

Homemade

NATURAL HAIR CARE

..... with

Essential Oils



**DIY RECIPES to
Promote Hair Growth,
Shine + Repair**

**CRUELTY
FREE**

Carmen Reeves

HOMEMADE NATURAL HAIR CARE

with Essential Oils

DIY Recipes to Promote Hair Growth, Shine & Repair

Carmen Reeves



‘A conscious approach to health & nutrition’

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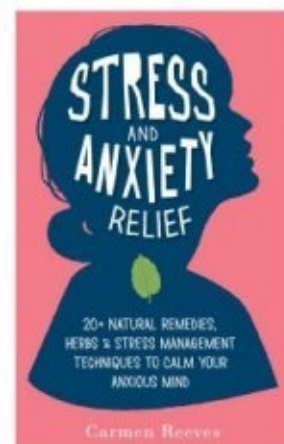
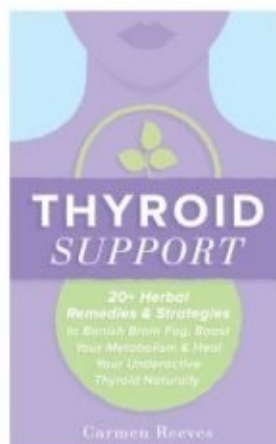
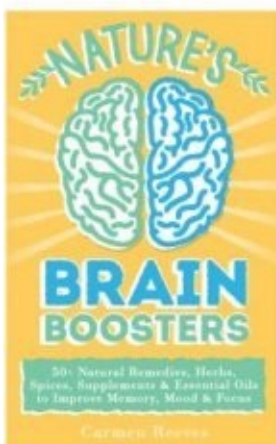
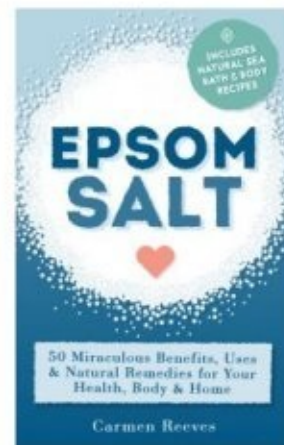
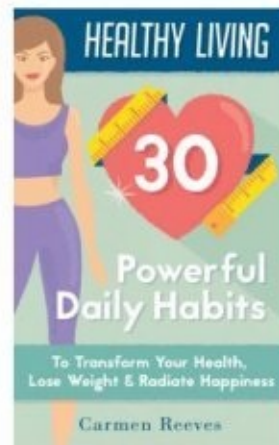
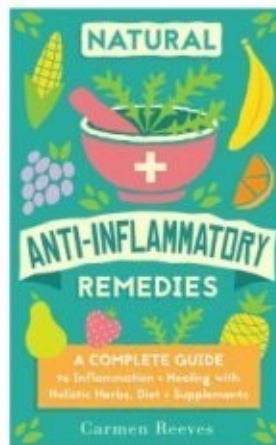
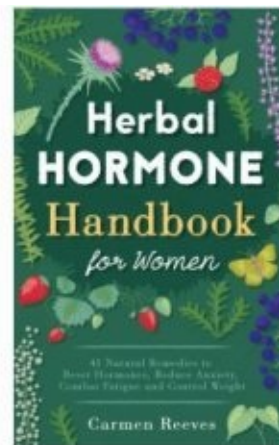
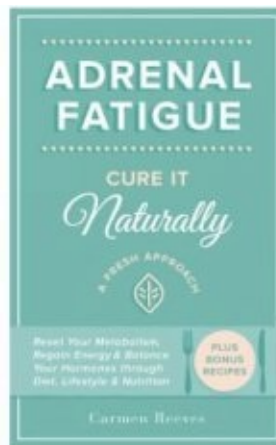
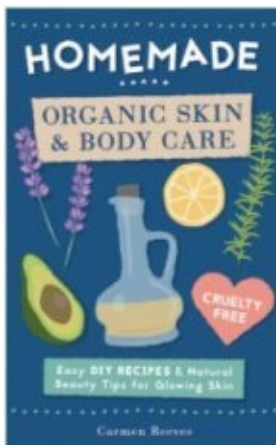


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FREE BONUS BOOK #4: *Alkaline Recipes: Juices, Smoothies, Teas & Tonics*



INTRODUCTION

*As a small token of appreciation to you for purchasing this book, I have included a **free bonus gift** , which you can claim [here](#)*



Thank you and congratulations on your purchase of ‘ *Homemade Natural Hair Care (with Essential Oils)*’ . This book will be your guide to improving and restoring your hair’s overall health, condition, growth and appearance.

You are probably sick and tired of the amount of toxins we are all bombarded with when buying cosmetic products and dissatisfied with the many commercial store-bought products you have tried and tested. Most of these products are loaded with chemicals and harsh ingredients, which over time, can result in a variety of skin and hair issues. At first, the damaging effects of chemical-laden products can go unnoticed as we become mesmerized by the synthetic smells and texture that commercial products leave in our hair. However, over time we realize that this sensory allure is merely a short-term fix and our hair begins to suffer – becoming dull, lifeless, dry and brittle; and causing hair loss, dandruff and breakage.

You may already be familiar with my deep interest in natural living and organic beauty products. I have received such wonderful feedback from the many people who tried the recipes in my [Homemade Organic Body Care](#) book, claiming how effective such a pure way of treating your body can be. If you’re beginning your natural beauty journey from this book, you will surely be persuaded to continue using homemade products after you see your hair looking shinier and healthier

each week. Your hair (and mind and body!) will thank you.

Why You Should Use Homemade Products for Your Hair

A Costeffective, Creative and Proven Alternative

Homemade hair care offers you a guarantee that you cannot find in purchasing commercial products. Although many products are marketed as ‘natural’ in stores and online, they often come with a high price tag or unnecessary hidden ingredients and fillers. Much like preparing a home-cooked meal, there is nothing safer or more satisfying than hand-making your very own shampoo and conditioner with ingredients you may already have in your pantry, fridge and/or garden.

More and more people have delved into making their own hair care products for great reason. The ingredients used contain wonderful benefits and the creative preparation process, like a craft with therapeutic effects, is enjoyable. The aromatic properties of essential oils are used for many health and wellness purposes and more people are beginning to integrate them into their lifestyle through various means, including hair and body care.

Practical and Flexible Freedom of Choice

Imagine the pleasure and independence you will have when you make your own hair care products – you are able to decide on every ingredient used, with specialized recipes tailored to your specific problem or hair type. Consider what it really means to have no unknown and harmful substances in your shampoo or conditioner. The end result will be 100% organic and you’ll have the opportunity to be creative and ingenious with your products. Feel free to experiment with new combinations; you can carefully decide on ingredients – essential oils and other raw materials – you should use according to what you already know works for you. Creating hair care products at home can become a real hobby for many people, and the results: totally worth it!

Put a Stop to the Sea of Toxins (and Keep Healthy!)

With homemade hair care products, you will avoid the many dreaded toxins and detergents inevitably present in synthetic alternatives and your hair will reap the benefits of a much more soothing and gentle treatment. Homemade shampoos will cleanse your hair just as well as any other chemical-laden shampoos without irritating your scalp or stripping away natural sebum – essential in nourishing the hair from its root.

Do note that other lifestyle choices can have an impact on your hair's health in conjunction with these organic body care recipes. For instance, it has been shown that a diet rich in plant-based foods (a colorful rainbow of fruits and vegetables), maintaining [*healthy gut balance*](#), ample exercise, plenty of water, and keeping nutritional deficiencies and [*hormonal balance*](#) in check can positively contribute to beautiful, healthy hair.

An Easily Available Hair Care Solution

Homemade hair care is suitable for anyone, even for those who don't want to create complicated mixtures or purchase many new products. For instance, you can use ingredients you might already have in your own kitchen and/or garden, whilst only purchasing a couple of essential oil varieties with which you can experiment. Many people find simple solutions for their hair using olive oil, avocado or herbal infusions. Essential oils mixed and diluted with oils and other plant-based elements are fantastic for a multitude of uses. Read on to discover the myriad of benefits you'll receive when you choose to create the crueltyfree essential oils formulas presented in this book.

What Essential Oils Can Do for Your Hair

You are probably wondering, 'Why use essential oils?' in your shampoo or conditioner. 'Will my hair get too greasy?' and 'What if I already have oily

hair?’

The Optimal Nourishing Formula for Your Scalp and Hair Growth

First of all, essential oils are very concentrated – you can find potent versions of many plants or fruits in the form of an essential oil. Secondly, they contain an amazingly high level of antioxidants that you can obtain by using them in your homemade products. The beneficial properties in essential oils make your hair shiny, silky, and more vibrantly healthy; plus, the rich antioxidant content helps boost hair growth and hair repair processes, which may encourage you to discard any useless, synthetic serums.

Essential oils do not negatively affect your scalp or sebum, particularly when used in conjunction with the right companion ingredients. In fact, some people may already have an imbalance of natural oils due to past use of various styling products. Essential oil will help regulate your hair’s natural oil production by replenishing your scalp and, additionally, nourishing your hair from root to tip. Essential oils are very easily absorbed, deeply penetrate the hair follicle and nourish it to the core. Artificial products you can find in stores often contain a composition that doesn’t allow any ‘good’ ingredients to be properly absorbed by your hair – a cocktail of synthetic elements that often keeps the product sticking to the surface of the hair shaft.

Exhilarating Aromatherapy for Your Wellbeing

Last, but not least, essential oils evoke an enticing feast for your senses. Aromatherapy is an added advantage in using essential oils in your homemade hair care. Not only will your hair regenerate and become healthier, you will also revel in a vigorous wellness experience. Being surrounded by the powerful aroma of essential oils will positively affect your state of mind, and at the same time, the aromatherapy can be used for mindfulness: the intense scents will activate your senses and compel you to yield completely to the present moment.

How to Use Essential Oils

Due to their high potency and concentration, it is important to use essential oils correctly and sparingly by remembering to dilute with carrier oils or other plant-based ingredients. Some common carrier oil types that are affordable and easy to find include: *olive oil, sunflower oil, coconut oil, almond oil, castor oil, jojoba oil and avocado oil*. Choose your favorite carrier oil to dilute the essential oils of your choice and you'll be amazed at the powerful cumulative effect and added benefits they will have on your hair.

As a general rule, every 1 drop of essential oil should be diluted with at least 5ml of carrier oil or other fluid (with the exception of a few essential oils that can be used 'neat' or direct onto the skin, such as lavender or tea tree).

Note: Do not ingest essential oils and keep out of reach of children and pets. Ensure essential oils do not come into contact with your eyes and use with caution if you are pregnant, planning to become pregnant or have any pre-existing medical conditions. If you have any sensitivities or concerns about any of the ingredients in this book, ensure you try a patch test first.

Choosing Crueltyfree Ingredients is a Conscious Choice

There Are Crueltyfree Alternatives for Practically Anything

One of the key components of the recipes in this book is the use of vegan and crueltyfree ingredients to ensure none of our furry friends are exploited or harmed in the pursuit of beauty. In case you are accustomed to several ingredients that are of an animal origin (such as: honey, eggs or yoghurt), rest assured you can always find alternative substitutes with comparable and even more effective benefits (such as moisturizing coconut milk, nutrient packed maple syrup and antioxidant-rich fresh fruits), as outlined throughout this book.

The 'Green' Ethical Choice

The most important aspects of choosing crueltyfree ingredients for hair care are for ethical and environmental reasons. Did you know that every person who adopts a crueltyfree lifestyle (through means of diet, apparel and cosmetics) saves more than 100 animals per year? It's amazing to think that our small, day-to-day choices could save the lives of countless beautiful animals. The production and processing of animal ingredients also place an added impact of stress on our environment. By making conscious choices, you are contributing to a 'green' lifestyle for the improvement and good of our earth and all those inhabiting it.



CHAPTER 1

The Art of Making Shampoo and Conditioner at Home

How Easy Is It?

This chapter will prepare you for the art of homemade hair care. It will guide you through a few steps that you need in order to make your own shampoo and conditioner; plus, you can also use some of these hints to enhance your other homemade hair and body products, including: masks, soaps, lotions and potions. You may be wondering whether your time will be compromised when creating your own products at home, but fear not: preparation is simple! Neither your wallet nor your schedule will suffer from your wise decision to treat your hair with kindness.

Easy and Familiar with a Twist

Creating your own shampoo or conditioner is not much more complicated than preparing masks. Many of us may have already experimented with face or hair masks in past by using the ingredients in our homes – just explore your pantry to discover what you can utilize. You will have to purchase very few additional items for your organic hair care, namely, the essential oils you choose to use. Start by using products you are familiar with for their nourishing properties. You will feel more ‘at home’ with your ingredients and you’ll already have great confidence in the efficiency of your hair care. So, what can you spot right now in your pantry? *Coconut milk? Oranges? Maple syrup? Avocado? Olive oil? Sage?* Once you have your essential oils, you’re almost there.

Homemade Hair Care is Quick and Versatile

Some people are already familiar with making various cosmetic products,

including soaps, body butters and scrubs, lip balms; and even lotions and perfumes. Luckily, shampoo is one of the easiest things to prepare at home – you only have to know the basics and be aware of a few simple combination rules. You should also be mindful of some of the essential properties each ingredient contains in order to use it creatively in a variety of other products, too. The rest is pure pleasure, as you will discover in the following chapters.

What You Need

The Right Cleansing Agent and Container

You will need several ingredients and a good container to store your formulas. You may reuse and recycle an empty, cleaned shampoo bottle or you can also purchase a squeezable plastic bottle from your nearest dollar shop or variety store. Alternatively, you can also place the formula in a glass jar; however, I recommend using a squeezable container, which makes for easier use whilst you are washing your hair.

So, what else do you need for your shampoo? Just a few simple ingredients:

- ***A cleansing agent*** (as outlined below)
- ***Nourishing ingredients of your choice*** (essential oils, herbal infusions, fresh fruits, etc.)
- ***Organic flour*** (optional, and works best for oily hair—corn, rice or arrowroot flour work well)
- ***Carrier oil of your choice*** (quantity depends on the amount of hydration you desire)

You have various options when it comes to your cleansing agent:

Some people use **potassium hydroxide**, otherwise known as ‘caustic potash’ – a water-soluble compound, a pH adjuster and a versatile cleaning agent – similar in chemical structure to ‘lye’. The process of creating liquid soap with potassium hydroxide involves dissolving the agent in water and mixing it with a very consistent, but nourishing ingredient, like warmed up coconut oil, whilst taking

extreme caution not to let this powerful cleaning agent come into direct skin contact (you *must* wear gloves and/or a filter mask, as it can be corrosive to the skin in its pure form). Some people choose not to use potassium hydroxide for this very reason – the method is slightly more laborious and the compound, even after dilution, may cause some irritation for those with extremely sensitive skin. You may, of course, choose this option if you have no known sensitivities and have some extra time on your hands, as some people enjoy the process. The process involves boiling and mixing everything together until you get a smooth, consistent paste. This will act as the base for your shampoo. You can then combine it with your chosen nourishing and therapeutic ingredients.

