

WHY ALKALINE OR ANTI-INFLAMMATORY

The alkaline diet has been around for more than a century, it can help to improve digestion problems that cause havoc in our gut.

Anti- inflammatory diet –eating the right food the right way and follow a certain guideline to avoid acidity growing in your gut.

This guide will help your body to return to its natural shape and natural functions by choosing functional food.

Vitamins and minerals help your body to fight for weight-loss if you are overweight, they help to prevent fat cells to build up.

An acidic stomach will be unable to digest food properly and there will be problems with constipation or diarrhea others will have flatulence (gas) or get bloated.

Acidity can be tested by using PH strips available at pharmacies or health shops, these use a drop of saliva and show what color it changes to.

Detoxing is necessary as our body organs get overworked and tired of over working and become unable to perform their functions at their optimum.

This happens especially to the liver and we then need to lesson work for it by detoxing.

Green smoothie and fresh home-made vegetable juices are alkaline and will neutralize your gut, if you start with them in the morning they will speed up your digestion levels and prevent the sluggish digestion caused by fermentation and tired liver.

For healthy weight loss, I recommend taking a smoothie for breakfast instead of soft porridge to cut down on complex carbohydrate portions for the day just a few days and make it routinely until you see healthy results, and thereafter alternate porridge with smoothies if you still need porridge for breakfast. Remember it takes a while for your gut to heal and absorb vitamins that are unlikely to be absorbed in an acidic stomach.

KITCHEN TOOLS:

A blender- more than 600W

A Juicer powerful enough to juice your leafy greens

Citrus Juicer – (old fashioned hand – squeezer)

Vegetable Steamer

SEVEN SMOOTHIE RECIPES TO HELP YOU LOOSE FAT

Functional ingredients with essential fats like flax oil or flax seeds, chia seeds, sesame seeds, pumpkin seeds will assist as transport to fight inflammation they must be in the mix.

Spirulina and spices are rich in antioxidants that assist the body to fight toxins and improve digestion and absorption of minerals.

The body cannot function without vitamins and minerals, we must eat proper food, good food choices are therefore necessary to build up our immune system to prevent build -up of toxins from food intolerances and indigestion.

Do you skip days to do your poop?

Do you have to push hard do get your poop out?

Does your poop have a foul smell that you are embarrassed when the next person has to use the same bathroom ?

Do you get cramps, heartburn or bloated after eating certain foods?

Is your skin dry and dull?

Hair thin and falling?

If all these questions resonate with you that means you have food intolerances, you eat food that you cannot digest.

Know your gut, start cleaning up by using these anti-inflammatory smoothies

If you want information click [here](#) and consult online...

DAY 1
DETOXING GREEN SMOOTHIE

In a 1,5ml blender
500ml still water (start with water to save your blender from overheating)
Kale or Broccoli or spinach (two hands full)
Parsley- handful
Asparagus- 5 fingers (optional only when constipated)
Lemon-1 or Ginger finger size peeled, pits removed
Avocado -1 (peeled)
Cucumber-1 (whole)
2 Fruits or 1 cup pineapple or pawpaw
Celery sticks-4 fingers

When ready to drink in a glass: ADD
Coconut milk-100ml or Almond milk (for additional plant protein)
2 Spoons oat bran



You can drink up to 500ml per meal, to fill you up.

DAY 2
HIGH PROTEIN SMOOTHIE

500ml water in a 1,5ml Blender

1Banana

½ Cup berries

1 Cucumber

½ cup Almonds (soaked overnight if sensitive to almonds)

Peanut butter or 2 spoons of any Nut butter (Macadamia, Almond butter, etc)

2 Spoons Cocoa Powder

200ml Coconut water or Coconut milk



Take this high protein blend after your morning workout to refuel your muscle for quick recovery and muscle build –up, it can replace your breakfast and lunch.

Have steamed vegetables at dinner.

Avoid late night snacks, your body needs time to digest at least two hours before you go to sleep.

Day 3

BEETROOT & GINGER SMOOTHIE

In a 1.5l Blender , pour 500ml still or boiled and cooled water
Beetroot uncooked (washed peel removed) -2-3 (tennis ball size)
Cucumber -1 whole
Lemon -1 peeled
Ginger –two finger size
Rocket – hand full
Berries-½ cup



Berries are such powerful anti –oxidants, they help to fight inflammation and oxidation thus more vitamin absorption, add them to your mix.

Start your day with fresh lemon, cucumber and celery juice to get rid of toxins and control cravings, follow with your smoothie. If you are hungry drink more juice or smoothie until your body gets used to the new routine.

Day 4

CARROT & BERRY SMOOTHIE

In a 1,5L Blender pour
500ml still water
1 Lemon, squeezed
Carrots - 4 uncooked (peel removed)
Lettuce, Basil & Rocket mix (½ packet)
Cucumber -1 whole
Celery sticks- 4 fingers
Parsley – hand full
Red berries -½ cup
Flax /Pumpkin seeds (2 Spoons) OR Avocado
Ground cinnamon – 1 teaspoon

Sip throughout the day!

berries and



carrots



Day 5

NUTS AND SEED SMOOTHIE

500ml still water

- 1 ripe banana, peeled, handful of berries, 1/4 cucumber
- 1 tablespoon pumpkin seeds
- 1 tablespoon sunflower seeds
- 1 tablespoon flaxseeds
- 1 tablespoon sesame seeds
- 1 Tablespoon chia seeds , 8 almonds
- 1 cup almond milk OR coconut milk
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon ground turmeric



Plant based protein meal, very rich in amino acids, helps your body speeds up natural ketosis thus breaking down blood sugars.

Eat less animal protein including eggs! More lentils, chick peas, split peas etc.

Soak almonds overnight and don't drain the water out.

Seeds help with fats that the body needs for digestion, we cannot make this fat so must eat it daily, BUT in recommended portions.

Start your day with warm water added turmeric and black pepper, and any time when you ever feel bloated.

Day 6
Baby Spinach and Spirulina Smoothie



Baby Spinach is rich in antioxidants, Lemon High in vitamin C which helps to neutralise free radicals linked to ageing, lemon and lemonade also help to improve the taste. Turmeric, contains curcumin which has powerful anti-inflammatory effects and is also a very strong antioxidant. Lots of chlorophyll in this smoothie to boost the liver to function better.

In a 1,5ml blender

500ml still or boiled water
Baby spinach, handful
1 Lemon-peeled
1 Lemonade
1 Avocado-Peeled or ½ Cup Nuts
1 Tablespoon Spirulina
2 apples
Fresh ginger-2 thumb size
Celery -5 fingers
2 Kiwi-peeled



Day 7

Hot Gluten free Porridge- Oat bran

(Avoid instant cereals and be toxin free)

If you feel like hot food today, have a bowl of oat bran with almond milk and add some cinnamon (no sugar).



A serving is

4 Tablespoons of Cooked oatmeal with 100ml almond milk

Pinch of Cinnamon

OR

2 Tablespoons cooked almond milk

½ Banana

100ml Almond or Coconut milk

Pinch of Cinnamon

High in soluble fibre, promotes a healthy bowel movement