low fat/smart fat and whole food plant-based eating.
Why Low Glycemic?

High glycemic foods predispose your body to some of the biggest health problems we face today including heart disease, stroke, cancer, autoimmune diseases and many other life-altering health problems. When you eat high glycemic foods, they cause a rapid rise in your blood sugar immediately after you eat them. Your body responds with a big output of insulin to get the sugar stored into your cells quickly. Then, you get hungry again and go looking for another high glycemic food, which starts the cycle over again.

Dietsthat include lots of high glycemic foods (such as refined grains, sugars, sugary drinks and processed potato products) put a person at risk for type 2 diabetes, elevated cholesterol and metabolic syndrome – a health problem we are seeing more and more in these modern times. Metabolic syndrome, according to the Mayo Clinic, is a cluster of conditions — increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels — that occurs together, increasing a person’s risk of heart disease, stroke and diabetes. Sound familiar? Metabolic syndrome may also be associated with a broad range of other modern maladies including myopia (nearsightedness), acne, gout, polycystic ovary syndrome, epithelial cell cancers (breast, colon and prostate), male patterned baldness, skin tags and acanthosis nigricans (a darkening in color of the skin folds associated with a number of health conditions).

Cancer loves sugar too! A high glycemic diet is a banquet that helps cancer cells grow. High glycemic diets are also associated with biochemistry changes in the body that promote inflammation, as evidenced by elevation of something called C-reactive protein. Inflammation causes many health problems such as arthritis as well as multiple skin problems. High glycemic diets create a state of internal biochemistry that can lead to heart disease with or without metabolic syndrome. Understand that it’s not just cholesterol-rich foods that are bad for your heart, but high glycemic foods are too. High blood sugar levels cause oxidative stress (damage from free radicals), inflammation, high blood pressure and an increased risk for blood clots, all of which could negatively impact the heart. The bottom line is that high glycemic foods are “treats” to enjoy sparingly and not a staple in a healthy diet. Remember that sugar in beverages has a high glycemic value.

Why Mediterranean?

Unlike the alkaline diet, the concept of the Mediterranean diet is well established. Just about all health experts agree that the Mediterranean diet promotes strong health. Scientific studies continue to prove that it also helps prevent many unwanted diseases such as heart disease, high blood pressure, cancer, osteoporosis, and autoimmune diseases that many suffer from today. Our modern interpretation of the Mediterranean diet is flawed, however.

The classic Mediterranean diet emphasizes foods that are alkaline. Our modern version of a Mediterranean diet emphasizes more acid producing foods such as refined flour, pasta, garlic bread, pizza, Parmesan cheese, pepperoni, sausage and meatballs.

To understand the true Mediterranean diet, you have to look to Greece, and specifically the Greek island of Crete, as well as southern Italy prior to 1960. These were not highly industrialized areas where processed food was abundant. The diet was characterized by a food pyramid, the base of which was mostly local and seasonal plant foods including local wild greens and herbs, vegetables, nuts, seeds, potatoes, cereals, and rustic (whole grain) breads. Fresh fruit such as figs, grapes and pomegranates grown in the desert constituted the typical daily dessert. Olive oil was the principal source of fat. Dairy products, namely cheese and yogurt, as well as fish and poultry (lean sources of animal protein) were eaten in moderate amounts. This diet included zero to four eggs per week, red meat was eaten very infrequently, and wine was consumed in low to moderate amounts, normally with meals.

Thus, the “classic” Mediterranean diet is composed mostly of foods that are alkaline. These include plant foods which are more alkaline, with proportionally less animal protein and other acidifying foods. This classic diet is also rich in fresh antioxidants and vitamins, some of which come from the “magic” foods touted in the media such as pomegranates.

Spread of Mediterranean Food
Fats: The Good, Bad and the Ugly

Good fats:
- Omega-3s can be found in canola, soybean and olive oil, nuts, flax seeds, leafy greens and fatty fish. These are the best fats for your health.

Bad fats:
- Saturated fats come from meats, baked goods, cheese, milk, margarine, and butter. These fats are not good for you.

REALLY Bad fats:
- Trans fats are the worst fats you could put into your body. They are actually DEADLY! They can be found in many processed foods. Make sure to read your packaging.

What Are Omega-3s?
Omega-3s are found in fatty fish like salmon, white tuna, mackerel, rainbow trout, herring, halibut and sardines. Some people take fish oil supplements in an attempt to increase their intake of omega-3 fatty acids – but remember, supplements are not a substitute for a healthy diet! Omega-3 fatty acids are also found in some vegetable oils such as canola, olive and soybean oils. Nuts, especially walnuts, have a lot too. Still, the highest plant source of omega-3 fatty acids comes from flax seeds. You can use flax oil on salad or grind fresh flax seeds to sprinkle on your food. Personally, I love them on my granola in the morning. Green leafy veggies have a lot of omega-3s too. (Green smoothie anyone?)

Why are omega-3s so important?
- Because they help protect against heart disease, blood clots and heart arrhythmias. They can help lower blood pressure and cholesterol levels, and also help to lower the risk of sudden death from these causes. In addition, omega-3s help fight inflammatory autoimmune disease as well as reduce aches and pains and help control rheumatoid arthritis and inflammatory bowel disease. They even lower the risk of some very common types of cancer such as breast, prostate, skin, colon and lung. And, for those already suffering from breast cancer, they help slow the spread of it. What’s not to love about omega-3s?

What Are Omega-6 Fats?
Omega-6 fatty acids can be good in small amounts, but they are bad in excessive amounts – of course, the modern Western diet includes them in excess! Because they fuel inflammation, they can worsen conditions such as inflammatory bowel disease, rheumatoid arthritis, Alzheimer’s disease, heart disease and obesity. Omega-6 fatty acids are found in vegetable oils such as corn, sunflower and safflower, some grains, animal fat and whole grain bread. Though foods aren’t all bad and have beneficial elements too, so this means the key is moderation. You can eat them, but don’t binge on these foods!

What Are Trans Fats?
The last fats that need a special mention are the trans fats. They are entirely a modern invention by chemists who turned runny vegetable oils into buttery, solid fats so that processed food manufacturers could fool you with a palate-enticing texture and taste that’s actually deadly. Shockingly, 7.4 percent of all U.S. dietary fat consumed is trans fat! Since they have no redeeming value, they are entirely bad, so 7.4 percent is NOT good – don’t let that be you!

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Now to the Fun... Building Your Healthy Eating Foundation Step by Step

Step 1: The Alkaline Mediterranean Food Pyramid

The shape of a pyramid is the best way to understand how much of each food type you should eat daily in order to create the right internal state of biochemistry for your health. You can see that the base of the pyramid is Veggies and Fruits. Above this are Beans (legumes) and some types of Whole Grains. Up to this point in the pyramid is 60 to 80 percent of what your daily diet should be. Beyond this foundation are the Nuts, Lean Meats and Oils, which you can enjoy in wise moderation.

The details on these will come later. See the tiny top of the pyramid? This is where the real “Treats” fit. Yep, that martini, ice cream, layer cake, cookie, serving of French fries and steak can be enjoyed but in proportional moderation. This means that they need to fit into this tiny top of your daily food pyramid. As long as you’ve built the dietary volume as your foundation at the bottom, these treats are fair game, so enjoy them. But, if that tiny top starts to resemble the bottom layers of your pyramid, you can expect trouble.