If you want something gentler or prefer to use purer ingredients, another solution to making your shampoo is **baking soda**, which you may conveniently already have in your pantry at home. Baking soda is a gentle, alkaline ingredient that effectively removes dirt and chemical build-up in your hair. It is mild, yet still powerful enough to cleanse impurities and give your hair extra volume and shine.

Other people have found great results with the effects of **apple cider vinegar**. This all-natural ingredient acts as a mild acidic base that can regulate the pH balance of your hair. Use quality, organic vinegar for best results and extra shine. This option is especially recommended for those with oily or tangled hair due to over-styling or having long or curly locks. Apple cider vinegar is just as effective as baking soda, so feel free to try them both to see which option works best for your hair type. You should use one tablespoon of baking soda or apple cider vinegar per one cup of water as a general ratio when preparing your shampoo. Adjust quantities as desired.

Another simple cleansing agent alternative is liquid soap. **Liquid Castile Soap**, made from 100% plant-based oils (typically olive or coconut oil), is praised as a gentle yet effective cleansing base for shampoo, particularly for those who enjoy a slight foaming effect. This cleansing agent is gentle on the skin making it perfect for those with a dry or sensitive scalp. A little goes a long way.

Extra Nutrition Through Herbs and Plants

Although essential oils contain a concentrated quantity of nutrients from the plant or fruit they were extracted from, you may add further nourishment to your shampoo (or other hair care products) by means of **raw, natural herbs** . Just like preparing a tea, you can boil and brew the plants of your choice and use this nutritive, aromatic liquid in your formula.

Baking soda, apple cider vinegar, or liquid Castile soap will *cleanse your hair* ; essential oils and carrier oils will *deeply hydrate and nourish your hair* ; and added herbs, plants or fruits will *provide additional nutrients to the hair and scalp* . The perfect combination for healthful hair care, not to mention a pleasure for your senses!

And what about conditioner? Much like creating shampoo, you will need nourishing plant ingredients and oils of your choice, plus a toning, yet very mild agent such as vinegar or lemon juice. Use essential oils and carrier oils in moderate quantities, dependent on how oily or dry your hair is.

So now that you know how easy and enjoyable it is to make your own natural hair products, let's move on to see exactly what ingredients and quantities you need for certain hair types.



CHAPTER 2

Nourishing Organic Care for Normal Hair It's time to master the many recipes that will become your secret weapon in combating hair damage and enhancing natural beauty and shine. If you feel exceptionally creative and imaginative, feel free to alter the recipe to suit your desired results. I have however discovered the value in the following combinations, which I am delighted to share with you. You can use these 'normal' hair recipes for practically any hair type.

Shampoo and Conditioner

Stimulating Carrot Seed Oil Shampoo

Ingredients:

- Water (1 cup)
- Maple Syrup (2 tablespoons)
- Carrot Seed Essential Oil (5-10 drops)
- Jojoba Oil (10 drops)
- Liquid Castile Soap (1/3 cup) or cleansing agent of choice

Directions: Combine all ingredients together into a consistent mixture, shake well, and wash your hair with desired quantity. Rinse well and apply your conditioner of choice afterwards. Use shampoo within one month. Best stored in refrigerator.

Benefits: This shampoo is particularly beneficial for dry hair or dandruff, giving a vitamin boost from the carrot seed oil. Carrot seed oil is purifying, detoxifying, and stimulating with a mild aroma. It improves your circulation, stimulates growth, strengthens your hair, and aids in any scalp dryness. Jojoba oil dilutes the carrot seed essential oil and adds extra hydration to the formula. Its structure resembles our natural sebum, which adds elasticity and is not greasy. Maple syrup is soothing and deeply nourishing with wonderful antibacterial properties. Your shampoo will have a warm, energizing sensation.

Nutritious and Aromatic Orange Oil Shampoo

Ingredients:

- Coconut Milk (1/3 cup)
- Liquid Castile Soap (½ cup)
- Orange Essential Oil (10 drops)
- Castor Oil (10 drops)

Directions: Add all ingredients into a container and shake well until all ingredients are combined. Lather and wash hair with desired quantity and rinse well. Use shampoo within one month. Best stored in refrigerator.

Benefits: This shampoo is extremely nourishing due to coconut milk's high vitamin and mineral content, containing high levels of vitamin E, C, B1, B3, B5, B6, calcium, magnesium, iron, and selenium. You can choose a particular coconut oil that is suitable for your hair; for example, you may use a thicker coconut milk for normal hair that contains about 20% fat. Coconut milk acts as a balm that nourishes hair intensively from root to tip and is beneficial for hair repair, preventing hair loss, detangling and hydrating, as well as stimulating hair growth. Orange oil is loaded with antioxidants and adds a fresh, enchanting fragrance that your senses will love. It nourishes the hair without feeling heavy or greasy. You will see your hair becoming thicker and stronger when using this shampoo regularly.

Repairing Herbal Conditioner with Lavender Oil

Ingredients:

- Water (1 cup)
- Herbs of choice (try nettle, sage, chamomile or nut-tree leaves)
- Lavender Oil (5 drops)
- Apple Cider Vinegar (1 tablespoon)
- Almond Oil (3 tablespoons)

Directions: Boil water and pour over herbs, let steep for 20 minutes. Strain liquid and pour into a suitable container to be mixed with other ingredients. Add all ingredients and mix well. You can use this conditioner for several months if you store in a cool, dry place. Lather onto your hair (especially the ends) and leave in or gently rinse.

Benefits: Vinegar is a traditional, yet potent remedy that fortifies and deeply cleanses the hair. This is an effective antibacterial ingredient that removes build-up, such as: dirt, oil or residual styling products.

Numerous herbs can stimulate hair growth and make the hair shaft stronger. Nettle may help bring back natural hues to graying hair. You can also use nut-tree leaves, recommended only if you have brown or dark hair, as the natural pigment may easily show in blonde hues (which of course works well if you choose to add darker shades into your hair). Chamomile is a great alternative for those with lighter hair. Nettle is a well-known and appreciated hair fortifier, as it stimulates hair growth and adds shine to dull, brittle hair. If you have balding problems, nettle is one of the best natural conditioner remedies that you can apply directly to your scalp. Sage is also an excellent treatment for hair loss and graying hair and will add extra shine and luster.

Almond oil is extremely moisturizing and stimulating with high levels of magnesium. If you have long or curly hair with split ends, you have found one of the best weapons to make your hair look smooth, glossy and healthy again. It

works to help detangle hair with ease and avoid breakage. Use this soothing conditioner often if you have any kind of scalp inflammation or irritation.

Lavender oil is particularly calming and relaxing for both your hair and your mind. It releases stress and evokes a balancing and soothing effect no matter where it is applied.

Soothing Rosemary Oil and Lemon Hair Conditioner

Ingredients:

- Apple Cider Vinegar (1 cup)
- Rosemary Oil (10 drops)
- Lemon Juice (2-3 tablespoons)
- Sunflower Oil (1/3 cup)

Directions: Mix all ingredients together into a container and shake well. Lather onto your hair, let sit for 5 minutes, and rinse thoroughly.

Benefits: A great ‘go to’ conditioner when you need a quick and costeffective solution to nourish your hair naturally. Lemon will act as a unique tonic that will also add shine to your hair, whilst sunflower oil will provide nutrients and dilutes your rosemary essential oil. Ensure you use unrefined sunflower oil if you want to take advantage of its full benefits. Lemon juice contains vitamin C and antioxidants and adds a fresh, revitalizing fragrance to your conditioner. Rosemary essential oil is incredibly soothing for your scalp. Apply as a tonic (diluted with your preferred carrier oil)if you suffer from any irritation. Rosemary helps activate hair growth, because it dilates blood vessels and stimulates your follicles to produce new hair.

Hair Masks

Rejuvenating and Enticing Vanilla Oil Mask

Ingredients:

- Avocado (1 half)
- Vanilla Essential Oil (10 drops)
- Cherries (5-7, peeled and pitted)
- Water (½ cup)
- Herbs (choose your favorite)

Directions: Boil water and steep herbs until cooled. Strain infused water and add all ingredients into your blender. Blitz until smooth. Evenly apply mixture to your hair and scalp and let sit for at least 15-20 minutes. Rinse well and gently towel dry.

Benefits: This hair mask is amazingly moisturizing and replenishing due to the high vitamin and mineral content in avocado. Apart from providing your hair with natural Vitamin E, magnesium, potassium, and Vitamin B5, avocado will regulate the natural production of sebum. Cherries have a wonderful fragrance and are rich in vitamin C and antioxidants. Vanilla essential oil will add to the deeply moisturizing effect of avocado and will charm you with a lingering, exotic fragrance. Vanilla essential oil stimulates hair growth and it makes your hair super silky. This formula will boost circulation, tone and rejuvenate, and make your hair look and feel richer.

Nourishing Banana and Sandalwood Oil Hair Mask

Ingredients:

- Banana (1)
- Sandalwood Essential Oil (10 drops)

- Coconut Oil (1/4 cup)
- Water (1/2 cup)
- Herbs (chamomile or nettle)

Directions: Boil water and prepare an infusion using the herbs of your choice, depending on your hair color and the condition of your scalp. Chamomile is suitable for blonde hair, promotes shine and alleviates irritation. Nettle is suitable for most hair colors, promotes growth and slightly darkens the hair. Blitz everything together in your blender until you achieve a creamy consistency. Evenly apply to your hair and let sit for at least 15-20 minutes. Rinse well and gently towel dry. Use this mask at least twice a week.

Benefits: Banana regulates the production of oil, strengthens follicles and is a great source of potassium, vitamin C, B6, magnesium and zinc. It provides a consistent base for your mask and will deeply hydrate your hair. Sandalwood essential oil adds an irresistible fragrance to the formula, encouraging concentration and focus, and helps treat dry ends. Coconut oil makes the perfect conditioner for normal hair since it is moisturizing without leaving a greasy residue, leaving your hair lustrous and remarkably soft.



CHAPTER 3

Products for Dry and Brittle Hair Dry hair may require more frequent treatments and conditioning to maintain a healthy feel. If your hair is also brittle, never fear – there are a few natural hair care solutions that will help you achieve gorgeous shine and luster.

Shampoo and Conditioner

Moisturizing Avocado and Orange Blossom Oil Shampoo

Ingredients:

- Apple Cider Vinegar (1 cup)
- Orange Blossom Essential Oil (5-7 drops)
- Avocado (1 half)
- Olive Oil (2-3 tablespoons)

Directions: Mix vinegar with mashed avocado and add both oils. If you don't easily get a consistent paste, you can use your blender to make your formula creamy. Store shampoo in the fridge for 1-2 weeks and shake well before applying to your hair.

Benefits: This shampoo recipe combines the captivating fragrance of orange blossom with the unique and nourishing ingredients of avocado to nourish your scalp and hair. Rich in vitamin E and B, it offers a reliable solution to stimulate and accelerate hair growth, whether you run the risk of hair loss, or you just want richer and healthier hair. The formula is easily absorbed into the hair shaft and is perfect for dry, split ends.

Orange blossom essential oil is ideal for regeneration and shine and by mixing with olive oil, becomes a highly hydrating combination for your scalp and hair. After regular use, your hair will feel strong and lustrous and those rebellious strands of hair will be ‘tamed’.

Hydrating Aloe Vera, Glycerin, and Geranium Essential Oil Shampoo

Ingredients:

- Water (½ cup)
- Liquid Castile soap (½ cup)
- Aloe Vera Gel (1/3 cup)
- Glycerin (1 teaspoon)
- Almond Oil (2-3 teaspoons)
- Geranium Essential Oil (10 drops)

Directions: Add all ingredients into a container and shake well until combined. Lather desired amount into hair, then rinse well. Use shampoo within one month.

Benefits: This shampoo is extraordinarily refreshing and hydrating and offers dry hair the perfect balance. Glycerin will give a deep treatment to dry scalp and dry hair, will define curls and minimize frizz. Keep in mind glycerin must be diluted for best results. This shampoo may not be suitable for those who use permanent hair dye.

Almond oil is packed with vitamins and minerals and is recommended for damage and split ends. Aloe Vera contains enzymes and valuable alkalizing properties that can naturally balance the pH level of your scalp, removing dry, dead cells and promoting hair growth. It also acts to alleviate irritation and itching. Geranium essential oil promotes circulation, has an overall calming effect and adds a pleasant, mild fragrance. Both hair loss and dry, damaged hair

can be treated with this shampoo.

Regenerating Cedarwood Oil Conditioner

Ingredients:

- Water (½ cup)
- Olive Oil (½ cup)
- Comfrey Root (a few pieces)
- Herbs (try elderflower and dandelion)
- Cedarwood Essential Oil (5-7 drops)

Directions: Boil water and allow the comfrey root to steep for 30 minutes. (You may also add any other herbs of your choice.) Strain infusion and pour all ingredients into a container. Shake well until combined. Lather onto your hair, let sit for 5 minutes and rinse well. Gently towel dry.

Benefits: A nutritive balm for dry hair, it regulates sebum and is packed with nutrients. Its regenerative properties are ideal for anyone, but keep in mind it is a heavier solution, which may be best used regularly if you have very dry hair. One of its most praised benefits is its ability to tame frizzy hair and wild curls. Olive oil adds extra shine and a super silky texture.

Comfrey root treats dry and damaged hair thanks to its high content of Vitamin A, minerals and antioxidants. It also nourishes your hair with large quantities of allantoin, rosmarinic acid and mucilage, which will help stimulate hair growth and brighten dull hair. This herb also has anti-inflammatory and emulsifying properties that can add more body and texture to your hair. Dandelion softens your hair and it makes it thicker and stronger. Its high content of vitamin A promotes hair growth and may surprise you with some natural highlights in your hair. Elderflowers contain astringent properties that can soothe your scalp and stimulate the repair of dry or damaged hair. Cedarwood essential oil will strengthen your hair and add a subtle and refreshing fragrance.

Softening and Hydrating Argan Oil and Thyme Essential Oil Conditioner

Ingredients:

- Argan Oil (3-5 teaspoons)
- Maple Syrup (2-3 teaspoons)
- Thyme Essential Oil (7 drops)

Directions: Combine and mix all the ingredients until you have a smooth, paste-like consistency. Lather onto your hair, let sit for 5 minutes, and rinse well. Gently towel dry.

