

# Are You an ACID Time bomb?

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## Your Lifestyle

I am described as 'driven' by some friends.

I have a history of smoking.

I don't tolerate alcohol well.

I frequently take ascorbic acid (Vitamin C) aspirin or antibiotics.

I have more than one cup of coffee or tea per day.

I eat few fruits and vegetables

I regularly consume breads and baked foods made with white flour and sugar.

I regularly consume processed and refined foods that contain chemical additives

I don't tolerate acidic condiments like vinegar and lemon juice.

I don't feel good after eating red meat.

I don't feel good after eating fast foods, fried foods, colas or desserts.

## Your Performance

I tend towards pessimism and have little energy to initiate projects.

I am physically and mentally tired after an hour of desk work.

I run out of breath running up stairs or walking briskly.

I often experience fatigue and lack of stamina.

I often feel exhausted after vigorous exercise or very physical work.

## Your Body

I am over fifty years of age.

I often experience muscle stiffness and soreness.

I have poorly developed muscles.

I have thin, porous bones

## Your Medical History

I have a history of osteoporosis, arthritis, gout, lung disease or kidney disease.

I am susceptible to heartburn, canker sores, food or environmental allergies, and sore throat.

I catch colds or flu frequently.

*How did you fare? All of these points relate to excessive acidosis.*

# Do you have a Natural Alkaline Metabolism?

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## Check Your Performance

I can sprint up stairs

I have great physical endurance.

I am always on the go and full of energy.

I need only a few hours of sleep each night.

I am in a position of leadership at work or in the community.

I prefer highly active sports and gravitate towards high-stress activities.

I feel bright and energized after a steak dinner.

I am able to digest a wide variety of foods.

I feel de-energised after a vegetarian meal.

I feel relaxed and healthy while leading full life.

I typically have lots of energy in the midst of intense emotions and high drama.

I am able to do desk work for long hours at a time without becoming tired or losing mental clarity.

I have an optimistic nature and am always ready to begin something new.

I easily maintain an active social life.

I rarely get a cold or flu.

I am free of allergies.

## Check Your Physical indicators

I have a stocky build and large frame.

I have well-developed muscles.

*All of these points indicate an Alkaline disposition*

## Diet Check Test

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### In the Last 24 hours I have consumed:

Wheat or White Flour Products (bread, pasta)

Refined Sugar Products (cookies, candy)

Products with Artificial Sweeteners

Soft Drinks

Energy Drinks, Sport Drinks, Vitamin Waters

Alcohol

Coffee

Chocolate

Cereal, oatmeal, corn and grains

Rice (brown or white)

Beans (except Green Beans)

Cheese

Large serves of meats (all, except skinless chicken breast)

Large serves of Fish (all seafood products)

Chicken Breast (baked, skinless)

Almonds

Nuts (except almonds)

Yogurt (plain, unsweetened)

Grapes, figs, dates, raisins

FRESH Fruit (except blueberries, cranberries, plums)

Broccoli

Carrots

Spinach and Lettuce (green and leafy)

Tomatoes (sauces, salsa)

Onion or Garlic

Avocados

Potatoes (baked or sweet)

Spices (herbs, cinnamon, sea salt, pepper)

Alkaline Water

*So... Are you are **red** or a **green**?*

The results are pretty self explanatory. If you'd like to talk to us, please feel free, but we do suggest that the New Alkaline Diet Program will help you more than we can with a pep talk. As they say at Nike,