When you think of your diet like this, how does it currently stack up?

ACIDIFIERS
“Treats” to consume sparingly

WHOLE GRAINS & LEGUMES
Dine on beans liberally and whole grains in moderation

FRUIT
Enjoy the rainbow

VEGGIES
Enjoy with wild abandon

NUTS, OILS, & LEAN PROTEINS
in restrained balance

The Base of Your Pyramid and the 60-80% Rule

To eat your way to the most attractive, vital and healthy you, 60-80 percent of what you eat at your next meal needs to come from the bottom of the pyramid. This is your diet foundation. If you’re young, already in great shape and just want to maintain your health, you may be able to get away with 60 percent. If you’re older, have health issues and some work to do to recapture your ideal physical self, then aim for 80 percent – every day and every meal.

Building an alkaline diet is easy when you think about the base and the top of the pyramid. In general, fruits, veggies, and beans are pretty much foods you can eat with wild abandon. Treats are foods you need to use discretion with and should fit into the top. That middle portion of the pyramid is a little harder to understand. This is where the alkaline forming food list comes in. The middle of the pyramid is where you find the whole grains, nuts, lean protein and smart oils. These are healthy food choices to be eaten with some degree of moderation and to a lesser amount than fruits and veggies.

I need to warn you that this middle portion of the pyramid is where you will find the most variation between different sources of alkaline food lists. I think this is because foods vary and because every food creates a slightly different acid load in different people’s bodies. I use the original Remer and Manz article (which determined acid load based on sound medical science), and I have updated this list with some more recent nutrition literature. When I compared alkaline lists, I found beans (legumes) and whole grains to be the foods that are the most variable. I include beans and some whole grains like quinoa and buckwheat into the alkaline portion of the pyramid. They have moderate to low acid loads, especially when eaten as whole grains, and they are rich in vitamins, minerals and important phytochemicals for health. They are also an excellent source of fiber. Beans are additionally an important source of plant-based protein. More common whole grains such as brown rice, whole oats and whole wheat have a higher acid load. They are good for you, but I recommend exercising some restraint with these foods. Know that flour of any sort is pulverized grain which means that even if it started as a whole grain now your body digests it faster so it has a higher glycemic index. Foods made with whole grain flour should be eaten less liberally than whole grains themselves.

Thus, your pyramid should be based on the following criteria:

1. Eat all the fresh and cooked fruits and veggies you want, including beans, tofu (a fermented bean product), quinoa and buckwheat. Beans and tofu are great sources of dietary protein and should be eaten liberally. Remember that sugar and oil are not considered a fruit or veggie. In other words, if you include them in a dish, that portion of the food belongs higher up on the pyramid!

2. Other whole grains such as oats, whole wheat and brown rice should be eaten in moderation. It’s also best to eat them as the whole grain rather than ground into a flour.

3. Enjoy, but with discretion, other lean sources of protein. Ideally, these should be plant-based such as nuts and seeds, but they can also include fish and poultry if you are not ready to move to a fully plant-based diet. Also, enjoy in moderation the smart oils such as olive and canola oils.

4. Savor the rare treat including a steak, cookie, chocolate bar, pastry, martini, glass of wine, potato chips, etc. Your treats may not be these specific foods, but you’ll know what they are.
Find The Best Foods For Your Alkaline Mediterranean Food Pyramid

Within each food group, the acid load rankings from the Remer and Manz study are listed. Foods that are “very acid forming” belong in the top of your pyramid. Foods that are neutral or alkaline belong on the bottom. This list is combined with what we know about the benefit of whole foods and low glycemic and low fat/smart fat foods. I have included this information in my comments and integrated color-coding. Red is to show which foods belong in the tiny treat pyramid tip, either because of their glycemic index, fat load or lack of nutritional value. Purple is used to highlight foods that, in my opinion, are the top choices in each food category. Orange is used for exceptionally strong alkalizing foods like raisins and spinach. Remember, don’t be overwhelmed by list details, focus on the pyramid concept and check the list when you are uncertain where a food fits.

Meats

<table>
<thead>
<tr>
<th>Very acid forming</th>
<th>Acid Forming</th>
<th>Neutral</th>
<th>Alkaline forming</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cured meats</td>
<td>Beef (Lean)</td>
<td>None Tested</td>
<td>None Tested</td>
</tr>
<tr>
<td>Goose</td>
<td>Chicken</td>
<td>None Tested</td>
<td>None Tested</td>
</tr>
<tr>
<td>Liver</td>
<td>Duck</td>
<td>None Tested</td>
<td>None Tested</td>
</tr>
<tr>
<td>Rabbit</td>
<td>Lamb</td>
<td>None Tested</td>
<td>None Tested</td>
</tr>
<tr>
<td>Turkey</td>
<td>Pork</td>
<td>None Tested</td>
<td>None Tested</td>
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<tr>
<td>Veal</td>
<td></td>
<td>None Tested</td>
<td>None Tested</td>
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Note: There is overwhelming information linking animal-based foods to some major modern health problems. It’s not just the cholesterol or lack of fiber that’s the culprit. It also goes beyond the negative health ramifications of the hormones and other food additives given to livestock. Components of animal-based foods are becoming identified as instigators of biochemical reactions in cells that lead to inflammation, cancer and a host of unwanted diseases. The old concept that every meal should include a meat is no longer appropriate for a healthy diet, in my opinion.

Fish/Seafood

<table>
<thead>
<tr>
<th>Very acid forming</th>
<th>Acid Forming</th>
<th>Neutral</th>
<th>Alkaline forming</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trout</td>
<td>Cod</td>
<td>None Tested</td>
<td>None Tested</td>
</tr>
<tr>
<td>Mussels</td>
<td>Haddock</td>
<td>None Tested</td>
<td>None Tested</td>
</tr>
<tr>
<td>Prawns and tiger</td>
<td>Herring</td>
<td>None Tested</td>
<td>None Tested</td>
</tr>
<tr>
<td>Prawns</td>
<td>Carp</td>
<td>None Tested</td>
<td>None Tested</td>
</tr>
<tr>
<td>Sardines</td>
<td>Haddock</td>
<td>None Tested</td>
<td>None Tested</td>
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<tr>
<td></td>
<td>Halibut</td>
<td>None Tested</td>
<td>None Tested</td>
</tr>
<tr>
<td></td>
<td>Salmon (High in omega-3)</td>
<td>None Tested</td>
<td>None Tested</td>
</tr>
<tr>
<td></td>
<td>Shrimp</td>
<td>None Tested</td>
<td>None Tested</td>
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Note: Getting enough protein is important. The bottom line here is that lean meats and fish are better choices across all scientifically credible diets. Understand that tofu and soy beans are alkaline sources of protein. Beans and nuts are only mildly acid forming. You can supply your daily protein needs with some lean meat (if you are not a vegetarian), or whole grains rich in protein like quinoa, nuts, soy, beans and some dairy. Remember too that overloading kidneys with the high sulfur containing amino acid burden that happens after digesting animal protein can initiate the secondary acid balancing mechanism in your body, which pulls necessary biochemical components from muscle cells resulting in muscle loss. Optimal health and fitness is a complex subject!

Incidentally, fish has been found to contain neurotoxins that are linked to central nervous system diseases such as Parkinson’s, Alzheimer’s and Lou Gehrig’s disease. Mercury toxicity is also an issue with seafood. I recommend limiting seafood consumption in general, but when eaten, omega-3 rich wild caught salmon is the ideal seafood choice.