Benefits: This conditioner is more intensive than others, as it contains a combination of highly moisturizing ingredients that act directly to nourish your hair with an oil-heavy base. Argan oil is very rich in Vitamin A, E and antioxidants and can help regenerate and soften hair, giving it extra body and shine. Thyme is great for stimulating circulation, making your hair thick and lustrous and combating irritation. After regular use, damaged hair and split ends will be of no problem and your hair will look and feel strong and healthy.

Hair Masks

Strengthening and Energyboosting Pumpkin and Sea Buckthorn Oil Mask

Ingredients:

- Olive Oil (2-3 teaspoons)

- Cooked Pumpkin (2-3 slices)
- Sea Buckthorn Essential Oil (5-7 drops)

Directions: Blitz all ingredients together in your blender (or mash well) until you achieve a creamy consistency. Apply evenly to your hair and let sit for 20 minutes. Rinse well and gently towel dry.

Benefits: Olive oil will moisturize and nourish your tips, whilst sea buckthorn will energize and revitalize your hair. Pumpkin makes for a great nutrient-rich base for your conditioning mask, given its soft and malleable texture. It is rich in Vitamin A and potassium and it will enhance hair growth when applied to the scalp. This hair mask is packed with vitamin C, A, beta-carotene and minerals which will activate the process of hair repair and replenish and moisturize your hair after regular use.

Refreshing and Tropical Papaya and Rosemary Oil Mask

Ingredients:

- Coconut Milk (½ cup)
- Papaya (2-3 slices)
- Almond Oil (2-3 tablespoons)
- Rosemary Essential Oil (5-7 drops)

Directions: Blend the coconut milk with the papaya flesh and add the oils. Blitz everything together in your blender until you achieve a creamy consistency. Apply evenly to your hair and let sit for at least 20-25 minutes. Rinse well and gently towel dry.

Benefits: Papaya is extremely refreshing and aromatic, giving your hair a vitamin and mineral boost. Papain (an enzyme present in papaya) is known for removing dead cells, activating the production of new ones and preventing hair loss. It works great as a nourishing base for your mask thanks to its soft and

creamy texture. It helps your hair become stronger and shinier and can also bring out subtle highlights. Almond oil is like 'food' for your hair – perfect for moisturizing and repairing dryness, whilst rosemary oil is soothing and also stimulates hair growth. Use this mask when you need a boost of mental clarity – aromatherapy with rosemary works as an excellent brain and memory invigorator.



CHAPTER 4

Treating Oily Hair

Oily hair can be such a pain, often leaving hair looking flat and lifeless. You may wonder how are you are supposed to use essential oils whilst keeping greasiness in check. Fortunately, there are several home made recipes that can help combat oiliness by ensuring you use the correct quantities in conjunction with all natural, oil-absorbing ingredients.

Shampoo and Conditioner

Purifying Citrus Oil and Cornstarch Shampoo

Ingredients:

- Warm Water (1 cup)
- Baking Soda (1 tablespoon)
- Cornstarch (2 tablespoons)
- Citrus Essential Oil (5 drops)
- Grapefruit Juice (1/3 cup)
- Grapeseed Oil (2-3 teaspoons)

Directions: Combine all ingredients in a container and shake well before use. Wash hair with a generous amount of the shampoo and rinse well. Gently towel dry. Store in refrigerator and use within 2 weeks.

Benefits: Citrus based ingredients are the perfect addition to cleansing oily hair, as they regulate sebum production, remove impurities, and nourish hair due to a high content of antioxidants, magnesium, potassium, and folate. Grapefruit juice refreshes your hair and keeps oils under control, whilst its high vitamin content and gentle acidic structure will clean and revitalize your hair and scalp. Cornstarch intensifies the sebum regulation potential of this shampoo, whilst grapeseed oil helps reduce hair loss and provides deep moisture thanks to its omega-3 fatty acids. After a few weeks of regular use, you will notice a reduction in oiliness and the benefits of added strength and shine.

Exfoliating and Cleansing Lemongrass Oil and Strawberry Shampoo

Ingredients:

- Water (1 cup)
- Castile Liquid Soap (½ cup)
- Herbs (watercress and lemongrass)
- Strawberries (2-3)
- Lemongrass Essential Oil (4-5 drops)
- Grapeseed Oil (2-3 teaspoons)

Directions: Boil water and pour over herbs. Allow to steep for 30 minutes and strain. Using your blender, blitz your fresh strawberries, herbal infusion, lemongrass and grapeseed oil until smooth. Pour into container and shake well after adding liquid soap. Use shampoo within 2 weeks and store in refrigerator.

Benefits: Strawberries are an antioxidant packed powerhouse and a great addition to your hair care regime being high in magnesium, omega 3 fatty acids and copper. They are also effective in the prevention of hair loss and ideal for oily hair as they offer gentle hydration without negatively affecting your sebum production. Their exfoliating properties remove dead cells and lifeless follicles. Lemongrass regulates oil production, combats greasiness and has a wonderful

tonic and astringent effect. Watercress is rich in minerals and helps revitalize your hair. It is also extremely purifying and it combats hair loss thanks to its zinc and biotin content.

Energizing and Astringent Ginger Root and Lavender Oil Conditioner

Ingredients:

- Water (1 cup)
- Lavender (1 handful)
- Black Tea (2 teaspoons of powder)
- Ginger Root (2 pieces)
- Maple Syrup (3 teaspoons)
- Lavender Essential Oil (4-5 drops)

Directions: Blitz all ingredients in your blender until you achieve a smooth, paste-like consistency. Allow to sit in your hair for a maximum of 5 minutes. Rinse thoroughly and towel dry. Condition your hair once or twice a week with this formula.

Benefits: This conditioner contains energizing properties of ginger to offer you intensive purification and vitality. Ginger stimulates circulation of the scalp, which can help increase hair growth, and also contains effective antiseptic properties. Black tea is the hidden secret of this conditioner, as it tightens your pores, strengthens the hair shaft and reduces shedding. It also contains tannic acid, which helps reduce the production of excess oil. Lavender will help regulate sebum, soothe your senses and help you de-stress, whilst its anti-inflammatory properties make a great remedy for a sensitive scalp. Maple syrup will hydrate your hair and prevent breakage. The overall effect of this conditioner is cooling and purifying and offers nourishment and gentle hydration, along with the power of astringent properties in black tea. Use this

conditioner twice a week for best results.

Balancing Apricot and Cypress Essential Oil Leave-in Conditioner

Ingredients:

- Apple Cider Vinegar (½ cup)
- Apricot Oil (2-3 teaspoons)
- Cypress Essential Oil (4-5 drops)

Directions: Mix all ingredients until well combined. Apply to damp hair and leave in. (You can also spritz the product into your hair using a spray bottle.) Use once a week or every two weeks for best results.

Benefits: This formula contains the balancing properties of cypress essential oil and vinegar for the perfect ‘oily hair’ leave-in conditioner. Vinegar sanitizes, restores and stimulates the hair, while cypress is an effective deterrent of excess oil. It contains apricot oil, a carrier oil light in consistency, which leaves a slightly sweet fragrance. The beauty of this conditioner is its lightness and its simplicity. When you don’t want to invest too many ingredients into your hair care, this is the perfect solution. You’ll have shine, smoothness, aromatic pleasure and deep purification.

Hair Masks

Purifying Antioxidant Melon and Orange Essential Oil Mask

Ingredients:

- Berries (of your choice, ½ cup)
- Watermelon (1-2 slices)
- Rosehip Oil (2-3 teaspoons)
- Orange Essential Oil (4-5 drops)

Directions: Blitz everything together in your blender until you achieve a smooth consistency. Evenly apply to your hair and let sit for 20 minutes. Rinse well and gently towel dry.

Benefits: This mask combines antioxidant-rich and purifying berries with the refreshing and nutritive properties of melon – hydrating and packed with Vitamin C to enhance hair growth whilst keeping your scalp clean and balanced. Rosehip oil adds nourishing Vitamin A that will stimulate hair repair. Orange essential oil will add a zesty aroma to the already fresh, sweet fragrance of the formula, and is known to lift your mood and evoke pleasant thoughts.

Strengthening and Balancing Aloe Vera and Clary Sage Oil Mask

Ingredients:

- Aloe Vera Gel (1/3 cup)
- Banana (1)
- Grapeseed Oil (2 teaspoons)
- Clary Sage Essential Oil (4-5 drops)

Directions: Blitz everything together in your blender (or mash well) until you achieve a smooth consistency. Evenly apply to your hair and let sit for 15-20 minutes. Rinse well and gently towel dry.

Benefit: Aloe Vera gently hydrates the hair, protects from damage and helps control frizz or ‘fly-away’ hairs. Banana is a great base for oily hair as it is

loaded with vitamins and adds moisture to the hair shaft without leaving greasiness. Grapeseed oil is light in texture and well tolerated by oily hair, making it the perfect carrier oil to dilute your essential oil. Clary sage essential oil combats inflammation and contains astringent and balancing properties. This mask contains an overall purifying and rejuvenating effect.



CHAPTER 5

Other Issues You Can Treat with Homemade Hair Care

Sometimes it's not enough that we have oily or dry hair; we might also suffer from dandruff or the harsh effects of hair dyes and styling products. An accumulation of issues with our hair may make us feel desperate and confused, since we don't know where to begin or what to treat first. Commercial hair care products promise us so much yet leave us feeling frustrated with little results and that's why homemade shampoo, conditioners or masks are so valuable. You can use a variety of healthful ingredients and adjust or alternate them to meet the demands of your hair troubles. Let's see what homemade hair care can do for several issues you may be struggling with.

Antidandruff Hair Care

Cleansing and Antiseptic Rosemary and Tea Tree Oil Shampoo

Ingredients:

- Apple Cider Vinegar (1 cup)
- Water (1 cup)
- Rosemary (1 bunch)
- Grapeseed Oil (2-3 teaspoons)
- Tea Tree Essential Oil (6-8 drops)

Directions: Boil water and steep rosemary until cooled. Strain infused water, add all ingredients into a container and shake well. Wash your hair twice a week with your desired quantity, then rinse well. Gently towel dry.

Benefits: This shampoo will purify your hair and gradually eliminate dandruff due to the combined properties of vinegar and tea tree oil, which both heal and deeply cleanse the scalp. Both rosemary and grapeseed oil are also effective in combating dandruff by gently adding moisture to the scalp to soothe flakiness and dryness. Tea tree contains high quantities of eucalyptol, a potent antiseptic and antiviral, and also stimulates hair growth by increasing blood flow to the follicles.

Purifying Tonic Jojoba Oil and Peppermint Oil Conditioner

Ingredients:

- Jojoba Oil (½ cup)
- Peppermint Oil (10 drops)
- Maple Syrup (2 teaspoons)

Directions: Add all ingredients into a suitable container and shake well until combined. Apply to your hair, let sit for at least 5 minutes, then rinse well. Gently towel dry. For best results, use twice a week.

Benefits: Peppermint is a powerful aid in combatting dandruff by regulating the pH balance of your scalp and is great for normal to oily hair as it regulates sebum production and purifies your scalp. It has a soothing, cooling effect, whilst its refreshing scent will lift your mood. Jojoba oil will add body to your hair with its deeply moisturizing properties, without making it greasy or oily, whilst maple syrup will hydrate your scalp and nourish dry, brittle hair. Peppermint and jojoba accelerate hair growth and stimulate circulation to the scalp. This formula's anti-inflammatory properties are perfect for a sensitive scalp or oily hair.

What about Dyed or Damaged Hair?

Restorative Orange and Almond Oil Shampoo

Ingredients:

- Apple Cider Vinegar (1 cup)
- Baking Soda (1 teaspoon)
- Almond Oil (2-3 teaspoons)
- Orange Essential Oil (10 drops)

Directions: Add all ingredients into a suitable container and shake well until combined. Apply to your hair, let sit for at least 5 minutes, then rinse well. Gently towel dry. For best results use twice a week.

Benefits: This shampoo will nourish your hair with an abundance of vitamins and minerals to repair damage from frequent coloring. Almond oil helps repair dry, split ends and its rich moisturizing properties work in harmony with the refreshing and replenishing effects of orange essential oil. This formula deeply cleanses and invigorates, leaving your hair feeling fresh, vibrant and shiny.

Strengthening Argan Oil and Geranium Oil Conditioner

Ingredients:

- Argan Oil (3 teaspoons)
- Coconut Milk (1/3 cup)
- Geranium Essential Oil (10 drops)

Directions: Add all ingredients into a suitable container and shake well until combined. Apply to your hair, let sit for 5-8 minutes, then rinse well. Gently towel dry. Use weekly to treat split ends and dry, damaged hair.

Benefits: Argan oil may not be the most costeffective solution, but its invaluable source of Vitamin E and fatty acids deeply nourish and repair the hair, leaving it shiny and silky. Argan oil, along with coconut milk, makes hair easier to manage and keeps it looking fresh and smooth. It also combats hair loss and damage due to the high concentration of antioxidants. Geranium essential oil strengthens the hair's follicles and shaft and offers a great antioxidant boost to damaged hair with a sweet, rose-like scent. This conditioner is perfect for curly hair so that combing and styling are less problematic.

Effective Products for Hair Growth

Regenerating Nettle and Clary Sage Oil Mask

Ingredients:

- Avocado (1)
- Nettle (2-3 bunches)
- Olive Oil (1/4 cup)
- Clary Sage Oil (10 drops)

Directions: Boil nettle bunches until they become soft and blitz all ingredients in your blender until you achieve a smooth consistency. Gently massage and apply onto your hair and scalp, and let sit for 15-20 minutes. Rinse well and gently towel dry.

Benefits: This mask is the perfect remedy if you run the risk of balding or your hair is fine or thinning. Nettle, otherwise known as stinging nettle, is rich in Vitamin A, B, C, D and K and helps stimulates the scalp to encourage new hair growth. Olive oil will offer the added moisture and antioxidants your hair craves, while clary sage will also aid in stimulating the scalp and helps enhance the

properties in olive oil and nettle.

Moisturizing Cranberries, and Rosemary Oil Mask

Ingredients:

- Cranberries (1 cup)
- Rose Petals (1 handful)
- Coconut Oil (1/4 cup)
- Rosemary Essential Oil (10 drops)

Directions: Blitz all ingredients together in your blender until you achieve a smooth consistency. Evenly apply to your hair and let sit for 15 minutes. Rinse well and gently towel dry. *Note:* You can also steep rose petals in 1 cup boiling water for 30 minutes for a runnier consistency.

Benefits: Cranberries are packed full of antioxidants and Vitamin C and have a regenerative effect on your scalp, which can aid in the treatment of hair loss. Rose petals are also rich in Vitamin C, provide natural moisturize and hydration and increase blood flow to the scalp and hair follicles, leaving your hair glossy and soft. Further moisturizing properties come from the coconut oil base, whilst rosemary aids in the growth of new hair with an overall balancing and therapeutic effect. The antiseptic properties in these ingredients make this mask great for oily hair or scalp irritations.

