

Many of these products also available at Rawfood.com

Here are some things to get you going on alkalizing your Ph balance to bring your body back to homeostasis...available at
LiveLive 261 10th Street(1st/A)
(212)505-5504 call to have them send a product list:

1. Pure Synergy by The Synergy Company (beyond organic, high quality green superfood powder- no other product at it's level on the planet) or Vitamineral Green by Healthforce.net (I alternate between both), Start with 1 teaspoon/ a day and work up to 2 tablespoons/ 2 times a a day in any fresh juice...non-sweet fruit juice like grapefruit juice is the best... when you travel at almost any hotel they have fresh squeezed grapefruit juice
2. ALKAZONE ELECTROLYTE DIETARY SUPPLEMENT- 'ALKALINE BOOSTER' to alkalize any water you drink, also available at: alkazone.com
1(800)810-1888
3. 'CRYSTAL ENERGY' MADE WITH FLANAGAN MICROCLUSTERS 2 or 4 fl oz. To make any water you drink more absorbable, also available at: www.royal-health.com or www.crystalenergy.sun-cell.com
4. MSM, a vital mineral supplement work up to 1 gram(1000 mg) per 50 lbs. of body weight per day. For complete cell rejuvenation, take MSM with Vitamin C...the most powerful mood enhancing products are Pure Radiance C The Synergy Company or LiveLive's Kamu Berry C.
5. Eat sea vegetables every day
6. Have 6-8 oz. Organic green juice every day (celery, cucumber with some parseley, kale, etc. Lemon helps for flavor and is alkaline forming in the body)
7. If you can't take the green drink yet, add 1/2 apple and lemon to it and/or take Juice of 1 whole lemon in warm water every night.
8. Reading: The Ph Miracle by Robert O. Young, The Sunfood Diet Success System by David Wolfe, and The Food Revolution by John Robbins...also check out Rawfood.com, our friend David Wolfe's website has info about all of these products under ' more info'.
9. If you feel congested, bloated or fatigued, Pick up or order a Rebounder. 2 minutes jumping on it will clear your entire lymphatic system, 10 minutes rebounding = 1 hour of running, without the stress of the bones. Contact my friends DENISE MARI OR DOUG EVANS at
Organic Avenue denise@vegucate.com or 212.334.4593
They live/ work at 23 Ludlow St.

Available at Jubbs Longevity Juice Bar:
On E. 12th(A/B) on the south side of the street closer to A
(Look for a Blue Awning)
(212) 353-5000 (ASK FOR Marina)
FAX (212) 353-8865
Call for hours- they open late-ish 11am-9pm-ish
www.lifefood.com

www.jubbslongevity.com

Jubb's Longevity is A SMALL ORGANIC JUICE BAR AND PATISSERIE/LIFEFOOD STORE IN THE EAST VILLAGE WHICH HAS AMAZING FLAXSEED CHIPS AND CRACKERS, CELTIC GREY MINERALS SEA SALT, DESSERTS, SPROUTED BUCKWHEAT CRACKERS, AMAZINGLY FRESH BEE POLLEN, AND MANY OTHER HIGH QUALITY FOODS, WHOLEFOOD SUPPLEMENTS, SUPERFOODS, PURE BODY CARE PRODUCTS, AND AIR AND WATER PURIFICATION. STOP IN TO TRY THEIR SOUPS, NUTMILKS, CHI TEA, FREE MINI HEALTH READINGS, ETC. WHEN YOU'RE IN NY. DAVID JUBBS IS AN INTERESTING MAN ON A DIFFERENT PLANE...HE SPEAKS VERY FAST IN AN AUSTRALIAN ACCENT SO HAVE PATIENCE....HE'S DOING AN INCREDIBLE SERVICE ON SITE AT LONGEVITY. THEY ALSO DO CLEANSE SUPPORT-JUST ASK ABOUT IT.

10. Rebalance your good bacteria/probiotics for powerful immune system, alkalinity, digestion, to create stress reducing B vitamins in your body:

- Bio-Culture Master Blend- The Rolls Royce of the probiotics/ good bacteria that can actually replant itself in your intestines and colon. Take straight onto tongue before plane rides, if you are around sick people, need more energy, etc.
- Also necessary, Nature's Biotics by Life Science Products, Inc. is an incredibly wide array of probiotics to use in addition to the previous, for entire body balance.
- Or for both types of good bacteria Primal Defense by Garden of Life (find at LiveLive)

11. Enzymes are a vital element for energy and balance. I recommend taking them throughout the meal, not all at the end. If I eat a big cooked meal, I'll take up to 5 or 6 throughout. If it's small but cooked, I'll take 1-2 before the meal. If you forget to take them, I wouldn't take more than 2 after a meal. Jubb's enzymes or Hi-zymes-the highest quality digestive enzymes for anytime you eat cooked, devitalized food or when you eat less than healthy foods that are acidic and sit in the gut, i.e.: refined flour(pasta, bread), refined sugar, refined-anything, dairy, meat, poultry, chemically bleached foods (white rice, refined sugar, table salt) fish, potatoes, candy, icecream, less than excellent food combinations, overate anything, anything that could constipate you, make you tired after eating or be hard on your body.

ALSO AT JUBBS:

-I recommend doing The essential 14 day LifeFood Nutritional Fast package which includes all the things you need for that cleanse. Clean liver/ gallbladders are the source of cleaning your body/brain.