Animal-Based Dairy

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<th>Acid Forming</th>
<th>Neutral</th>
<th>Alkaline forming</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hard cheeses like parmesan</td>
<td>Soft cheeses</td>
<td>Kefir (Excellent source of live probiotics)</td>
<td>None Tested</td>
</tr>
<tr>
<td>Semi-hard cheeses like cheddar</td>
<td>Cottage cheese</td>
<td>Milk</td>
<td>None Tested</td>
</tr>
<tr>
<td></td>
<td>Cream</td>
<td>Egg white (Good choice)</td>
<td>None Tested</td>
</tr>
<tr>
<td></td>
<td>Eggs (Whole and yolks)</td>
<td>Yogurt (Choose live culture unsweetened to provide beneficial probiotics)</td>
<td>None Tested</td>
</tr>
</tbody>
</table>

Note: It’s fascinating that cultured dairy products have a much lower potential renal acid load than non-cultured products. Also, soy milk is alkaline and thus an excellent animal dairy substitute, but only if you use the unsweetened kind because of the higher sugar load of sweetened soy milk. Even more fascinating are the recent scientific studies showing that the ingestion of cow milk products is linked to an increase in insulin-like factors in the body that fuel the growth of cancer and participate in a biochemical cascade that can also promote acne. As a result, I recommend limiting animal milk products overall.

Fats & Oils

<table>
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<th>Acid Forming</th>
<th>Neutral</th>
<th>Alkaline forming</th>
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<tbody>
<tr>
<td>None Tested</td>
<td>Butter</td>
<td>olive oil (I consider olive oil the top choice among oils)</td>
<td>None Tested</td>
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<tr>
<td></td>
<td></td>
<td>Sunflower seed oil</td>
<td>Margarine</td>
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Note: I consider olive oil the best oil choice for daily use because of its combination of excellent nutritional value, the many scientific studies that have demonstrated its health benefits, its place in the Mediterranean diet overall, and its low potential renal acid load. Canola oil was not tested in the original article, but it has many health benefits that lead me to consider it an excellent daily oil choice too.

Nuts & Legumes

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<th>Neutral</th>
<th>Alkaline forming</th>
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<tbody>
<tr>
<td>None Tested</td>
<td>Peanuts</td>
<td>None Tested</td>
<td>Hazelnuts</td>
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<tr>
<td></td>
<td>Walnuts</td>
<td>None Tested</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lentils</td>
<td>None Tested</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pistachio</td>
<td>None Tested</td>
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</tr>
<tr>
<td></td>
<td>Almonds (Best choice along with hazelnuts)</td>
<td>None Tested</td>
<td></td>
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</tbody>
</table>

Note: Nuts and legumes (beans) are an excellent choice of plant-based protein and are also rich in many beneficial nutrients. Dried beans were not tested on the initial renal acid load study. They are also the most widely categorized food on other alkaline food lists. They are also the most variably categorized food on other alkaline food list. I personally consider legumes as a veggie and part of the foundational bottom of the pyramid, which means I recommend eating them without reservation. (The more often you eat beans the easier they are to digest – trust me) Nuts, however, should be eaten in moderation if for no other reason than their fat content.
Fruits

<table>
<thead>
<tr>
<th>Very acid forming</th>
<th>Acid Forming</th>
<th>Neutral</th>
<th>Alkaline forming</th>
</tr>
</thead>
<tbody>
<tr>
<td>None Tested</td>
<td>Bananas</td>
<td>Cherries</td>
<td>None Tested</td>
</tr>
</tbody>
</table>

**Note:** Surprisingly, raisins and dried figs are very, very alkaline promoting. Figs also have a lot of readily bioavailable (useful to your body) calcium and are a great bone-building snack substitute for sweets.

Vegetables

<table>
<thead>
<tr>
<th>Very acid forming</th>
<th>Acid Forming</th>
<th>Neutral</th>
<th>Alkaline forming</th>
</tr>
</thead>
<tbody>
<tr>
<td>None Tested</td>
<td>Peas</td>
<td>None</td>
<td>North</td>
</tr>
</tbody>
</table>

**Note:** Eat any and all combination of veggies – raw, cooked, in season, out of season - no holds barred, just do it and feel virtuous! Try to get a rainbow of colors as each color represents a different nutrient, and your body wants and needs them all.

Grains

<table>
<thead>
<tr>
<th>Very acid forming</th>
<th>Acid Forming</th>
<th>Neutral</th>
<th>Alkaline forming</th>
</tr>
</thead>
<tbody>
<tr>
<td>None Tested</td>
<td>Rye</td>
<td>Wheat</td>
<td>None Tested</td>
</tr>
</tbody>
</table>

**Note:** Whole grains have a bounty of nutritional benefit, which demonstrates why all grains should be eaten whole. Grains, however, are not part of the pyramid’s diet foundation and should be enjoyed in moderation only. Although quinoa was not tested by Remer and Manz, many other alkaline/acid sources consider it a very low acid forming grain, bordering on neutral. I believe it is the best choice for a whole grain and can be easily incorporated into many dishes.

Whole grains milled into flour are the best choice for flour, but understand that once pulsed into flour, even a whole grain flour has a higher glycemic index than the original grain itself. Also, understand that refined grain is not a whole food. When refined, the fiber is removed from the grain as are many of the important nutrients. This means that foods made with refined (white) flour belong on the tiny tip of the pyramid because they are higher glycemic, low nutrient value foods that lack fiber for intestinal probiotic stewardship. (More on that later!)

Beverages

<table>
<thead>
<tr>
<th>Very acid forming</th>
<th>Acid Forming</th>
<th>Neutral</th>
<th>Alkaline forming</th>
</tr>
</thead>
<tbody>
<tr>
<td>None Tested</td>
<td>Beer</td>
<td>Wine</td>
<td>(Especially red for the antioxidants and slightly lower acid load as opposed to white)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tea</td>
<td>Green tea is the best choice for its antioxidant value</td>
</tr>
</tbody>
</table>

**Note:** Fruits juices are high in sugar and lack fiber, which is beneficial for intestinal health and for the health of the intestinal probiotic flora. I believe fruit juices should be consumed in moderation, if at all, and belong on the tip of the pyramid.

Wine, even red, needs to be considered a high sugar juice, as does sugary soda and beer. Red wine has antioxidants and is a better choice than white wine. They all go in the tip of the pyramid for their glycemic load, the known adverse health impacts of excess alcohol consumption, lack of fiber, etc.

Sweeteners and Condiments

<table>
<thead>
<tr>
<th>Very acid forming</th>
<th>Acid Forming</th>
<th>Neutral</th>
<th>Alkaline forming</th>
</tr>
</thead>
<tbody>
<tr>
<td>None Tested</td>
<td>Sugar, brown</td>
<td>Honey</td>
<td>Alkaline forming</td>
</tr>
</tbody>
</table>

**Note:** Sweeteners are a problem in terms of glycemic load. Notice that, after you’ve enjoyed a sweet food, the addictive cycle starts. Understand this is never a good metabolic sign and is a harbinger of trouble for the body’s biochemistry. Sweeteners must be used with extreme moderation and belong on that tiny tip of the pyramid where the other treats go. Darn – I love dark chocolate and hard candy!