Exotic Turmeric and Ylangylang Oil Conditioner

Ingredients:

- Powdered Turmeric (1 teaspoon)
- Coconut Milk (1/4 cup)

- Ylang Ylang Oil (10 drops)

Directions: Combine and mix all ingredients until you achieve a creamy consistency. Gently massage and apply onto your hair and scalp and let sit for 8 minutes. Rinse well and gently towel dry, ensuring turmeric does not stain your clothes or towels.

Benefits: Turmeric is a powerful spice with numerous medicinal properties, which is being used by more and more people particularly for its cosmetic purposes. Extremely valued in Middle Eastern cultures and Ayurvedic medicine, it will rejuvenate your hair, soothe your scalp, cure itching and irritation and promote hair growth. Ylang Ylang oil will bring a sweet and exotic fragrance to your hair, whilst it also stimulates hair growth, cures dandruff and works perfectly on regulating oily hair.

Fortifying and Revitalizing Cinnamon and Patchouli Oil Conditioner

Ingredients:

- Powdered Cinnamon (1 teaspoon)
- Coconut Oil (1/3 cup)
- Maple Syrup (3 teaspoons)
- Cedarwood Essential Oil (10 drops)
- Patchouli Essential Oil (10 drops)

Directions: Combine and mix all ingredients until you achieve a creamy consistency. Gently massage and apply onto your hair and scalp and let sit for 6-8 minutes. Rinse well and gently towel dry.

Benefits: Cinnamon is fortifying and improves circulation on your scalp to promote hair growth. Maple syrup will deeply hydrate the hair, whilst cedarwood essential oil stimulates the scalp and hair follicles and revitalizes and

reduces dryness. Patchouli essential oil adds an alluring and intoxicating scent to this nourishing formula and also helps treat dandruff and oily hair. This conditioner is great for all hair types, particularly oily hair, as it contains astringent properties.

Make Your Hair Shine

Soothing Chamomile Oil and Argan Oil Leave-in Conditioner

Ingredients:

- Apple Cider Vinegar (½ cup)
- Water (½ cup)
- Chamomile (1 bunch or 1 teabag)
- Argan Oil (3 teaspoons)
- Chamomile Essential Oil (10 drops)

Directions: Boil water and pour over chamomile herbs/tea. Allow to steep until cool, then strain. Add all ingredients into a suitable container (you can use a spray bottle for easy application) and shake well until combined. Apply to your hair and scalp, and leave in.

Benefits: Vinegar strengthens your hair and makes it bright and shiny, while chamomile combats inflammation and can bring out subtle hues and highlights in your hair, particularly if you are blonde. Chamomile also has a notable soothing and softening effect, leaving you with silky, shiny hair. If your hair is normal to dry, feel free to add a little more moisturizing argan oil, which is extremely effective for its anti-aging properties, too. It promotes cell generation and your hair will grow thicker and healthier after regular application. This leave-in conditioner will give your hair a beautiful, natural sheen.

Hydrating Coconut Oil and Lavender Oil Conditioner

Ingredients:

- Citrus Juice (orange, lemon or grapefruit, ½ cup)
- Coconut Oil (1/3 cup)
- Lavender Oil (10 drops)

Directions: Add all ingredients into a suitable container and shake well until combined. Apply to your hair and scalp, let sit for 5 minutes, then rinse well. Gently towel dry.

Benefits: This quick and easy solution for extra shine works best with oily hair due to the astringent and purifying properties of citrus fruit. You can choose lemon or grapefruit if you have too much sebum and your hair gets dull and oily fast. Alternatively, you can opt for orange juice for additional nutrients and a hydrating effect. Coconut oil will soften your hair and make it glossy and silky. Lavender oil is one of the best essential oils for enhancing the properties in this conditioner by adding shine and controlling dandruff.

Tips for Detangling Your Hair

Vinegar and Eucalyptus Oil Spray

Ingredients:

- Water (1 cup)
- Apple Cider Vinegar (2 teaspoons)
- Eucalyptus Essential Oil (5 drops)

Directions: Add all ingredients into a suitable container (you can use a spray bottle for easy application) and shake well until combined. Apply to your hair and leave in.

Benefits: This refreshing, light spray will detangle your hair and make brushing and combing so much easier: no more frustrating knots and hair breakage! Vinegar will add strength and shine to your hair. (Don't worry about any smell, it will disappear quickly.) Eucalyptus oil is soothing and refreshing with antiseptic properties, aiding in the treatment of flakiness and dandruff.

Coconut Milk and Myrrh Oil Conditioner

Ingredients:

- Coconut Milk (½ cup)
- Argan Oil (2 teaspoons)
- Myrrh Essential Oil (5 -7 drops)

Directions: Combine and mix all ingredients until you achieve a creamy consistency. Apply to your hair and let sit for 5-7 minutes and gently comb your hair. (Start from the ends and work your way up.) Once hair is detangled, rinse well and gently towel dry.

Benefits: Coconut milk will help you detangle your hair whilst enriching it with moisture. Argan oil adds a naturally glossy look to your hair while also providing lavish nourishment for your scalp – it is often used alone as a leave-in detangling agent. Another use for this combination is its effectiveness in treating dandruff due to the restorative powers of myrrh essential oil, so don't hesitate to take advantage of this recipe's multifunctional purposes. This formula is great for all hair types, particularly those who have dry or brittle hair.



CHAPTER 6

Thank You Thank you for purchasing this book and exploring the methods and ingredients that will enable you to prepare your very own hair care products at home. I hope that my passion for natural beauty has helped you master a few simple steps in creating the most effective and aromatic hair care products for your personal use.

By simply understanding how each herb, oil, or other ingredient contributes to the health of your hair, you have learnt to tailor each recipe to treat your hair with the most nourishing formula that is most suited to your hair type, whilst indulging your senses in a deeply fulfilling mind and body experience.

Do keep in mind that essential oils and other all-natural ingredients act in a progressive and steady manner. Some solutions require weeks (or even months) of use until your hair starts visibly regenerating, so don't feel discouraged if you don't see immediate results. Shine, smoothness and moisture can be achieved quickly and easily, but getting rid of dandruff, split ends and promoting hair growth and repair may take time with regular maintenance. Feel free to experiment with various hair masks, shampoos and conditioners and stick to what is working best for you for long-term results. Give your hair the time and the opportunity to heal and regenerate; your diligence and patience will pay off, because you deserve it!

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A WORD FROM THE PUBLISHER

Hi, I'm Carmen, a holistic health geek with a passion for health, herbalism, natural remedies, as well as wholefood and plant-based lifestyles. After resolving various health issues I have struggled with for many years, I aim to inspire and help improve your health and longevity by sharing the tireless hours of research and valuable information I have discovered throughout my journey. Through the power of nutrition and lifestyle, with an evidence-based approach, I believe you can achieve your health and wellness goals.

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THANK YOU



INTRODUCTION

Thank you and congratulations on your purchase of *'Nature's Brain Boosters: 50+ Natural Remedies, Herbs, Spices, Supplements & Essential Oils to Improve Your Memory, Mood & Focus'*. This book will help you to discover the brain-power that you never knew you had, as well as boost your cognition and your ability to retain new information. All of this will be achieved by harnessing the time-proven powers of natural remedies and positive lifestyle changes.

Have you ever found yourself struggling to remember the name of the person you've just been introduced to at a party, and try as you might, the word never makes the journey from the 'tip of your tongue' out into the world?

Or perhaps you've dashed into another room to collect that really important item that has just popped into your consciousness, but the minute you arrive there, you realise you have absolutely no idea why you got there?

Maybe you've been trying for weeks to knuckle down to completing that vital assignment or revising for an important exam, yet try as you might, your brain simply won't cooperate and your thoughts rebelliously flying off at tangents, instead of focusing on the task in hand.

Or you're worried that occasional forgetting is a sign of something more sinister lurking just around the corner. Something like dementia or even Alzheimer's disease...

Most of us have struggled to focus, suffered from a memory lapse, battled to learn something new, or even found ourselves at a loss when it comes to remembering where we left those darn car keys.

But here's the thing; memory goes so much deeper and is far more important to us as human beings than simply remembering to put out the trash or get to that meeting. They are much more precious than that.

Our memories are what make us unique, they make us the people we are, and when we push aside all of the material things in life, memories are everything that is left. Whether that's playing the schoolyard with your friends, that wonderful scent of your grandmother's baked apple pie or the song that accompanied your first love, our memories are what really matter, and so it's incredibly important that we do everything in our power to protect them.

The great news is that it's something that is easy to achieve. **You absolutely can improve your brain performance with a holistic, natural approach , without using harsh medications or stimulants that damage your health or cause you to suffer from nasty side-effects.** You can protect those memories that you hold so dear, supercharge your learning and develop ninja-like focus simply through eating the right foods, practicing the right habits and by using **natural herbs, spices, supplements and essential oils** . Best of all, you'll feel amazing about yourself, optimistic about your potential, and find yourself right there in the driving seat on your path to success.

Don't listen to the negative criticism of your old high-school report. Don't believe that you will never be a top-performer when it comes to brain-power. And most of all, don't buy into the idea that there is no option but to slip into mental decline as we advance in years.

It's simply not true .

Throughout our lives, our brains are constantly growing and changing, allowing us to continue to nourish and upgrade our mental software. You can harness this to perform at your best, no matter what your age, sex, income level or IQ level.

All it takes is the right knowledge.

There really is no time like the present to show the world just what you are made of. Are you ready to uncover the secrets to optimum brain function and happiness using natural remedies? Then let's get started!

Within this book you will find a vast variety of remedies for informational purposes. Knowledge is power - simply take your time to get acquainted with each approach to make an informed decision as to what will work best for you

and your circumstances. You may want to focus on a few or even just one remedy at a time. Never hesitate to discuss the state of your health with your holistic healthcare practitioner to help determine which remedies can best be implemented into your life. Always use herbs and supplements in a cautious, informed way.



CHAPTER 1

Herbs

Ginkgo Biloba

Ginkgo Biloba is an ancient and fast-growing Chinese tree with a long history of medicinal use in the East. In fact, it might even be the oldest surviving tree species on the earth; experts have dated it back a mind-boggling 300 million years. Can you believe it?

It works to improve your brain and mental performance on many levels. Firstly, it improves the blood flow to your brain, flooding the tissues with oxygen and improving memory and concentration in the process.

It's also supremely high in antioxidants, which can protect the brain from the damage of free radicals, age-related memory decline and also Alzheimer's disease.

Ginkgo also has a significant effect upon depression and low mood disorders. The flavonoids it contains are called *terpene lactones* and *ginkgo-flavone glycosides (flavonoids)* which help maintain levels of dopamine and serotonin in your brain, and in turn improve both mood and thought processes.

It comes in many different forms - tablets, tincture and even tea form. Take between 80 mg and 240 mg per day, divided into at least two doses. It's best to take the first dose after breakfast and the second after lunch, to ensure that you can still drop off to sleep at night. Be aware that it can take up to 12 weeks for the effects of ginkgo to become apparent. Be patient.

Ginseng

Ginseng has been used by millions of people over the years to boost their attention, improve their memory and beat dementia and Alzheimer's disease.

Not only this, but ginseng is a fantastic adaptogen; a remedy that targets the effects of physical, emotional and environmental stress that can lead to ill health and disease. It works by reducing levels of cortisol in the blood stream and strengthening adrenal glands that can often become fatigued during difficult times in our lives.

Ginseng also contains high levels of antioxidants, which help protect our brains from the ravages of free-radicals, improve your ability to concentrate and might even target symptoms of ADHD and short-term memory loss in all ages.

You can enjoy ginseng as a tablet, capsule or even as a tea. Take 240 mg daily to see best effects.

Kava Kava

Kava Kava is the central ingredient in the famous South Pacific Tea Ceremony, and works wonders on stress, anxiety, depression, migraine and even leprosy, according to some sources.

In South Pacific communities it's used much in the same way as alcohol is used in many countries. Its power lies in the presence of *kava-lactones*, which are a great muscle relaxant, and give you that chilled-out, peaceful feeling that just isn't matched by any other anti-anxiety substance. It's a wonderfully soothing remedy, which helps dissolve anxiety, insomnia and stress.

However, there has recently been some concern that it could cause liver damage in certain individuals, a claim that has not been substantiated by any of the studies conducted to investigate these supposed side-effects. Communities all around the world continue to use kava kava to feel happier, at peace and perform at their best, and you can too.

The traditional form to consume kava kava is of course as a tea, but you can also get it in tablet or capsule form. Take 210-240 mg each day. Be aware that it does

affect other medications you might be taking and it is not to be taken by pregnant or breastfeeding women, or those with liver damage.

St. John's Wort

St John's Wort is a herb that grows wild in the meadows and roadsides of Europe and North America. It's a powerful traditional remedy that has seen a recent surge in success owing to its ability to help treat depression and also the sunshine-deficient disorder SAD (Seasonal Affective Disorder). If you need an herbal pick-me-up, you couldn't go far wrong with St John's Wort.

Its active ingredient is *hypericin*, a polyphenol, which helps boost levels of serotonin in the brain, leading to reduced anxiety and better sleep.

Studies have shown that it works effectively to combat memory problems, cognitive processing issues and superior learning when combined with Ginkgo Biloba. In tandem, they work to eradicate the toxins in your brain and boost those serotonin levels to help you feel positive, intelligent and in possession of a strong memory, and work more effectively than when used separately.

The recommended dose is 30 mg Ginkgo Biloba (24% extract) and 150 mg of St John's Wort (0.3% hypericin). If you'd prefer to use St John's Wort alone, aim for 300mg per day.

Saint John's Wort interferes with some pharmaceuticals thus it is imperative to check with your physician before taking this herb. Do not use this herb if you are taking any pharmaceutical antidepressants.

Gotu Kola

Gotu Kola is a plant that is native to India and Asia and is used in Ayurvedic medicine to treat disorders of the nervous system and brain. Its active ingredients *brahmoside* and *brahminoside* act as a mild sedative, reducing your levels of stress and anxiety. It also helps to calm the central nervous system, allowing you

to feel as if a weight has been lifted from your shoulders.

Acting like a superfood, it boosts your brain, improves your alertness, brain function and also your memory. Plus it's packed with brain-healthy vitamins and minerals such as vitamins A, G, and K and is also high in magnesium.

Enjoy it as a tea for best results (it tastes similar to chamomile tea). But you can also take it in capsule or tablet form. The recommended dose for stress relief and an improvement in performance 50 to 250 mg, 2 to 3 times daily.