-The LifeFood Recipe Book by Annie and David Jubb, Ph.D. The book has instructions for the gallbladder/liver flush, which is very important before or after an intestinal cleanse, amazing recipes with great tips about what is in the foods that is healthy for you, and all sorts of other info that you need to know.

-Their sweet, rich, low calorie superfood beepollen is a great snack to carry with you as one of the best form a amino acids and enzymes in the world...some people can't take it, like me, because of sensitivity to bees. Start with a very small amount, like 1/2 teaspoon and work up to more.

ARISE AND SHINE products available through

Chris Hutnik

Call Chris to order and learn more:

(805) 797-4990

chrishutnik@yahoo.com

Also check out product info at:

www.ariseandshine.com, www.cleansenet

Chris Hutnik is available to guide you to the right cleanse for you and answer questions throughout, he offers FREE COUNSELING when you purchase products through him...he's awesome.

-READ CLEANSER AND PURIFY THYSELF- BOOK 1&2 BY RICHARD ANDERSON! He also has a pamphlet called Dramatic Signs of Healing: Cleansing Reactions and the "Healing Crisis" which is really important to have if you want to do any cleansing. These books are a must.

-More Enzymes: Arise and Shine Arisenymes are also excellent for those decadent meals- a mixture of high quality enzymes and probiotics (flora,good bacteria) (Also, Advanced Enzyme System Rainbow Light is at most healthfood stores like Healthy Pleasures or WHOLE FOODS)

-Arise and Shine's Super Antioxidant Formula, important for when you are flying to neutralize radiation/stress toxicity/free radicals released or if you are cleansing or stressed or did a major workout and are exhausted.

-Arise and Shine's Electrolife is dehydrated juices, etc. for everyday and when you may not be able to get a good source of greens. It is the best way to get enough alkaline minerals.

-Kidneylife is an excellent tea- drink not too hot

Start with one thing at a time, have plenty of fluids, and exercise, even if it's walking every day...I would recommend the "Rebounder" because it's convenient, quick and efficient. With all of these products, start with the minimum dosage so your body doesn't start releasing toxins too quickly.

Also, get a massage whenever possible:

Village Chinese Therapy Center/ Qigong Tui-na

Open 7 days 11am-11:30pm

It's slightly a hole in the wall but everyone here is amazing...they know all the meridians... and have good energy. It's only \$45- an hour. Tell them to ease up if it hurts. I find it best if it feels good and sometimes creates some pressure but do not stress your body out too much. Especially in the beginning of cleansing, recirculating. Mostly they don't speak a lot of English. For the whole body I would ideally do 1 hr. on the body, then feet and head for another 1/2- 1 hr. Every time I have gone, I'm blissful afterward. Prepare to go to the Russian Bathhouse (do the mainroom and alternate to the cold plunge or throw the cold water bucket over your head to pull out toxins) the next day and/or Rebound and Drink a lot of fluids. The massage will release many toxins. So flush as much as

possible by drinking plenty of veggie juices(fresh). And herbal teas...Like Kidneylife by Arise and Shine(above).

Check out the Vegan Guide to NYC for the best Juice Bars and Restaurants for more Alkaline alternatives. There are Organic Juice Bars everywhere in New York. The Vegan Restaurants with Raw/Live food items are the best but Avoid vegan cooked foods like the Soy products: Tofu, Tempeh, Edamame and Wheat: Bread, Pasta, Seitan. They are clogging, acidic, mucous forming, and inflammatory. Soy has a weak chain estrogen which can make you moody, causes prostate cancer, ovarian cancer, and baldness. Wheat is one of them most mucous-forming foods as well as most people are allergic to it, besides that, it burns the tiny villi in our intestines so it prevents us from absorbing nutrients.

A few more additions to your diet available at LiveLive and Jubbs(Also see my Alkaline Diet document attached for ideas):

- Fine ground Grey Minerals Celtic Sea Salt
- Bariani Olive Oil, delicious raw on salad or blended with garlic, lemon, and celtic sea salt, extremely mucous dissolving and has fat splitting enzymes
- Organic Raw Marinated Olives, one of the most mucous dissolving foods on the planet and dissolves hardened fats in the body.
- Coconut Oil is delicious mixed with The Synergy Company's Raw Healing Honey and a dash of Celtic Sea Salt as a 'frosting' or 'butter' on fruit, banana, or 'bread' (organic yeastfree, saltfree, wheatfree breads are available at any major healthfood store in the refrigerated section. I like the sourdough rye.

And eat plenty of plant fats like avocado, raw olive oil, raw nuts or coconut oil with fruits, greens, and superfoods instead of animal proteins for sustainable energy.

As you become more alkaline and mucous-free, your taste buds change and you can transform your metabolism and energy, and have clarity of mind. You can expedite all healing and processes of your body.

Cleansing (short periods of extreme discipline) catapults your health to the next level. Every time I cleanse I naturally become more aligned to healthier habits and lifestyle, even when I go back to old habits, it's no big deal. When I fall off the wagon and my body starts getting acidic and clogged again, I do a cleanse. Even just a 4 day cleanse. So the trick is not being hard on yourself. We can pick our poisons.

It may give you a whole new perspective for sure.