Building Your Healthy Eating Foundation Step by Step

**Step 2:** How Your Dietary Foundation Leads to Healthy, Attractive Skin

The foods you eat for your 60-80 percent dietary foundation should include the full rainbow of healthy foods. Know that you want a range of nutrients, micronutrients, antioxidants, fiber, probiotic organisms and other similar foods. It’s actually relatively easy because alkaline whole foods are full of the "magical foods” touted in the media for healthy skin and good overall health. You can mix your diet up and have fun by eating what’s in season and what you love, the “magical foods” touted in an interesting article, whatever foods are on sale, and what you’re in the mood for. Find new and unusual recipes like curries, chia pudding, taco salad, and more that incorporate “magic foods” you may not even be familiar with!
The 9 Best Nutrients for Your Skin Plus the “Magic Foods” That Are Rich in Them

1. Vitamin A: This is found in abundance in greens like collard, kale, chard and spinach. It's also found in winter squash/pumpkins, carrots, broccoli, sweet potatoes, tomatoes, mangoes, oranges, cantaloupe, peaches and apricots.

2. Cartenoids: Carotenoids are great for your skin. Beta-carotene-rich foods will give your skin a warm, healthy golden glow. Beta-carotene-rich foods include pumpkin, winter squash, sweet potatoes, carrots, green peppers like kale/collard/spinach/chard/turmeric greens/beet greens, orange bell peppers and broccoli. Beta carotene will give your skin a beautiful golden glow 24/7 without harmful and wrinkle-promoting UV ray exposure. I eat carrots every day for the glow! Lycopene, the bright red carotene and carotenoid pigment, is found in tomatoes, guava and watermelons.

3. Vitamin E: Sunflower seeds contain more vitamin E than any other food or seeds. Other nuts, especially almonds, are also a great source for it. Vitamin E can further be found in tofu, greens, avocados, wheat germ, whole grains, green leafy veggies and kiwi. Oils that are rich in vitamin E include olive oil, vegetable oils and fish liver oil.

4. Vitamin C: Everyone knows that oranges and all citrus fruits are high in vitamin C. But, green peppers, broccoli, green leafy veggies, berries, raw cabbage, tomatoes, kiwi and strawberries are too. Are you hungry yet?

5. Polyphenol Antioxidants: These important and powerful antioxidants fight free radical reactions that age and break down your skin and body. The vitamins listed above are also antioxidants. In addition, polyphenol antioxidants are important age fighters. They include flavonoids, an important subset of polyphenol antioxidants that contribute to skin health. They are present in many berries, coffee, tea and dark chocolate. Green tea is especially rich in these polyphenol antioxidants too. I’m a huge fan of green tea for the many benefits it serves both in diet and when applied to the skin in products with high concentrations of the right green tea components. Other flavonoids you’ve probably heard about and that are important dietary antioxidants for your skin include: Resveratrol – found in the skin or red grapes (Red wine included!) Flavonols – found in walnuts Isoflavone phytoestrogens – found in soy and peanuts Quercetin – found in apple peels Anthocyanin – found in purple potatoes (Yes, purple potatoes are the best potato choice, and they are delicious!)

6. Phenolic antioxidants: These can be found in herbs and spices, coffee and tea, berries, tomatoes, seeds, whole grains, fruits, vegetables, curcumin (turmeric) and red wine. They are known for being helpful to both skin and overall health.

7. Essential Fatty Acids: These are oils your body can’t make and that must come from your diet. They include the omega-3 and omega-6 polyunsaturated fatty acids mentioned above as smart fats. Your skin needs them for healthy cell membranes and to help fight UV damage. Choose oils that are cold pressed, expeller processed or extra virgin because the important fatty acids can be destroyed by processing. Really important essential fatty acids are the two omega-3 fatty acids: ALA (alpha-linoleic acid) omega-3 fatty acid is found in canola oil, soybean oil, flax seeds and walnuts. It’s also found in some greens like Brussel sprouts, kale, spinach and salad greens. (Tips: cooking with fresh canola or soybean oil will not destroy the omega-3a) EPA (ecosapentaenoic acid) omega-3 fatty acid is found in fatty fish such as salmon (preferably wild caught). Note: Olive oil also contains some omega-3 fatty acids, and olive oil consumption, in general, has been shown to have an anti-aging effect on the appearance of your skin.

8. Minerals: Selenium: This is found in whole grains. It’s important to always opt for whole grains over refined grains so that you have less room for white grains in your diet. Refined grains have no health benefit and even have negative consequences for your health. High zinc foods: Since zinc helps acne, high zinc foods are beneficial. Zinc-rich foods include seeds like sesame, pumpkin, and various beans including red/kidney beans, lentils, garbanzo beans and others. Cashews, quinoa, low fat beef, lamb, and seafood like oysters are also good sources of zinc.

9. Probiotics: While overlooked until recently, probiotics are now getting the attention they deserve because they are that important. Probiotics are the healthy microbes that ferment foods. If these foods remain unheated, then the probiotics stay alive and ready to help the other microbiota in your intestine (eww!). You’ve got to love these guys because they rock your health. Where are these important food-based probiotics? Yogurt is fermented with them as are barrel fermented pickles or sauerkraut - the way Grandma or Great Grandma used to do it. Kefir, kimchee, kombucha, and miso are other fermented foods that have probiotic health benefits too.

Yes, You Are What You Eat... So Make It Good!

You can’t fool Mother Nature. There is no “dietary bypass” to health and healthy skin, so save your money on those supplements and head for the whole foods aisles at your grocery store. The truth is, digestion and nutrition are just too complicated for a nutritional supplement to outsmart. Supplements and nutritional powders are very popular and may seem very convincing, but don’t be fooled. Supplements are often not absorbed, are contaminated with unintentional byproducts, or are absorbed by your body in excess to the point of toxicity. Save your time and money and just eat well!

Bottom Line
Create a foundation of healthy eating of alkaline forming whole foods that are low glycemic and low fat but smart fats. Your skin needs them for healthy cell membranes and to help fight UV damage. Choose oils that are cold pressed, expeller processed or extra virgin because the important fatty acids can be destroyed by processing. Really important essential fatty acids are the two omega-3 fatty acids: ALA (alpha-linoleic acid) omega-3 fatty acid is found in canola oil, soybean oil, flax seeds and walnuts. It’s also found in some greens like Brussel sprouts, kale, spinach and salad greens. (Tips: cooking with fresh canola or soybean oil will not destroy the omega-3a) EPA (ecosapentaenoic acid) omega-3 fatty acid is found in fatty fish such as salmon (preferably wild caught). Note: Olive oil also contains some omega-3 fatty acids, and olive oil consumption, in general, has been shown to have an anti-aging effect on the appearance of your skin.

A Note on Probiotic Stewardship

Recent scientific studies show that the microbes in your intestine are a precious stabilizer of your health and have far reaching consequences to you that you probably have never imagined! These probiotic intestinal microbes (called the microbiome or microbe) thrive best when you eat a lot of fiber and the diet that we just described. This primarily plant-based diet of whole foods provides the fiber and balance of nutrients they need. High fiber and lower glycemic diets favor the growth of beneficial gut microbiota, which in turn, discourages inflammation, disease and obesity. It even appears to help fend off depression and promotes a psychological state of well-being. Know that the state of your intestinal microbiome is important for your well-being!