Ashwaghandha

Ashwagandha is a plant native to the Middle East and Africa and is a cousin of the tomato and the eggplant. Studies have shown that it might also help prevent the onset of Alzheimer's disease and associated memory loss. This is because it inhibits the formation of plaque with the brain, which can kill brain cells and lead to the disease.

Additionally, it acts as a *nootropic* and boosts your overall memory, cognitive abilities and relieves stress all at the same time. It works by limiting the amount of the stress hormone cortisol in the bloodstream, and also has an overall relaxing and de-stimulating effect on the entire body, which can help with conditions like ADHD and Parkinson's disease.

Its potent antioxidant action helps to defend the body against the free radicals that can lead to neural damage and it could actually help to contribute towards their repair.

To benefit from the positive effects of ashwagandha, you can supplement with an amount that suits you. You can start with a dose of around 300-500mg and increase to around 6,000mg per day for stronger effects. Always divide your dose into at least two or three small doses throughout the day to aid absorption.

Lemon Balm

Lemon balm is a lovely lemon-scented herb with a long history of use in folk medicine as a sleep aid and gentle remedy for anxiety. Recent studies have also discovered that it possesses an incredible ability to boost your memory and improve your performance, especially when it comes to learning new information. The best news is that many people have it growing in their garden, so can enjoy its benefits right away.

It contains a multitude of active ingredients that help to achieve its benefits upon your gray matter. Compounds known as *eugenol* and *terpense* help to calm your muscles and soothe your mind, and another called *rosmarinic acid* helps to control your levels of stress before it really begins to take its toll.

Studies carried out at Northumbria University discovered that a high percentage of students actually achieved better grades when they supplemented with high-quality lemon balm. This was owing to the action of several compounds, which improve the effect of the neurotransmitter *acetylcholine*. This neurotransmitter is vital to memory formation and maintenance, logical thought and overall cognition. So if you want to relax and improve your intelligence, lemon balm will be the perfect solution.

It's best taken as a tea, so if you have a bush growing in your garden, harvest the leaves and brew up your own refreshing, fragrant cup. Otherwise, it may also be taken as a supplement. Experts recommend a dose of 600 to 1,600mg lemon balm extract per day.

Bacopa

Bacopa is an Ayurvedic herb with a long history of use for none other than cognitive enhancement. In fact, recent studies in Australia have confirmed that bacopa does indeed improve information processing, verbal learning rate and overall working memory.

It primarily works its magic by boosting levels of the neurotransmitter serotonin, which in turn will improve your mood and help deal with anxiety and depression too. But it doesn't just make you feel good; it also helps to prevent the onset of Alzheimer's disease and dementia too.

This happens for the following reasons:

Firstly, bacopa contains a high level of antioxidants, which provide a protective effect upon the brain, prevent free-radical damage to the cells and nervous system and improve overall health. Secondly, bacopa helps to break down the *beta amyloid proteins* that can lead to plaque accumulation in the brain and lead to Alzheimer's disease. And thirdly, it helps to heal damaged brain cells and nerve cells, making it uniquely beneficial for those suffering from dementia and brain damage.

To enjoy the benefits take around 300 mg per day.

Huperzia Serrata

Huperzia is a type of moss that is native to India and South East Asia and it could be our best hope yet in the battle against Alzheimer's disease and age-related memory loss. So much so that it has recently seen a surge in popularity, both in its use and research.

It works by increasing levels of the important neurotransmitter *acetylcholine* . This neurotransmitter often comes under attack by certain bodily enzymes, which has the effect of reducing its levels in the body and thus preventing your brain cells from effectively communicating with each other. As a result, your memory declines, as does your cognitive performance.

Not only that, but it also helps to reduce the formation of plaque in the brain that leads to Alzheimer's disease and dementia, and prevents brain and nerve damage from actually occurring at all. You can probably see why the world is so excited about this stuff!

If you are interested in finding out for yourself how it can boost your brain, take a supplement containing 50 to 100 micrograms of its active ingredient *huperzia A* .

Rhodiola

Rhodiola is another one of the herbs that falls into the 'adaptogen' category. It works by targeting life's stresses, such as physical, emotional and environmental stresses and boosting the immune system and other bodily processes to cope. As a result, it has incredible healing powers that we still don't know the true extent of.

It contains *phenylpropanoids*, which can boost mental performance and also calm the body, as well as an antioxidant effect that helps to protect the brain from plaque formation that may also cause Alzheimer's disease and other types of dementia. And as well as all of this, studies have shown that consumption of rhodiola can slow the breakdown of the neurotransmitter acetylcholine, and as a result could postpone the onset of Alzheimer's disease. It really is an excellent all-rounder that is perfect for stress, grief, memory problems and dementia.

It also has an anti-anxiety action, which helps to reduce levels of cortisol, the stress hormone, in the bloodstream, and supports the entire nervous system to help clarify thought processes, improve mental calculation and overall performance.

Additionally, it increases levels of the neurotransmitter *serotonin* in the bloodstream, which continues to boost that happy feeling - even if life isn't quite going the way you wanted it to.

For best results, take between 100 and 1000mg each day, divided into two doses.

Oregano

If I had to choose just one culinary herb to take with me to a desert island, it would most definitely be oregano. It has so many health benefits, and also tastes delicious added to all kinds of vegetable dishes - there really isn't anything that comes close.

Oregano actually helps to alter our brain waves, helping us to feel more relaxed, less anxious and also learn new information much faster and more effectively. This comes down to its two active components, *carvacrol* and *thymoquinone*, which increase both alpha-1 and beta-1 brainwaves.

Studies have also shown that it improves neurotransmitter function, increasing levels of dopamine , serotonin and noradrenaline in the body - all hormones that keep depression and low mood at bay, and feeling happier and more focused on the task at hand as a result.

It's a delicious green leafy herb that can be added to any dish you love the most. You can also use oregano as an essential oil. Simply pop a few drops in your diffuser and enjoy the uplifting scent. And lastly, you can take it as a supplement too - start with 400mg twice a day.

Rosemary

Rosemary is such an uplifting herb, and I am always reminded of walks across the hills of the Mediterranean when its scent hits my nostrils. It's an herb with a great ability to improve your cognition, make you feel great and also boost your mood and memory. Better than that, it also positively affects the speed and accuracy in which you're able to respond to a stimulus, making its affect similar to, and also superior to, that of caffeine. This is because of a compound known as *1,8-cineole* , which can help boost prospective memory. This is the type of memory you use when you need to remember a sequence of future tasks, such as attending a meeting or sending that important email.

Let's not forget that rosemary is also a potent antioxidant and also possesses anti-inflammatory properties, which fight free radical damage in the brain and enhances memory and concentration. This is because of the presence of two important compounds: *caffeic acid* and *rosmarinic acid* . It also contains *carnosic acid* - a phytochemical which helps to protect your brain from strokes and age-related regeneration.

The best way to enjoy rosemary is of course in your food and it tastes wonderful combined with most vegetables, especially those considered to be part of the Mediterranean diet, such as peppers, eggplant, tomatoes and zucchini.

You can also enjoy rosemary as a dried herb, an extract or even as a tea. If you are opting for the extract, take two 400mg rosemary capsules up to three times a day. Pregnant and breastfeeding women should avoid rosemary.

Thyme

Thyme is packed full of those brain-friendly omega-3's and will help protect your brain against age-related degeneration, as well as improving your overall brain function significantly. It's a penetrating and fragrant herb that is also high in vitamin C, iron, manganese, and iron.

It's also high in flavonoids, including *apigenin*, *naringenin*, *luteolin*, and *thymonin*, making it a brilliant antioxidant. And lastly, one of its active ingredients, *thymol*, help us feel happier and maintain levels of essential fatty acids in the brain.

Thyme works brilliantly in vegetable and bean dishes, so throw it into your meals to up the flavor and reap the brain-boosting benefits.

Sage

For hundreds of years, the memory-boosting powers of sage have been very well known. But it turns out that this is no old wives' tale - sage really is as good for your brain as they say. It helps boost the chemical messengers in the brain and by doing so, improves memory and overall performance.

Recent research into the effect that sage has upon Alzheimer's disease has shown that it also has a secret-weapon - it is able to inhibit a damaging enzyme called *acetylcholinesterase (AChE)*, which damages the brain and leads to the onset of the disease. This also boosts levels of the neurotransmitter acetylcholine and improves overall memory and learning.

It's another of the green leafy herbs that taste wonderful and offers incredible antioxidant effects. One particular anti-aging antioxidant named *carnosic acid* is able to raise levels of glutathione in the brain by improving blood flow to the cerebral arteries. Clearly good brain blood-flow is essential if you want to possess great thinking power.

Sage is delicious when added to soups, stews, salads, and can even be used to make dressings. Why not grow some of your own sage on your windowsill at home and add it to your food regularly?



CHAPTER 2

Spices & Essential Oils

Ginger

Ginger is one of those spices that really deserves more credit than it ever gets. Not only it is warming and delicious, it also has the power to boost your thought processes.

In a study carried out by the Thailand Institute of Scientific and Technological Research, it was discovered that ginger significantly improved attention, cognitive processing and learning abilities with no side effects when used by middle-aged women. If ginger can help improve the brains of these women, think of what it could do to you too.

Ginger can also help to prevent *monosodium glutamate toxicity*, something that has huge implications for the health of our brains. MSG as it is commonly known is a flavor-enhancer, which is added to many kinds of processed foods. Worst of all, it has a toxic effect upon our brains, and may contribute to the onset of age-related memory decline and dementia. What more proof do we need to avoid processed foods as far as possible and stick to wholefoods?

If you want to enjoy some of the benefits of ginger, you have lots of options to choose from. You can add it to your recipes, drink it as a tea or even take it in capsule form. It's recommended that you take between 400 and 800mg per day for best results.

Turmeric

I'm pretty sure that you've heard the hype about turmeric by now - it's the spice

hailed as a miracle cure for countless health complaints and the most exciting natural preventative measure against Alzheimer's disease that you can start to enjoy right now. India has an interestingly low rate of Alzheimer's disease, suggested to be a result of the high levels of turmeric they consume.

The secret is thought to lie in its high *curcumin* content. Curcumin is a powerful antioxidant that helps to reduce plaque formation in the brain and battles against free radicals in the body. It's also a powerful anti-inflammatory, which helps to heal the entire body.

And as well as all of this, turmeric could also help you to boost your brain-power, increase brain-cell repair processes and improve your memory. This is because of another compound that it contains, known as *aromatic-turmerone*, which was shown to increase brain activity in a study carried out in Germany.

All of this evidence is proving to be really hopeful in the fight against brain deterioration, and brain injury. Turmeric is the spice that gives curry its distinctive bright yellow color, so the best thing you can do to reap the benefits is to eat more of them. If you're not a fan of curries - don't panic. A great tip is to sprinkle a small amount of it into your food. You'll barely be able to notice the difference, and it won't add even the slightest hint of spice to your meal.

Of course, you can also take turmeric in supplement form - studies have shown that a dose of 400mg of a pure curcumin works wonders for your brain, and also makes you feel amazing!

Black Pepper

Who would have thought that one of the most common condiments also has a magical effect upon our brains? It has the potential to tackle low moods and make you feel absolutely fabulous.

This is because it contains an active substance called *piperine*, which protects the levels of the hormones serotonin and also dopamine in the brain. This has great implications for depression and mood disorders as well as Parkinson's disease, as both are linked to lower levels of the respective hormones. Piperine also works to improve concentration and also reasoning skills.

It increases levels of *beta-endorphins* in the brain and improves overall cognitive performance resulting in a happier you and a stronger brain.

You can either take a piperine supplement of around 15-20mg or be generous with the quantity of black pepper that you add to your foods. The choice is yours!

Cinnamon

Cinnamon's reputation as a health-boosting drug has come on in leaps and bounds of the past few years, and for a great reason too. Not only does it help with weight-loss and food cravings, it works miracles on your brain function too.

It's a great source of the mineral manganese which acts as a potent antioxidant, protecting the body from the ravages of free radicals that can lead to Alzheimer's, dementia and also cancers. It's involved in the correct functioning of the brain, and so from a nutritional standpoint, it's absolutely perfect.

Cinnamon also contains two compounds that help to ward off the onset of Alzheimer's disease. These are *cinnamaldehyde* and *epicatechin*, which can prevent plaque formation in the brain that can lead to the disease.

Like so many of the other spices, you can simply sprinkle a small quantity of the spice onto your favourite meals and in smoothies. You can also choose a supplement of around 1000mg per day to enjoy the same kind of benefits.

Nutmeg

Eating nutmeg will keep you as sharp as a pin! It contains a natural organic compound called *miristicin*, which will improve your memory and helps ward off free-radical damage that might lead to Alzheimer's disease or other types of dementia.

If you are suffering stress and insomnia, nutmeg might just be your cure.

Sprinkled into a warm drink late at night, it will help relax your body and allow you get the kind of rejuvenating sleep that you deserve, as well as reduce levels of anxiety and stress you might be experiencing.

Nutmeg is also potent in essential minerals such as potassium, calcium, iron and manganese which all promote healthy brain function.

Simply add a small amount to your soups, stews, smoothies or even your oatmeal to enjoy a delicious brain boost.

Clove

Although you might not realize it, cloves are the dried flower bud of the evergreen tree, *Eugenia aromatica*, which is native to Indonesia. They're best known for their pain-killing properties when it comes to toothache, but they can also help work wonders for your brain too.

They're a brilliant source of omega-3 oils that help keep your brain in tip-top condition, they're packed full of vitamin and minerals and they have the highest food concentration of manganese out there. As a result, cloves are a great source of antioxidants, which help resolve the damage caused by free radicals and boost our entire bodies.

A study carried out by the University College of Medical Sciences in Delhi, India discovered that clove oil can actually reverse short-term and long-term memory deficits suffered throughout our lives.

When used as an aromatherapy oil, clove oil also effectively targets stress, depression and anxiety by stimulating brain function and managing the levels of neurotransmitters and hormones in the blood.

You can add ground cloves to many foods, as well as enjoying it as an aromatherapy oil or treatment oil.

Sweet Orange Essential Oil

Sweet Orange Oil is one of the best essential oils for helping you to feel positive, uplifted and also creative. It's one of my favourite essential oils as it smells just like a juicy, freshly peeled orange that will leave you feeling bright, energetic and productive.

Its power comes from its active ingredient, *limonene*, which has been proven to reduce stress levels and help tackle depression.

To use sweet orange oil, simply combine a few drops of the pure essential oil with a tablespoon of carrier oil, such as sweet almond oil, and massage into your skin. You can also use it in a diffuser to spread the scent throughout the room, and allow your colleagues, friends or family to also enjoy its boosting benefits.

Basil Essential Oil

Basil oil has a fresh and invigorating scent which can improve your memory, focus, and help you to avoid distraction - perfect for those times when you have an important deadline looming, or have an exam that you need to revise for.

Its active ingredient, *linalool*, reduces levels of stress and increases levels of wellbeing, making it perfect for studying.

It has a rich and powerful smell, so use it sparingly, either in a diffuser or by applying a small amount of the diluted oil to your pressure points.

Peppermint Essential Oil

Peppermint essential oil has a cooling and refreshing fragrance, and for that reason it is widely used in foods and also cosmetics. But did you know that it can also help improve the productivity of your mind?

It's a great alternative to caffeine that can effectively tackle stress, provide a great feeling of whole-body relaxation, focus your senses, improve your memory

and wake up your mind, leaving you raring to go!

For best effects, blend a few drops of the pure essential oil with a carrier oil, such as almond oil, and apply to your pressure points throughout the day. Of course you can also use it as a massage oil, but do take care to blend it correctly as it is a very potent oil.



CHAPTER 3

Supplements

Creatine

Creatine supplements used to be the reserve of bodybuilders and gym bunnies alike and that might be what comes to mind when you hear the word. But recent studies at the University of Australia have shown that it can also help supercharge your mental performance, boost your IQ and improve your learning ability all at the same time. This study discovered that after taking creatine, subjects could retain more information and perform better on a wide variety of tasks than before supplementation.

This amino acid is produced in your liver, kidneys and pancreas, and is stored in your muscles before being used. However, certain stresses, injuries or dietary choices can influence the levels of creatine in your body, damaging your performance and harming your brain power, so supplementing with it might be the secret for greater brain power that you are looking for.

You can get it in tablet form; aim for 5,000mg per day.

Omega-3 Fatty Acids

Omega-3 fatty acids (DHA) are the kings of brain protection and memory promotion, playing a role in the development of the brain in the womb and helping brain cell membranes communicate effectively. It's suggested that up to 75% of the population are deficient in this essential fat, and that this deficiency could be contributing to all kinds of illnesses including depression, ADHD and

Alzheimer's disease. Obviously, if your brain signalling system isn't working in the way it's supposed to then you'll be prevented from focussing, thinking and performing in the way that you should.

Omega-3 fatty acids have also shown to prevent the accumulation of brain plaque that can lead to degenerative brain diseases, and also help improve your overall memory if you are not a sufferer.

Great food sources include *nuts*, especially *walnuts*, *flaxseed*, and also *beans*. In this case, wholefood sources are superior to supplementing. If you do choose to supplement, aim for 1,200 to 2,400mg per day.

AntiOxidants

If you've read through the previous thirty natural remedies that can boost your brain, you will no doubt understand by now that antioxidants have a huge role to play, both in the protection of our brains from the ravages of age, but also protecting them from inflammation and cognitive decline.

They include *beta-carotene*, *lutein*, *lycopene*, *selenium*, *vitamin A*, *vitamin C* and *vitamin E*, to name but a few.

Their main action is one of protecting your entire body from free-radical damage. Free-radicals are the harmful substances which arise as the result of oxidative stress, such as environmental stresses, emotional stress and other toxins which we might encounter. Whilst many of these stressors are processed effectively by the body, in this modern age we encounter a quantity that is far higher than ever seen before. Just take pollution, alcoholism, stressful jobs, medications and smoking as some examples.

This is where antioxidants come in. They battle these free radicals which can also affect our cognitive functioning and allow us to enjoy better memory and a more efficient mind all at the same time.

Luckily, it's relatively easy to get all that you need if you eat a varied diet, including at least 9 pieces of fruit and vegetables every single day. In fact, eating an abundant plant-based diet is the most effective way to obtain plenty of antioxidants.

Alpha GPC (L-alpha-glycerylphosphorylcholine)

Alpha GPC is a great form of choline that the body can easily use to build your brain cells, speed up your learning, improve your memory and also boost your thinking power. This nootropic has seen a surge in popularity recently due to its ability to cross the blood-brain barrier and boost your gray matter.

Choline is a B-complex vitamin which is actually a precursor of the important neurotransmitter *acetylcholine*. It is this acetylcholine that helps the brain cells to communicate effectively, and is also the neurotransmitter that decreases in the brains of Alzheimer's and dementia sufferers. Additionally, it protects the brain from nerve cell death and damage and could actually stimulate nerve cells to regenerate. It also works as a calming substance in the body, helping to reduce levels of stress and anxiety.

And in addition to all of this, studies have shown that it can actually increase dopamine concentrations in the brain, and help you to feel more motivated and 'switched on' and supercharge your learning and memory.

The best food sources of choline include soymilk, tofu, quinoa, and broccoli. However, if you would like to guarantee your intake, choose a supplement instead.

To give yourself a modest boost, supplement with 600mg per day, or increase to around 1200mg if you are suffering from cognitive problems such as Alzheimer's.

Acetyl-l-Carnitine (ALC)

Acetyl-l-Carnitine (ALC) is a naturally occurring amino acid that can improve your mood and focus and actually help you to learn faster. It works as an antioxidant to protect the tissues of your nervous system and brain from free-radical damage and diseases such as Alzheimer's and dementia.

Your body actually produces its own version of l-carnitine, but additional daily supplementation might just give your body the boost that it needs. It works by boosting the *mitochondrial* activity in the cells of your body, something that is especially beneficial when it comes to your brain. After all, high levels of energy in the brain cells translates to better and more efficient thought processes.

You can find acetyl-l-carnitine (ALC) in certain foods, such as *avocados*, *asparagus* and *whole-wheat bread*, and also to ensure that you are getting enough vitamin C in your diet to support your kidneys and liver and increase your own production.

If you choose to supplement, opt for between 1000 to 3000mg per day.

5-HTP

The best serotonin booster out there on the market is 5-HTP, in fact it has been said that it is nature's best and most effective form of Prozac. It actually comes from a West African tree named *Griffonia simplicifolia* and crosses the blood-brain barrier easily before being converted to a type of serotonin. So if you want to lift your mood and your memory, turn to 5-HTP.

As you may remember, serotonin is involved with many important processes in the body, and low levels of it can contribute to low mood, depression, anxiety and insomnia. When you boost these levels, you'll not only help yourself feel better, but you'll be able to lift that mental fog that often stands between you and remembering all of the information that you need to.

You can't get 5-HTP from food, but you can easily find it as a supplement-take around 300 to 500mg per day. It works best with St John's Wort as both herbs work synergistically. Do not take 5-HTP or St John's Wort if you are taking antidepressant medications - first consult with your doctor.

Co Enzyme Q-10

Co Enzyme Q10 is a naturally occurring substance that helps us to produce energy in the cells of our bodies and works as an antioxidant to protect cell membranes and DNA from free-radical damage. Better than that, it might actually help to reverse the aging process and add around nine extra years to our lives. Sounds great, doesn't it?

Co Enzyme Q10 works by repairing *mitochondria*, and helping them to return to their original state. Mitochondria are found throughout the human body, suggesting that if the cells in your body are more youthful, so will be your brain cells. The obvious conclusion is better thinking and learning.

It might also help to delay the onset of age-related memory loss and dementia, Alzheimer's disease and also Parkinson's, making it one of the best all-round supplements out there.

If you'd like to enjoy the benefits for yourself, supplement with doses of between **300** and **1,200mg per day**.

Vitamins B6, B12 and Folic Acid

All B-complex vitamins are essential for life, ensuring our brain and nervous system's growth and development and helping us to extract the nutrition from our food and use it in our cells. These include:

- B1 (thiamine)

- B2 (Riboflavin)
- B3 (Niacin)
- B5 (Pantothenic Acid)
- B6 (Pyridoxine)
- B7 (Biotin)
- B9 (Folic acid)
- B12 (cobalamin)

It's vital to get our daily dose of all of them, as they are water-soluble and the body is unable to store any excess. This means that deficiency can quite easily occur, especially if we are not paying our usual attention to our diets. This is

especially the case with B6, B12 and Folic acid. In fact, those with lower B12 and folic acid levels in their blood are more likely to develop Alzheimer's disease.

Studies have shown that supplementing with all three of these help to stave off Alzheimer's, as they lower levels of *homocysteine* in the body, which is associated with shrinkage to the brain.

So make sure you are getting an adequate dietary intake of all of the B-complex vitamins, especially the 'magic three'. Folic acid is easy to find in all types of green leafy veggies, beans, orange juice, dried peas and citrus fruit. B6 can be found in fruits and vegetables, especially bananas, and whilst B12 is harder to find in plant foods, it can be found in brewer's yeast and other fortified products. You can, of course, take a supplement to ensure all of these vitamins have been taken care of.

Vitamin D

Vitamin D is actually a hormone that is synthesised when sunlight hits your skin. Adequate levels of the stuff help you to feel positive and energized and maintain healthy hearts and bones. The trouble is that too many people wear sunscreen on daily basis, or cover themselves entirely with clothing so that the sun doesn't actually touch their skin at all. Or they might even live in northern areas that experience a lack of sunlight throughout a good proportion of the year. This is when supplementation becomes important.

Vitamin D stimulates levels of the hormone serotonin, which lifts our moods and makes us feel good about ourselves. You see, there really is a reason why we feel uplifted on a sunny, cloudless day.

So try to get out in the sunlight whenever possible for short period of time to enjoy the uplifting benefits. You can also take a supplement if you live in a colder climate - around 15 micrograms (or 600 UI) per day is ideal. Your healthcare practitioner may suggest you take more if you find you are vitamin D deficient.

High-Quality Multivitamin And Mineral

Diet plays a huge role in maintaining the health of your brain and ensuring you feel great and perform at the highest level possible. The nutrients that your food contain help support brain processes, control hormonal levels and literally feed your brain, creating new brain cells and building communication.

Certain vitamins and minerals such as B-complex vitamins, magnesium, manganese, vitamin D, beta carotene, vitamin C and vitamin E are especially important when it comes to minimizing the effects of oxidation and prevent the onset of Alzheimer's, memory loss and dementia.

But sometimes we don't give our diets our full attention, or we accidentally leave gaps in the nutrition we are getting through ignorance or forgetfulness. It's not always easy to cover all of your bases, and that's when taking a multivitamin and mineral supplement can help.

So my last tip for you must be to take a high quality vitamin and mineral supplement that contains everything you need, is made by a trusted brand and is affordable for you too.



CHAPTER 4

Super Foods & Lifestyle

Beautiful Berries

There's nothing quite like tucking into a huge bowl of freshly picked berries. Blueberries, strawberries, raspberries, loganberries - they're all utterly delicious. And they're all amazing for your mental performance too.

It's commonly assumed that this is due to the incredible quantity of antioxidants that they contain. These prevent the body's cells from damage by free-radicals and help prevent the formation of plaque around brain tissues, which is one of the main causes of Alzheimer's disease.

But in fact, this is only part of the story. An article in The Journal of Agricultural and Food Chemistry pointed out that they help improve signalling in the brain, and help reduce inflammation, which improves motor function and boosts thinking power. They're also packed full of nutrients such as vitamin K, vitamin C, manganese and copper.

All berries are also packed full of a compound called *anthocyanin*, which is what gives them their rich dark color and works as an effective anti-inflammatory for the whole body.

Experts recommend that we should be treating ourselves to around three portions of berries every single week. Sounds like it's about time to indulge in a delicious superfood berry smoothie!

Nutritious Nuts

The absolute best way to get enough brain-building omega-3 fatty acids in our diets is to nibble on a handful of nuts every day.

Not only are they delicious, filling and packed full of essential vitamins and minerals such as *vitamin E, iron, zinc and magnesium* , they also contain significant amounts of DHA, a type of omega-3 that improves cognitive performance, repairs age-related memory damage and even boosts the brains of new-born babies and helps relieve symptoms of ADHA in kids. Phew-what a mouthful!

Nuts also contain high levels of the B-vitamins, which are becoming increasingly difficult to consume in the modern diet, and also help support your nervous system, build new cells and promote mental health.

If you're having trouble choosing I'd suggest you opt for walnuts. They really are the best of the bunch as they delay brain aging and boost brain-power in one hit. Almonds are also awesome for gray matter due to their high levels of vitamin E, and are really versatile and yummy - but any will make a huge difference to your brain-power.

Enjoy a small handful every day (and no, you shouldn't worry about the calories!)

Awesome Avocados

Avocados are one of those foods that are underrated, and in fact until a few years ago, some health figures recommended to stay away from them due to their fat content.

That is, until they discovered that this fat content was incredible at helping to ward off dementia and brain aging, as well as boosting your overall health. This fat is known as *oleic acid* and helps to build myelin in our brains, and allows our thought processes to become more efficient. Sounds good, doesn't it?

It's said that avocados are among the most complete foods on the planet, and what's not to like about them? They're rich, they're creamy and they give an overall boost to whatever meal you could ever dream up.

They're also packed full of vitamins and minerals, high in protein and also help boost the levels of a neurotransmitter called dopamine in your body, helping you feel more focused and happy.

Avocados can be eaten in so many ways, but my absolute favourite has to be in a delicious, colorful salad. Aim to consume around half an avocado every couple of days.

Cocoa For Creativity

Great news for every chocolate-lover out there - cocoa helps you to feel good, remember more of what you are learning and to focus like a ninja!

But the truth is, the benefits depend on the quality of the chocolate and the way you choose to consume it. I'm afraid plucking a family-sized bar off the shelves of your local store isn't going to be excuse enough - you need it dark, pure and dairy-free.

Cocoa works miracles on our brains because it's high in two types of compounds that promote a healthy brain - these are *flavonoids* and *flavanols*. Flavonoids are a type of antioxidant that improve memory, focus and attention and help to clear out damaging free-radicals from the cells of our bodies. Flavanols are a specific type of flavonoid, which helps to improve blood flow to the brain for around two to three hours after consumption.

Let's not forget that cocoa also contains high levels of the mineral magnesium, which also helps to promote memory and learning, as well as having a relaxing effect upon the whole body. Sounds like a great excuse to eat more!

The ultimate way to enjoy cocoa is to purchase some pure and unadulterated raw cacao power and add it to your baked goods, smoothies and desserts.

Unfortunately there isn't an RDA of cocoa so it's up to you to find the best dosage for you - a little goes a long way.

Green Tea

Green tea. Love it or hate it? Most of us have tried its slightly bitter and earthy flavor for ourselves, but if you haven't you should definitely give it a go. As far as beverages go, it's about as healthy as it gets. Not only does it contain

incredible amounts of polyphenols, the antioxidants that help protect our bodies and brains from the damage of free radicals; it's also high in an amino acid called *l-theanine* which promotes great mood, learning and memory. And the benefits don't just stop there.