The concept regarding beneficial intestinal microorganisms is one of stewardship, making dietary choices that encourage the growth of health promoting organisms in your intestinal microbiome. The good organisms appear to like the foods we’ve been talking about, and they don’t like the foods on the tiny tip of the pyramid – smart little guys! Research is exploding on the subject, and the bottom line is that your diet is really important to your health for complex reasons you probably never dreamed of, including organisms in your gut.

Dr. Cynthia Bailey, Dr. Bailey Skin Care, LLC © 2015

Building Your Healthy Eating Foundation: Step 2

Dr. Bailey Skin Care, LLC © 2015
What are my personal favorite foods that form my daily Alkaline Mediterranean Pyramid?

Each day, I aim to eat at least one serving of:

- Greens of all sorts
- Winter squash, carrots or sweet potatoes
- A raw apple with the skin
- Pomegranate or berries
- Flax seeds (1/4 cup freshly ground)
- Nuts and seeds
- Olive oil (usually 1 Tbsp. or so ends up on or in my food)
- A pot of green tea and often a cup of coffee
- Lots of other fresh or freshly cooked fruits and vegetables like broccoli, tomatoes, cucumbers, red bell peppers, Brussel sprouts, mangoes, papayas, avocados, peaches, pears, kiwi and apricots
- Beans and a serving of whole grain such as quinoa, corn, whole oats, millet or brown rice
- Yogurt, kefir or another probiotic-rich food (I use soy or goat milk products)
- Wild caught salmon once a week
- Foods made with spices like cinnamon, turmeric and ginger
- A glass of red wine

What’s in the top of my pyramid? True confessions: the sugar in the dark chocolate, red wine, a small serving of rib eye, and a martini or French fries from time to time. I’m also partial to artisan quality bread made with unbleached (not whole!) flour! And, I enjoy every bite – after I’ve eaten my veggies, of course!

Recipes for the Alkaline Mediterranean Diet

To make your new journey easier, my team and I have compiled a 14-day recipe guide that incorporates an alkaline diet that we challenge you to embark on. Food is a large part of all our lives, and we really need to make it count for the better. Not only will the impact be visible on your skin, but it will also be felt in the improved health of your body. So, how about we start cooking these delicious recipes?

Day 1

Breakfast  Mojito Smoothie

**Ingredients**  
- 1 ½ cups ice cubes, or as desired
- 1 cup baby spinach leaves, or to taste
- ½ can (7 ounce) pineapple can
- ¼ cup coconut water
- ½ banana
- 5 fresh mint leaves, or more to taste
- ½ lemon, juiced
- ¼ lime, juiced

**Directions**  
Blend ice, spinach, pineapple, water, banana, mint, lemon juice, and lime juice in a blender until smooth.

Recipe courtesy of Dr. Bailey Skin Care

Lunch  Kitchen Sink Salad with Ginger Hemp Dressing

**Ingredients**  
- Juice of 1.5 lemons
- 1/2 cup extra virgin olive oil-cold pressed
- 3 teaspoon Udo’s oil (or more if you like)
- 1 Tablespoon tahini -preferably raw
- 2 Tablespoons Braggs liquid aminos
- 1 Tablespoon filtered water
- ½ banana
- 1/3 cup hemp nuts
- 1 teaspoon finely grated ginger

**Directions**  
Blend all ingredients well in a high speed blender, scraping down sides to incorporate. Pour into a salad dressing bottle and enjoy. This dressing will keep well for up to 3 days if it lasts that long!
Day 2 cont.

Dinner  Miso-Marinated Sea Bass

**Ingredients**
- 1/3 cup sake
- 1/3 cup mirin
- 1/3 cup light yellow miso
- 2 Tablespoons soy sauce
- 4 6-ounce sea bass fillets (each about 3/4 inch thick)

**Directions**
Pour sake, mirin, miso, soy sauce and bass fillets in shallow baking dish. Marinate for at least 2 hours. Turn on broiler. Place bass in broiler pan, but reserve the marinade. Cook fish under broiler for 3-4 minutes. Flip and brush with reserve marinade. Cook for another 3-4 minutes. The sea bass is finished when opaque in center. Transfer to plates and serve.

Day 3

Breakfast  Egg White Frittata

**Ingredients**
- 2 Tablespoons olive oil
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1/4 yellow onion, chopped
- 1 teaspoon kosher salt
- 1/2 cup feta cheese, crumbled
- 2 cups fresh spinach

**Notes**
Recipe courtesy of Alkaline Sisters

Dr. Bailey recommends using the whole egg, not just the egg white.

**Directions**
Preheat the oven to 375°F. In a heavy skillet, add olive oil and bring to medium-low heat. Saute onions and peppers until vegetables are tender, about 7 minutes. Sprinkle the mixture with salt and pepper. Pour egg whites into the skillet and cook for 3 minutes. Sprinkle the top with feta and spinach. Put skillet in oven and bake, uncovered, for 8 to 10 minutes. (If you use whole eggs instead of egg whites, bake at 400°F) Loosen the edges of the frittata with a rubber spatula, and then invert onto a plate.

Lunch  Leftover Beans and Greens

**Ingredients**
- 1 cup vegetable broth
- 2 cans no-salt-added cannellini or other white beans, rinsed and drained
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper

**Directions**
Heat oil in skillet. Toss in garlic and peppers, and sauté for 30 seconds to 1 minute until fragrant. Drop greens in by the handful, toss with tongs to coat with oil. Add broth and cover skillet, simmering until greens are wilted and most of the broth has been absorbed. Add beans and season with salt and pepper. Cook until beans are heated through, 2-3 minutes. Serve with a drizzle of olive oil on top.

Recipe courtesy of Dr. Bailey Skin Care

Recipe courtesy of popsugarfitness.com

Recipe courtesy of Alkaline Sisters

Recipe courtesy of  Dr. Bailey Skin Care

TIP: This makes great leftovers, so make some extra to save in the fridge for later meals this week!

Here are some go-to snacks for the Mediterranean Alkaline Diet:
- Goat yogurt
- Raw almonds and dried fruits
- Cut-up veggies with hummus
- Nut butters and celery
- Edamame

Tip: Note: TIP: Mnemonic: Day 1 cont. Day 2 cont. Day 3

Day 2

Breakfast  Cinnamon Quinoa Breakfast

**Ingredients**
- 1 cup quinoa, rinsed
- 3 cups unsweetened almond milk
- 1/2 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/2 cup raisins
- 1 med apple chopped small (save some for garnish)
- Stevia or agave to taste
- 1/2 cup raw walnuts, chopped
- 4 Tablespoons raw sunflower seeds
- 1 cup fresh organic blueberries
- Optional – fresh raspberries, fresh strawberries, chopped pecans or almonds, hemp seeds

**Directions**
Combine quinoa, almond milk, cinnamon, allspice, raisins in medium sauce pan. Bring to a boil and then place lid on pan and reduce to low heat. After 5 mins stir in chopped apple and simmer for approx 5-7 mins longer. Stir and check for remaining liquid and if most is absorbed then remove from heat, leaving lid on pan and let rest for 5 mins to absorb rest of the milk. If you peek, there is still lots of liquid, simmer for 3-5 mins longer but keeping a close eye over the pot as this mixture can easily burn if left to boil dry, then let it rest for 5 mins. Taste for sweetness and adjust to your liking with 3-5 stevia drops or a dribble of agave syrup. You may not need any additional sweetener as the raisins and apple do add a nice sweetness that may be just perfect for you. Be cautious as even these natural sugars will spike your blood sugar levels and you want to minimize this. Top each serving with walnuts, sunflower seeds, blueberries and remaining chopped apple.