Studies carried out by the University of Basel, Switzerland have discovered that green tea improves your mental performance and memory, helping to improve age-related memory decline. Along with the plaque-reducing effect it has upon the brain, green tea could be the perfect solution to help defy dementia and Alzheimer's disease too.

In another study presented at the 2015 International Conference on Alzheimer's and Parkinson's Diseases, suggested that green tea consumption was linked to less mental decline, whether this was a daily dose, a weekly dose, or somewhere in between.

Green tea also contains a significant amount of caffeine, which helps to improve your focus and your mental performance. In fact it actually contains around 24mg of caffeine in every cup, compared to around 14mg in a cup of black tea and around 47mg in an espresso, so don't go overboard on the stuff. Black tea also shares similar benefits as green tea, so choose the one you enjoy the most.

Aim to drink at least one cup of green or black tea per week, or more if you really enjoy the taste. If you're not a fan, you can also find green tea capsules at your nearest health food store.

Broccoli

Broccoli is one of the true superfoods that has stood the test of time and is absolutely amazing for your brain and your performance, in addition to the rest of your body. This is because it's high in a substance known as *lignans*. This is a phytoestrogen that is involved with optimal thinking such as reasoning and remembering.

It's also a great way of protecting your body from central nervous system decline, such as the type seen in Alzheimer's disease. As discovered by researchers at King's College, London, broccoli contains high levels of a

compound called *glucosinates* , which inhibit the action of a neuron-damaging enzyme called *acetylcholinesterase*, which are linked to the onset of the disease.

And in addition to all of that, broccoli is also a great source of a B-complex vitamin called *choline*, which actually boosts levels of the key neurotransmitter *acetylcholine*. This helps improve cognitive function, promotes mental clarity and helps you develop a better short-term memory than you ever thought possible.

Enjoy broccoli several times per week as part of your meal or a yummy side-dish.

Beets

Beets help you to enjoy more energy, both mentally and physically. This is because they contain generous amounts of natural nitrates which, when eaten, get converted to nitric oxide. This allows the walls of your blood vessels to expand, including those in your brain so you get that extra boost of oxygen and energy. As you can imagine, this takes your cognitive performance to a whole new level.

They are also the only source of the phytonutrients called *betalains* . These have an antioxidant and anti-inflammatory effect upon the brain and the body, and might even help to tackle cancers and age-related decline.

Be aware that these betalains are rather unstable, so for best effects, enjoy your beets juiced or only lightly cooked. I love grating fresh beets into a salad or adding them to a fresh juice. And of course, your urine may also develop a slightly pink tinge after eating beets, but that's nothing you need to worry about.

Spinach

Your parents were right when they told you to eat up your greens! Just one serving per day of spinach, spring greens, kale or collards packs a nutritional

punch and will help reduce cognitive decline and memory loss.

It's packed full of essential minerals that can be difficult to get from other food sources, and is high in the antioxidant, *lutein*, which helps to promote effecting learning, language and memory.

Researchers at Rush University in Chicago also found that those who eat a daily serving of greens have brains that are around 11 years younger than their biological age. They suggest that this might be owing to the high levels of vitamin K. Vitamin K is a nutrient of special interest in the field of brain medicine as it plays an important role in blood clotting and regulating the amount of calcium in the brain - both benefits that can improve the symptoms experienced by Alzheimer's sufferers.

You can enjoy all of these benefits by eating a range of green leafy veggies, not just spinach. Why not add a daily portion of brussel sprouts, kale, collards, Swiss chard, cauliflower or even cabbage to your diet to reap some incredible results.

Water

I know what you're thinking - water isn't even a food! And you're absolutely right, but just like food it's one of the basic fundamentals of life and deserves a mention.

Our brains are around 85% water, and rely on this water to provide the electrical energy for thought processes and cognition to occur. Therefore it makes a ton of sense that if you neglect to drink enough water, you risk damaging your power of cognition, learning ability and also mood in the process. Dehydration is also linked closely to dementia, Alzheimer's disease, Parkinson's, Autism and even ADHD. Studies have shown that just a 1% drop in hydration results in a 5% decrease in performance. Do the math and you will see how important it is to keep hydrated!

And not only that, one study found that students who took a bottle of water into an exam actually performed better and got better grades than those that didn't.

It's all too easy to forget about drinking enough water, especially if we have busy lives. We wait until we feel thirst and wonder why it doesn't seem to help.

Thirst is a late sign of dehydration and you will probably feel the effects before you actually feel like a drink.

So make sure you drink water regularly, whether you feel thirsty or not. Invest in a reusable aluminium bottle and sip throughout the day. Aim to drink between 2-3 liters for optimum hydration and optimum performance.

Garlic

Garlic provides so many benefits to your health, you'd be absolutely silly not to get your daily dose, and it's a true superfood when it comes to improving your mood, memory and focus (as well as a host of other things).

It contains a wealth of sulphuric compounds that possess brilliant antioxidant properties and can take on almost any illness you could think of. One of these, known as *FruArg* is particularly interesting to us because it plays a protective role on brain cells, helping them to withstand lifestyle stresses like drinking too much alcohol, smoking, sustaining a brain injury and chronic stress.

Garlic also promotes better blood flow to the entire body, including the brain, and has been shown to fight certain cancers when studied in lab conditions. Lastly, garlic will help improve your memory, your mood and your learning by increasing the levels of *5-hydroxytryptamine (5-HTP)* levels in your brain. This is a type of serotonin receptor, which will help you feel great, boost your motivation, help you to enjoy more rejuvenating sleep *AND* remember everything you need to easier than before.

Garlic is delicious and absolutely effortless to add to your everyday diet. If you're not a fan, opt for garlic capsules or tablets instead. You can ingest between 300 to 1,000mg of garlic extract per day, depending on your wishes.

Think Positively

The suggestion that you should '*think more positively*' might come off as

sounding slightly strange, but there's a whole heap of research to prove that it actually does work wonders when it comes to feeling happier and more positive about your life; like enjoying clarity of thought, protecting yourself from age-related memory loss and heightening your mental performance.

The reasons are clear. The most influential part of our lives isn't how much money we have in the bank, nor how educated we are, nor what kind of job we might have. It's actually how we see the world, in other words, our perspective. If you see the world as a threatening place and believe that you are not worthy to claim your own role within it, your body will react as if it were true, the levels of stress hormones in your body will skyrocket and your thinking will become clumsy and clouded. As a result you will age faster and feel unhappier.

But if you instead concentrate on the positive things, downplaying the bad and feeling gratitude for the good, then you will allow yourself to blossom, reduce levels of stress hormones and increase levels of the happy hormones too.

This doesn't mean pretending that everything is fine when deep down you know that it isn't, but it does mean taking the time to see what is beautiful in your life. It all starts right there with you.

Get Moving

Humans were never designed to live the kinds of sedentary lives that we do today. We sit to eat breakfast, we climb into the car and sit as we commute to work, we sit all day at our desks working hard on our computers and we repeat the process when we arrive home, feeling so exhausted that we settle on the couch for the rest of the evening. This lack of movement is what is killing our brains and our intelligence slowly.

For our brains and bodies to function as they should, we need to move our bodies, we need to get blood flowing through our cerebral blood vessels and pour vital oxygen into our brain cells. We need the stimulation of the fresh air for our senses and to feel the healthy endorphins flood our system.

The only way to do this is to get more exercise. Now, don't panic, I don't necessarily mean sweating it out in the nearest gym (although that wouldn't be a

bad idea!).

Instead, begin by welcoming movement into your life. Take the stairs instead of the lift, park further away and walk the few last blocks to work, get up from your desk every hour and take a bathroom break, head out and have a stroll in the fresh air. It all counts.

You can even download an app to your smartphone if you need help with this. A good place to start is with a pedometer app, which counts your paces and helps you to reach the ideal 10,000 steps per day. What could you do to reach this target?

Quit Processed and Artificial Sweeteners

If you have read my book, *Healthy Living: 30 Powerful Daily Habits*, you will have seen the benefits that quitting processed and artificial sweeteners can have upon your health as a whole. Right now we are going to concentrate on the harm these things do to your brain.

Now, it's usually sugar that gets the bad press, being deemed as a 'white poison', and whilst this is true, it's only part of the story. When people hear that sugar is damaging to their health, they often turn to artificial sweeteners instead, thinking that they are performing a kindness to their body and helping themselves to heal. What they don't know is that artificial sweeteners might actually be worse for you than sugar.

The artificial sweetener that is used most widely in diet soft drinks and foods is *aspartame*. Studies have proven a strong link between this artificial chemical and brain damage. That's right - aspartame could actually be harming your brain-power, affecting your thought processes and ultimately making you stupider.

So what do you eat if you have a sweet tooth but want to protect your brain? The most healthful way to get a little sweetness into your life is to enjoy whole foods such as fruit, which not only have that wonderful taste you so crave, but also provide a multitude of brain-boosting nutrients and antioxidants.

Become Bilingual

Want to boost your brain-power and language-processing skills, as well as postpone the possible onset of Alzheimer's and dementia? Experts suggest that being bilingual can help to slow age-related brain decline and grow new brain connections. But you don't have to be older to enjoy its benefits. One study showed that teenagers who spoke more than one language outperformed their monolingual peers.

Let's delve a little deeper to understand why. For a monolingual person, using language will only ever activate one side of the brain. However, for the bilinguals, both sides of the brain are active when using language. This means that a brain that is more comprehensively 'exercised' and fitter as a result, not just when it comes to languages.

And as the icing on the cake, researchers at the University of Ghent discovered that bilingualism can postpone the onset of Alzheimer's by around four years. Sounds like it's time to dig out those old textbooks!

Get Your Sleep

Life's too short to waste hours sleeping, right? Actually, that's twisted logic. Getting enough sleep is the easiest and most effective way to boost your brain-power and feel energetic and revived the following day. And better still, it doesn't cost a cent and will make you feel amazing too.

When we sleep, we give our bodies the chance to recharge, both physically and mentally. We give it the opportunity to clear out the informational input we have been providing it over the course of the day, keep what is good and trash what isn't. In a nutshell, sleep helps us learn and retain more information.

We all know what it's like when you are sleep-deprived. Your brain feels foggy, you're grumpy and irritable, you become forgetful, clumsy and everything seems

like an enormous effort. If you begin to prioritize sleep, all of this will become a thing of the past and you will feel ready to tackle what life might throw at you.

So do it! From this very moment, vow to put your body first and make sleep a priority to see some incredible results. Experts recommend that you should get around eight hours of sleep per night, but the true figure really does depend on the individual - I find that a figure closer to nine works best with me, but find what works best for you.

Listen To Music

Not only is music a wonderful treat that can help you feel uplifted, alive and happy, it can also have some really great benefits for you memory, focus and attention, language skills *AND* physical coordination. Sounds like a great reason to put on some of your favorite tunes, if you ask me!

It works by activating both sides of your brain, exercises every part of it, and increases the activity in the *corpus callosum* - the connection between both sides of your brain. In addition, it also has an effect upon our emotions and allows us to move to a place beyond language. [This TED animation](#) by Anita Collins explains what happens in the brain when you play a musical instrument, but is also useful when it comes to understanding the effect that music has upon the brain. Take a look.

The take-home message is to simply 'listen to more music'. Rediscover your favorite tracks, switch off the television and let music awaken your brain and your senses.

Avoid Monosodium Glutamate (MSG)

MSG, or monosodium glutamate is a food additive that works as a flavor enhancer and is routinely added to many Asian foods and canned goods. The bad news is that it acts as a neurotoxin (and destroys brain cells and as a result),

negatively affects brain function and causes a wide range of symptoms such as headaches, dizziness, diarrhoea, high blood pressure, high blood sugar levels and also vision damage.

It works by hyper-stimulating the nerves and processes in the entire body up to the point of damage. There are numerous studies that support this fact, such as the one carried out at the Robert S. Dow Neurobiology Laboratories in Portland, which discovered that MSG causes neuron death and related conditions.

The trouble with MSG is that it is not routinely labelled so it can be difficult to know when you might be consuming it, or not. The best course of action is to avoid processed ingredients that you cannot pronounce, and instead concentrate on eating nutritious, fresh wholefoods that will feed your body and your brain.

Meditate

Imagine if you could boost your brain by doing ‘nothing’? Does that sound too good to be true? You’ll be pleased to know that this is almost certain if you choose to take up a mediation practice. You’ll feel stronger and happier, less stressed and more focused on the things in life that really matter to you.

If you have ever experimented with mediation in the past, you will know that after a session, no matter how short, you feel energized and uplifted and also at peace with the world. These feelings you might have experienced have also been backed-up with cold hard science too.

Meditation has been proven to work better than prescription drugs for depression, improves levels of focus and concentration, protects the aging brain by increasing the volume and density of your gray matter, and reduces anxiety too.

It’s very simple to start mediating. Just find a quiet place and allow your attention to follow the motion of your breath. And that is almost all there is to it. If you are having trouble finding the time to practice, start with just a few minutes every day. There are many 30-day mediation challenges out there that can help give you the push you need to begin.

Practice Yoga

Yoga is the time-tested method of finding inner peace and outer strength at the same time. Its benefits include reducing stress, helping you to sleep, improving your mood, supporting you through grief, healing low self-esteem issues, and also helping you feel great.

It works in much the same way as meditation by encouraging you to focus on the breath, but unlike meditation, yoga encourages you to use your body as you do so. It's an amazing way to find inner strength and focus and put you back in touch with your body and your inner world. All of this stuff often gets buried beneath the madness of modern life, so it can be very healing to find it again.

It can also work wonders for depression and help stimulate your focus and your information retention. So instead of hitting the caffeine before an important exam, why not take a yoga class instead ?



THANK YOU

Once again, I'd like to thank you for purchasing this book. I hope this information has helped you discover some wonderful ways you can protect those precious memories, boost your brain-power, supercharge your IQ, feel happier and also help to protect yourself against Alzheimer's disease and dementia.

You don't have to settle for cognition that doesn't work in the way that you wish. You don't have to continue to operate through a kind of 'brain fog', or find your attention and focus drifting away at every opportunity, affecting your life, your career and your happiness.

Simply eat the best-quality plant-based wholefood diet that you can, add in some delicious herbs and spices, drink more water, be kind to yourself, develop some effective stress-management techniques, try aromatherapy and also utilize some wonderful herbal and dietary supplements to feel and operate at your best, all of the time. And yes, you will probably remember where you left those car keys too!

It's time for us to draw this book to a close, but make sure you stay connected with the *Carma Books* community and email list for more books on holistic health and wellness. Reach out again soon for forthcoming, much-talked-about health subjects, just like this one.

Until next time, I wish you a wonderful journey in happiness and health!