Recipe courtesy of Alkaline Sisters

Recipe courtesy of Dr. Bailey Skin Care

Recipe courtesy of popsugarfitness.com

Recipe courtesy of  Dr. Bailey Skin Care

TIP: This makes great leftovers, so make some extra to save in the fridge for later meals this week!

Here are some go-to snacks for the Mediterranean Alkaline Diet:
- Goat yogurt
- Raw almonds and dried fruits
- Cut-up veggies with hummus
- Nut butters and celery
- Edamame
### Day 3 cont.

#### Lunch: Salad in a Jar - Pick and Choose

**Possible Ingredients**
- **Fruits**: Blackberries, Raspberries, Blueberries, Grapes, Strawberries, Cherries, Dried Cherries, Dried, Cranberries, Freeze Dried, Strawberries, Goji Berries, Raisins, Oranges
- **Veggies**: Tomatoes, Jalapenos, Tomatoes, Fennel, Onions, Cucumbers, Celery, Carrots, Quinoa, Lentils
- **Toppings**: Silvered almonds, Walnuts, Pine Nuts, Pumpkin Seeds
- **Green Things**: Romaine, Red Leaf, Kale, Spinach, Spring Mix, Boston Leaf, Herb Mix (basil, oregano, sage, parsley, mint, cilantro), Peppery mix (arugula, nasturtium)

**Yield**: 1 serving

#### Directions

**How to create salad in a jar:**
Salad Dressing goes in first. Then add moisture resistant veggies or fruit next. Then add greens and lastly lettuce or herbs. When ready to eat, simply shake up the jar and serve.

**Tip:**
Easy to make-ahead for grab-and-go salad! Great for busy work week lunches.

#### Dinner: Buddha Bowl

**Possible Ingredients**
- **Greens**: Spinach, Arugula, Red Leaf, Kale, Basil, Parsley, Sage
- **Protein**: Edamame, Tofu, White Beans, Tuna
- **Veggies/Fruit**: Peppers, Sweet Potato, Squash, Avocado, Eggplant, Plum, Peach, Carrot, Dried fruit

**Yield**: approximately 1 cup

#### Directions

**Assembling**
Take as many items from each category as you’d like. Get creative. Make it colorful and as light or as filling as you’d like.

Serving size varies on how big you make your bowl.

### Day 4

#### Breakfast: Leftover Egg White Frittata

**Ingredients**
- 1 ripe organic avocado
- 2 Tablespoons organic red onion, finely diced
- 2 Tablespoons organic guacamole
- 1 Tablespoon organic sour cream

**Directions**
Spread a spoon of each sour cream, guacamole and top with a small handful of salad and roll up tightly. Repeat with remaining ingredients. Cut in half and eat straight away!

#### Lunch: Zucchini Salad Rolls

**Ingredients**
- 1 cup organic cashews, roughly chopped
- 1 cup organic mint leaves
- ½ lime, juiced
- ¼ cup organic coriander leaves

**Directions**
Drain the cashews, place nuts in a food processor add remaining ingredients then puree until smooth. Refrigerate until needed.

#### Dinner: Couscous with Tomatoes, Basil and Lentils

**Ingredients**
- 8 ounces of lentils (tinned or prepared yourself from dried)
- 3 large tomatoes
- 12 ounces of fresh vegetable juice (tomato, cucumber, spinach etc – OR you can use V8 or a shop bought veggie juice in this instance)
- 7 ounces of uncooked couscous

**Directions**
This is really easy. First, steam fry the garlic in a little water until it is softened, just a minute will do. Then stir in the vegetable juice, lentils, water, salt and pepper. Bring this to a simmer to cook the lentils through. Remove from the heat. Now you can simply chuck in the lentils, tomatoes and basil – cover it up and let it stand for five mins until the couscous is cooked through. Lastly, remove the cover and fluff up the couscous with a fork and you’re ready to go!
### Day 5
#### Breakfast
**Quinoa and Apple Breakfast Warmer**

**Ingredients**
- ½ cup of quinoa
- 1 apple
- ½ lemon

**Directions**
Cook the quinoa according to the packet instructions, but this is generally to rinse the quinoa in a sieve and then add 50% more water than quinoa i.e. for 1 cup of quinoa you’d add 1.5 cups of water. Then bring to the boil and simmer for 15 minutes. As you’re reaching the end of the 15 minutes, grate the apple in and cook for a further 30 seconds, grate in the zest of the lemon and squeeze a little lemon in to taste. Now serve in bowls with a sprinkle of cinnamon and voila! Delicious and warming. Note: if you want to add raisins (and I only recommend this while transitioning) then throw them in just before you grate in the apple.

#### Lunch
**Avocado Chicken Salad**

**Ingredients**
- One chicken breast, cooked and shredded
- One avocado
- One celery stalk, diced
- Quarter of a Vadalia onion, finely diced
- Juice from half a lemon
- Salt and pepper to taste

**Directions**
Combine all ingredients and mix together

#### Dinner
**Chicken Pesto**

**Ingredients**
- 1 1/2 cup almonds
- 14 oz can fire roasted diced tomatoes
- 1/2 cup sun-dried tomatoes
- 1/3 cup fresh basil
- 1/2 cup grated fresh romano cheese

**Directions**
Drain the can of tomatoes and put all ingredients, except chicken, into the food processor and pulse until it’s pesto consistency. Top chicken breasts with pesto and serve.

### Day 6
#### Breakfast
**Banana, Pear, Avocado and Hempseed Smoothie**

**Ingredients**
- 1 ripe banana, frozen
- 1 small, ripe pear, peeled, cored, and quartered
- 1/4 large or 1/2 small Hass avocado
- 1/4 cup parsley
- 1 cup Dole® Power Up Greens™ Baby Kale and Greens
- 1 teaspoon lemon juice
- 1 Tablespoon hemp seeds
- 1/4 cups almond milk
- 1 pitted medjool date (optional)

**Directions**
Blend all ingredients till smooth. Serve, garnished with parsley if desired!

#### Lunch
**Salad In a Jar**

Refer to page 24.

#### Dinner
**Sautéed Spaghetti Squash with Spinach and Garlic**

**Ingredients**
- 1 2-4 lb spaghetti squash
- 2-3 cups baby spinach
- 3 cloves garlic
- 2 Tablespoons olive oil

**Directions**
Cut spaghetti squash in half, scrape out seeds. Place open side down in a casserole dish, fill with 1/2” water, cover with plastic wrap and microwave on high for 8-12 minutes. (Until squash is slightly soft when you press your fingers against the outside.) While squash is in microwave, cut up baby spinach and dice garlic. Add garlic and olive oil to large saute pan. Turn heat to medium and simmer garlic until it starts to become fragrant, being careful not to burn. Add spinach and gently stir until spinach wilts and becomes soft. At this point, your spaghetti squash should be done. Using a fork, scrape the inside of the squash lengthwise to pull out the strands. Scrape squash directly into saute pan. Continue cooking until squash, spinach and garlic butter are fully incorporated. Salt to taste. Top with leftover pesto.

### Day 7
#### Breakfast
**Coconut Millet Breakfast Porridge**

**Ingredients**
- 1/3 cup millet, rinsed and drained
- 1/2 cup milk alternative
- 3/4 cup water
- 1/4 teaspoon cinnamon

**Directions**
In a small saucepan, combine the millet through optional raisins and bring to a boil. Reduce the heat to low, cover, and cook at a very low simmer for 20-25 minutes, without stirring, or until the liquid is absorbed and the millet is the consistency of oatmeal or cream of wheat. Remove from the heat and add toppings.
Day 7 cont

**Lunch** Watermelon, Feta and Mint Salad

**Ingredients**
- 1 small red onion, halved and sliced into thin half-moons
- 2 Tablespoons lime juice, or more to taste
- 2 Tablespoons extra-virgin olive oil

**Directions**
Mix red onion with lime juice in a bowl; set aside to marinate at least 10 minutes. Stir olive oil into mixture. Toss watermelon, baby cucumbers, and feta cheese together in a large bowl. Pour the red onion mixture over the watermelon mixture; toss to coat. Sprinkle mint over the salad; toss.

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**Dinner** Sesame Seared Ahi Tuna

**Ingredients**
- 1/4 cup soy sauce
- 1 Tablespoon mirin (Japanese sweet wine)
- 1 Tablespoon honey
- 2 Tablespoons sesame oil

**Directions**
In a small bowl, stir together the soy sauce, mirin, honey and sesame oil. Divide into two equal parts. Stir the rice vinegar into one part and set aside as a dipping sauce. Spread the sesame seeds out on a plate. Coat the tuna steaks with the remaining soy sauce mixture, then press into the sesame seeds to coat. Heat olive oil in a cast iron skillet over high heat until very hot. Place steaks in the pan, and sear for about 30 seconds on each side. Serve with the dipping sauce and wasabi paste.

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Day 8

**Breakfast** Chia Seed Pudding

**Ingredients**
- 1 ½ cups unsweetened almond or coconut milk
- 1/4 cup chia seeds

**Directions**
Whisk milk and chia seeds in a mason jar and chill in the fridge for 2 1/2-3 hours. When desired, scoop ¾ cup to 1 cup into a bowl and top with fruits.

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**Lunch** Ahi Tuna Salad

**Ingredients**
- 2 handfuls of Spring Salad Mix
- ½ Tomato, quartered

**Directions**
Assemble ingredients on plate or in bowl (Dressing suggestions: Wasabi or Ginger Sesame Dressing)

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**Dinner** Vegan Superfood Pizza with Quinoa Crust

**Ingredients**
- 1 cup white quinoa
- 2⅛ cups water, divided
- 1 Tablespoon olive oil
- 1 Tablespoon white wine vinegar
- 1 Tablespoon fresh lemon juice
- 1 garlic clove
- 1 Tablespoon nutritional yeast
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon salt
- black pepper, to taste
- ½ cup superseed pesto (see post from February 10, 2014)
- 1 cup cherry tomatoes, halved
- 2 Tablespoons raw pepitas
- small handful fresh basil, chopped

**Directions**
Soak quinoa in two cups water for 8 hours or overnight. Drain and rinse the soaked quinoa. Preheat oven to 425 degrees Fahrenheit. Add the quinoa, 2 tablespoons water, olive oil, white wine vinegar, lemon juice, garlic, nutritional yeast, dried basil, dried oregano, salt, and pepper to a food processor. Process until mixture is smooth and resembles a thick batter (approximately 2-4 minutes). Pour batter into a well-greased, 10-inch tart pan. Bake for 18-20 minutes or until golden and set. Let cool for 10 minutes. Pop crust out of pan and spread pesto evenly across the crust. Top with tomatoes, pepitas, arugula, and basil. Cut and serve immediately.

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**Day 9 cont.**

**Breakfast** Apple Kiwi Smoothie

**Ingredients**
- 1 apple, cored and cut into chunks
- 1 kiwi, peeled and quartered
- 1 handful spinach
- 1 knob of fresh ginger, peeled and chopped

**Directions**
Add ingredients to blender and blend until smooth.
Day 9 cont.

Lunch: Salad in a Jar

Dinner: Miso Soup with Soba Noodles, Ginger and Greens

Ingredients
- 3 oz soba noodles
- 1 teaspoon miso
- 2 1/2 cups water
- 2 teaspoons soy sauce
- 2 thin slices ginger, peeled and cut into matchsticks
- 1 clove garlic, thinly sliced
- 1 small bag of escarole kale
- 3 large mushrooms, sliced
- 1/2 cup medium tofu, cut into 1/2-inch cubes

Directions
Bring a large saucepan of salted water to a boil. Cook the soba noodles according to the package instructions. Drain. Meanwhile, in a small bowl, whisk together the miso and 1/2 cup water. In a medium-size saucepan, bring the remaining 2 cups water, soy sauce, ginger, and garlic to a boil. Reduce the heat and simmer for 10 minutes. Add the greens, mushrooms, scallions and tofu. Simmer for 2 to 3 minutes or until the vegetables are wilted. Gently stir in the miso. Ladle into bowls and serve.

Day 10

Breakfast: Sweet Potato Hash

Lunch: Leftover Miso Soba Soup

Ingredients
- 2 Tablespoons olive oil or coconut oil
- 1 sweet potato, cut into ½ inch squares
- ½ medium onion or 1 small onion, chopped
- 1 medium size zucchini,

Directions
Melt oil in a large frying pan over medium heat. Cook sweet potatoes and onions first. When onions begins to soften, add zucchini. When onions are translucent and sweet potatoes are soft, add eggs and stir with mix. Cook until eggs are done, stirring occasionally. Sprinkle with goat cheese and serve over handful of spinach.

Day 10 cont.

Dinner: Avocado & Couscous Stuffed Mushrooms

Ingredients
- 1/2 cup cooked couscous
- 1/2 avocado, mashed
- 1/4 cup chopped tomatoes
- 1/4 teaspoon paprika

Yield: 4 stuffed mushrooms

Directions
Preheat oven to 350 degrees. Add all ingredients (excluding mushrooms) in a bowl. Mix well. Spray a cooking sheet with cooking spray and place mushrooms on top. Stuff mushrooms with filling and bake for about 20 minutes, or until done.

Day 11

Breakfast: Pumpkin Pie Smoothie

Yield: 2-10 oz smoothies

Ingredients
- 1 cup steamed pumpkin or organic canned pumpkin, BPA-free tin
- 1 cup thick organic coconut milk, BPA-free tin
- 1/2 avocado
- 1-2 Tablespoons hemp seeds
- 1-2 Tablespoon raw pumpkin seeds
- 1/4 cup chopped tomatoes
- 1/4 teaspoon paprika
- 1/8 teaspoon sea salt
- 1/8 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cinnamon
- 1/4 teaspoon all spice
- pinch nutmeg
- pinch ground cloves
- 1/2 teaspoon vanilla
- 6-10 drops liquid stevia to taste

Directions
Place all ingredients into blender and combine until well until smooth. Adjust thickness if needed to your liking with additional almond milk if needed. Pour into glasses and garnish with additional cinnamon.

Lunch: Salad in a Jar

Dinner: Buddha Bowl

Recipe courtesy of athleticavocado.com

Recipe Courtesy of Dr. Bailey Skincare

Recipe Courtesy of Dr. Bailey Skincare

Recipe Courtesy of Dr. Bailey Skincare
**Day 12**

**Breakfast** Leftover Sweet Potato Hash

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**Lunch** Alkaline Wrapless Wraps

**Ingredients**
- 6 very large romaine lettuce leaves (iceberg is also fine)
- 2 ripe tomatoes
- 3 ripe avocados
- ½ medium-sized red onion
- ½ fresh chili

**Yield:** 2 servings

**Directions**
Firstly, mash the avocados (with a fork in a bowl is fine). Then chop the tomatoes, red onion, coriander and parsley (plus chili if you want it hot) into small pieces, make it nice and diced. Then squeeze the lemon juice and sprinkle the salt over the avocado and mix in the chopped up stuff. It makes up a kind of salsa, but with loads more avocado. Nice and alkaline. Now prepare the big lettuce leaves by washing them and then patting dry. Divide the mixture up among the leaves, wrap them over and keep them secure with a cocktail stick!

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**Dinner** Buddha Bowl

refer to page 24

**Day 13**

**Breakfast** Berry Chia Smoothie

**Ingredients**
- 1½ cup of frozen berries
- 1 cup almond or coconut milk
- 1 banana
- 1 Tablespoon chia seeds

**Yield:** 2 serving

**Directions**
Combine ingredients in blender and blend.

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**Day 14**

**Breakfast** Cinnamon Quinoa Breakfast

**Ingredients**
- 1 cup quinoa, rinsed
- 3 cups unsweetened almond milk
- 1/2 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/2 cup raisins
- 1 med apple chopped
- small (save some for garnish)
- Stevia or agave to taste
- 1/2 cup raw walnuts, chopped
- 4 Tablespoons raw sunflower seeds
- 1 cup fresh organic blueberries
- Optional - fresh raspberries, fresh strawberries, chopped pecans or almonds, hemp seeds

**Yield:** 2 servings, approx 4 cups

**Directions**
Combine quinoa, almond milk, cinnamon, allspice, raisins in medium sauce pan. Bring to a boil and then place lid on pan and reduce to low heat. After 5 mins stir in chopped apple and simmer for approx 5-7 mins longer. Stir and check for remaining liquid and if most is absorbed then remove from heat, leaving lid on pan and let rest for 5 mins to absorb rest of the milk. If when you peek, there is still lots of liquid, simmer for 3-5 mins longer but keeping a close eye over the pot as this mixture can easily burn if left to boil dry, then let it rest for 5 mins. Taste for sweetness and adjust to your liking with 3-5 stevia drops or a dribble of agave syrup. You may not need any additional sweetener as the raisins and apple do add a nice sweetness that may be just perfect for you. Be cautious as even these natural sugars will spike your blood sugar levels and you want to minimize this. Top each serving with walnuts, sunflower seeds, blueberries and remaining chopped apple.

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**Day 13 cont.**

**Lunch** Hummus Stuffed Avocado

**Ingredients**
- Sabra Hummus
- 1 avocado
- Feta Cheese
- Kalamata olives

**Yield:** 2 servings

**Directions**
Slice avocado in half, divide, and remove pit. With a spoon, stuff each avocado half with hummus, top with feta cheese and chopped kalamata olives.

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**Dinner** Grilled Salmon with Cilantro Sauce

**Ingredients**
- 1 ½ pounds salmon
- 2 Tablespoons coconut butter or olive oil
- ½ cup chopped cilantro
- ½ fresh jalapeno pepper, seeded and chopped
- Old Bay Seasoning to taste

**Yield:** 2 servings

**Directions**
Preheat grill for high heat. Lightly grease one side of a large sheet of aluminum foil. Place salmon on the greased side of foil. Melt the butter in a saucepan over medium heat. Remove from heat, and mix in cilantro and jalapeno. When cilantro is wilted, drizzle butter mixture over the salmon. Place foil with salmon on the grill. Season with Old Bay. Cook 15 minutes, or until fish is easily flaked with a fork.

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Recipe Courtesy of [www.laurafuentes.com](http://www.laurafuentes.com)

Recipe Courtesy of [adapted from allrecipes.com](http://adaptedfromallrecipes.com)

Recipe Courtesy of [liveenergized.com](http://liveenergized.com)

Recipe Courtesy of [Dr. Bailey](http://Dr.Bailey)

Recipe Courtesy of [Alkaline Sisters](http://AlkalineSisters)
Lunch
Avocado Citrus Balsamic Salad

Ingredients
- ¼ avocado
- ½ pink grapefruit
- ½ small onions, slivered
- Handful of spinach

Yield: 2 servings

Directions
Cut the avocado in half and scoop it out gently as close to the skin as possible. Slice avocado the long way. Skin the grapefruit by cutting down the sides and cutting off the ends. Cut grapefruit in half then slice. Lay down a bed of spinach on to the plate. Lay down alternating slices of avocado and grapefruit. Place slivered onions on the sides of the salad. Drizzle olive oil then glaze on salad. Sprinkle goat cheese on top and serve.

Day 14 cont.

Dinner
Spelt Pasta with Broccoli and Almonds

Ingredients
- 4 servings
- 1¼ lbs spelt pasta
- 9 ounces spelt pasta
- ½ cup Almond flakes
- 2 Garlic cloves, cut into fine pieces
- 2 Tablespoons rapped or grreated oil
- Himalayan Crystal Salt or Celtic Sea Salt
- Freshly ground black pepper

Yield: 4 servings

Directions
Bring a large pot with water to boil. Cook the pasta until tender, but make sure they are still ‘al dente’. Wash and drain the broccoli and cut the florets into small pieces. Gently heat the oil in a large frying pan and add the garlic pieces. Quickly fry them, but make sure they do not become too golden, as they will taste bitter otherwise. Add the broccoli and fry with the garlic. Add a little bit of water and cook until the broccoli becomes tender. Add a little bit more water in the meantime. In the meantime roast the almond flakes in a different frying pan at medium heat without adding any oil. As soon as the broccoli is tender stir in the meantime. In the meantime roast the almond flakes in a different frying pan. Place the almond flakes and season to taste. Add the broccoli and fry with the garlic. Add a little bit of water and cook until the broccoli becomes tender. Add a little bit more water in the meantime. In the meantime roast the almond flakes in a different frying pan at medium heat without adding any oil. As soon as the broccoli is tender stir in the pasta. Mix everything well. Add the almond flakes and season to taste with salt and pepper.

Chees Sheet
Here is a quick reference “cheat sheet” that lists what I consider to be the magic foods. This will let you spice up your weekly meals and try something new! Using this list, you can make smart substitutions in the recipes given here.

Flax seeds - loaded with omega-3s and fiber
Carrots and winter squash - loaded with beta carotene for warm golden skin color
Quinoa - a whole grain that’s versatile, is a good source of minerals such as zinc, contains protein and has a low acid load
Greens - all greens are loaded with minerals and vitamins including vitamin A. Spinach is highly alkaline, collards are loaded with calcium
Beans - great source of plant based protein, low acid load and packed with phytonutrients
Almonds - loaded with vitamin E and Hazelnuts great plant based protein, low/no acid load
Berries - low glycemic index fruit packed with antioxidants and touted with many other health benefits

Olive oil - (cornerstone of Mediterranean diet with many known health benefits including a reduction wrinkles) and canola oil both have the right balance of omega-3s to 6s
Salmon - high in fish oil derived omega-3s
Apple - rich in polyphenol antioxidant quercetin (be sure to eat the peel too)
Unsweetened yogurt - or kefir for probiotics
Green tea - high polyphenol antioxidant value and no acid load
Mineral water - a whole grain that’s versatile, is a good source of minerals such as zinc, contains protein and has a low acid load

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