BONUS BOOK #2

HEALTHY LIVING

*30 Powerful Daily Habits to Transform Your Health,
Lose Weight & Radiate Happiness*

Carmen Reeves



‘A conscious approach to health & wellness’

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THANK YOU



INTRODUCTION

Congratulations and thank you for downloading '*Healthy Living: 30 Powerful Daily Habits to Transform Your Health, Lose Weight & Radiate Happiness*'. This book will help you discover the life you truly want to live and will allow you to become the best possible version of yourself with the absolute minimum of effort. These life hacks are tried and tested by millions of people all around the globe who want results and fast.

But before we get any further, let's take a few moments to think about what a perfect life means to you.

Close your eyes, take a deep breath and tell me what you see.

What would your life look like? Would you be vibrant, happy and surrounded by people that love you? Would you be achieving your wildest dreams and getting that big promotion? Or becoming fitter, slimmer and radiating good health?

Would you be lounging in a back-street café in Rome? Enjoying delicious sun-ripened fruit on a beach in Bali? *What would your average day look like?* Use all of your senses; your sense of smell, your hearing, your sense of touch and taste and allow it all to unfold in front of you.

Enjoying the life of your dreams depends on just one thing - your daily habits.

Get these habits wrong and you can find yourself trapped into a vicious cycle of comfort-eating, toiling away in a job you detest, succumbing to consumerism and stress, suffering from endless bouts of ill-health, tolerating that toxic relationship, loneliness or that unfulfilling life that you ache to escape from.

But develop powerful habits and the world becomes your oyster, and you will have the power to make even your wildest dreams become a reality. You'll supercharge your health, overcome depression and self-loathing, cure yourself of chronic health conditions, sleep like a baby and feel calm and at peace with the world, just to name just a few. And in the process you will drop those extra

pounds that you just can't seem to shift, clear up your skin, and develop that unmistakable glow that allows you to shine from within.

The powerful habits contained within this book will provide you with bite-sized chunks of healthy behavior that nourish you *inside* and *out* . They break down those huge goals into small achievable steps that you are more likely to stick to on a long-term basis and bring about the lasting change that you so crave. Repeated on a daily basis, these habits become second nature, and you will finally find the health and happiness that you deserve.

This book will provide you with all of the powerful habits you need to develop in order to feel energetic, slimmer and fitter and tackle your low self-esteem, beat migraines, ease chronic health conditions, and boost your self-confidence. You will feel calmer, more focused and able to grow and develop as a person, feeling amazing both inside and out. Each of these powerful habits is both simple and effective, and I'm sure you will enjoy them.

Are you ready to transform your life? *Then let's get started!*



HABIT 1

Eat Plants

Plants create life. Plants promote incredible health, energy and longevity. Plants are absolutely amazing.

They're packed full of the vitamins and minerals that your body craves for optimum health, and offer generous quantities of cancer-fighting antioxidants and essential fiber that will keep your gut working great. The best and simplest way to feel fitter and stronger is to enjoy an abundant quantity of fresh fruits and vegetables. And of course, if you're looking to reduce your waistline you'll be pleased to hear that fruits and veggies are high in nutrients whilst low in calories, and absolutely delicious - *so, eat up!*

But of course, you already know all of this, don't you? You'd have been living on Mars for the past few decades to have missed this essential information. Yet somehow along the way, we can all succumb to temptations, fall off the wagon, and slip into unhealthy habits, filling our diets with unhealthy processed foods and health-damaging quantities of saturated fat.

As well as increasing your consumption of plants, I'd also urge you to reduce animal products from your diet, such as meat, fish, eggs, milk and other dairy products, and opt for healthier, plant-based alternatives such as non-dairy milk (*almond, coconut or rice milks, for example*), generous daily servings of wholegrains (*gluten free if you are intolerant*), hearty and wholesome root vegetables, and protein-rich legumes, nuts and seeds. Although we perceive animal products to be a healthy source of protein, compared to plant sources they are harder to digest, high in saturated fat, aggravate health conditions such as eczema, acne, asthma and arthritis, and can contribute to more serious long-term conditions such as diabetes and heart disease. So, why not enjoy incredible health by simply replacing these 'dead' foods with energy-rich, nutrient rich, *live* plants?

Challenge yourself to eat a plant-rich diet for 30 days. You'll be amazed to

see your energy levels increase and the pounds melt away.

It's super easy to get started. Simply fill your plate with as many veggies, legumes and wholegrains as you can and enjoy. Then instead of eating health-damaging cakes, cookies and ice creams, enjoy a delicious fruit smoothie or colorful fruit salad to round off your meal.

You can also add extra veggies into any recipe that you are cooking to boost your nutrients, especially cruciferous ones like broccoli, cauliflower or for even more health-boosting effects, plenty of green leafy veggies. *By making these simple changes, your body will thank you!*



HABIT 2

Opt for Wholefood Fats

We need to be paying greater attention to getting the *right* kinds of fats, in their natural forms and eaten as part of a wholefood diet.

The trouble with some low-fat diets is that whilst people focus intently on *just* the quantity of fat they are eating, they neglect to think about two essential things; the type of fats they eat and the state of their diet as a *whole* .

Now first let me give you an important fact - our bodies need *some* fat to function. Our brains are largely composed of fat and we need to eat 'good fats' to provide us with energy, maintain a healthy nervous system, keep skin and cells healthy, to carry the fat-based vitamins A, D and E, and to help regulate our hormonal processes. This is not to say we should eat fats in excess, though. Balance is key, and what we need to be focusing on is ditching the bad fats and replacing them with the good.

What are the good and bad fats? In a nutshell, good fats are the ones in their natural forms that are contained within wholefoods such as avocados, almonds, olives, coconuts, walnuts and chia seeds.

The bad fats are the ones that are highly processed, of animal origin and fill up all of those junk foods, fast foods and prepackaged foods that many people like to consume.

These kinds of fats come under two main categories: *saturated fats* and *trans fats* which can increase your risk of heart disease and cholesterol, cause obesity, increase your risks of diabetes, contribute to cancer and many other health conditions.

For a long time now, monounsaturated and polyunsaturated fats have been considered to be the healthier ones, being high in omega-3's and forming part of the famous Mediterranean diet. This is, however, only part of the story. Let's not forget that oils are processed, low in nutrients when considering their high

calorie content, and ultimately fattening foods that should be reduced by anyone with optimum health in sight.

It's far better to enjoy a crunchy and satisfying handful of nuts and seeds *and* get a great dose of heart-protecting nutrients in the way nature intended, instead of frying your falafel in a bucket of oil or drenching your salad leaves with the stuff and trying to declare it healthy.

By following a plant-rich diet with plenty of whole foods, just as the Mediterranean's do, whilst avoiding the processed stuff as much as possible, you'll be well on your way to getting the best kind of healthy fats that your body needs.



HABIT 3

Clear Out the Junk

You know what it's like. You start with only the best of intentions: you *will* stick to healthy foods, and you *will* avoid nasty additives, preservatives, toxic processed fats and sugars. Of course you will. Because you're an educated person and you've invested your time into discovering what works best for your body, and as a result you've vowed to make those kinds of lasting changes that will protect your body, boost your energy, slim your waistline and give you that glow!

The trouble is, you've just arrived home after a particularly trying day and you're looking for something to cheer you up and reward yourself with. So you open up the refrigerator or cabinet and pull out those huge bags of potato chips, double chocolate cookies or family-sized packs of candy and dive right on in, hoping to find solace in the bottom of their fat and sugar-laden pack.

But does it ever work? Do you *really* feel better after you've stuffed in enough junk to feed a party of people?

The answer is a large and resounding 'no!'

What you end up feeling is guilt and anger; anger with yourself for tossing away your health for the sake of a whim, and guilt that you have eaten in this greedy and damaging way.

So what can you do to stop all of this happening in the first place? You simply clear the junk foods from your home (and your desk, your car, or your purse for that matter). It's pretty logical, isn't it? If it's not there, you can't eat it. Cravings of this type are usually whimsical and opportunistic in nature, and if you're fuelled up on the right foods, you're unlikely to find yourself driving the thirty minutes to the store just to get that processed sugar fix that you don't really need.

Don't ever let junk food into your home, not even if your kids beg you

desperately or your partner complains. Instead throw away or donate those tempting foods and fill your cupboards with healthier alternatives and wholefood goodness. Why not stock up on butter-free popcorn for a little crunch, or satisfying, wholegrain crackers with fresh tomato and homemade hummus dip? You'll be doing you and your family a massive favor and ensuring that you all enjoy longer and healthier lives, with trimmer waistlines as a result!



HABIT 4

Enjoy Fermented Foods

A friend of mine was always highly supportive and encouraging when I endeavored on my journey to better health. But of course I'd expect her to be - she'd been a veggie munching, yoga-practicing pioneer of simplicity for years. But as soon as she started singing the praises of strange-sounds foods like kimchi, sauerkraut, kombucha and kefir, I couldn't help but raise my eyebrows and pass these things off as 'crunchy' foods. That is, until I experienced the benefits for myself.

As you might already know about me from my *Healthy Gut Solution* book, I'd been suffering from digestive issues that I just couldn't shake off for years - whether it was bloating, indigestion, diarrhea, trapped wind or cramps, you could guarantee that I'd suffer from something. I'd tried all kinds of things over the years, from peppermint capsules, to teas to wheat bags and all kinds of other things. But it was only when I cleaned up my diet and incorporated these fermented foods that I really noticed a difference.

So what are fermented foods and how can they help?

Fermentation is a traditional way of preserving foods without the need for vacuum packs, canning or using silly amounts of chemical preservatives.

The process works by using yeast or bacteria, which converts the sugars present into alcohol. The result is a food that is easier to digest, higher in vital vitamins and omega-3's, and also high in digestive enzymes. It also increases the amount of healthy bacteria in your gut, which improves your digestion, eases symptoms of IBS, acne, arthritis, depression and even chronic migraine. You'd be foolish not to include some in your diet.

Why not try some kimchi, sauerkraut, kombucha or kefir and see which one you love the best? You can make them all very inexpensively at home without the need to visit the health food store, making it budget friendly as well as health-

friendly.

Take a look at my [Healthy Gut Solution](#) book if you'd like further information on gut health and how to improve it.



HABIT 5

Say Goodbye to Processed & Artificial Sweeteners

We enjoy sugar because we've been programmed to for survival, a trick which served us well until we hit the modern age of over processing and we began to strip foods away to within an inch of their lives. These new 'naked' foods are devoid of nutrients and gut-friendly fiber, and simply provide empty calories, which can leave our bodies confused and overworked. This is especially the case with white, refined sugar and artificial sweeteners.

An excess of refined sugar in conjunction with a diet high in saturated fat is the culprit behind so many different health conditions including inflammatory diseases, type 2 diabetes, cancers, obesity, migraines, hormonal imbalance and those continual cravings that you just can't control.

And don't assume you are out of the woods if you choose artificial chemical sweeteners to get your fix instead. The truth is, you're actually doing your body more harm than good by choosing them. Aspartame, which is one of the most widely chosen sweeteners and finds its way into diet sodas, low sugar foods and even gum, has been proven to be cancer-causing, can actually stimulate fat storage in your body and aggravates a whole host of nasty health problems.

What Can I Enjoy Instead?

So what options do you have if you still like a little sweetness in your life but are eliminating processed sugars? Do you have to quit sugar altogether or is there a healthier option? Let's find out.

The best way to enjoy sweetness in your diet is by consuming wholefoods such as fruit. They provide everything that nature intended and have a stable impact upon our blood sugar levels because of the nutrients, water and fiber they contain. They keep our taste buds happy and provide us with clean energy whilst taking better care of our bodies.

But if you really do need that little something to add to your herbal tea or bowl of oatmeal and fruit just won't hit the spot, try more natural sweeteners such as coconut nectar, coconut sugar, pure maple syrup or stevia instead.



HABIT 6

Feed Your Mind with Mood-Boosting Foods

A simple way to help reach your happiness potential is to regularly consume ‘mood-boosting’ foods.

Low mood and depression can often be the result of low levels of a neurotransmitter called serotonin, which is used for mood regulation, sexual desire and function, regulating our appetites, helping us to sleep, boosting our memory and learning abilities, regulating our temperatures and is even used in regulating our social behavior.

By eating the right kinds of food, we can boost the levels of serotonin in our bodies and so effectively tackle mood-related problems without resorting to prescription drugs with the nasty side effects!

Whilst foods themselves don’t actually contain serotonin, many do contain an amino acid called *tryptophan* , which the body can use to increase levels of serotonin in the body when eaten with carbohydrates. Luckily this amino acid is found abundantly in many fruits and veggies that contain protein, iron, vitamin B₂ and also vitamin B₆ - such as *raw nuts (especially walnuts), plantains, pineapples, bananas, kiwis, plums, tomatoes and tofu* , to name just a few.

Include more of these foods in your diet and you will feel brighter, happier, more energetic and stronger. Sounds good, doesn’t it?



HABIT 7

Eat Enough

We have been taught to be conscious of eating *too much* , but little do we ask ourselves, ‘ *am I eating enough?*’

Perhaps you’re living a hectic life and often skip meals without really meaning to. Perhaps you feel that you can’t squeeze in the time to get up from your desk and grab a bite to eat. Perhaps you are so focused with the task in hand that you don’t feel the hunger pains when they arrive. Or perhaps you’re heavily restricting your intake of nutritious foods in the effort to lose weight.

Whatever your reasons are, this habit is negatively affecting your productivity, killing your mood and depleting your energy levels. Food is the fuel that feeds our bodies and minds to keep you operating at your best. So if you really do want to live a healthier and happier life, you *must* fix this habit before your health begins to suffer over time.

So, start the easiest habit of them all and enjoy eating healthfully in *abundance!*

Make a vow to yourself to prioritize eating enough *healthy* calories until you are completely satisfied and satiated. Don’t skip breakfast or lunch in the hope that it will help you lose those extra pounds (it won’t work), and don’t grab a bag of chips or chocolate bar and think that’s enough to keep you going. *It won’t be.*

Instead, take the time to disconnect and recharge your body while you are nourishing yourself. Take a healthy lunch with you to work, sit and talk with your family at the dinner table instead of rushing to clean up, and make sure you always have healthy snacks in your purse or bag to keep you energized for success.



HABIT 8

Keep Hydrated

How much water do you drink over the course of an average day?

It's probably a good deal less than you think.

Our bodies are made up of 50 to 70% water, and we lose over 2.5 liters of water each day through perspiring, breathing and urinating. Replenishing our hydration is *absolutely essential* for the proper function of every organ in our bodies.

Most of us don't drink enough water and then wonder why we suffer crippling headaches, fatigue, weakness, lack of motivation and energy, sleep disturbances and just can't get our thoughts straight. A tiny tweak is often all it takes.

Drink more water and see both your cognitive and physical performance shoot for the stars!

Get hold of a reusable aluminum bottle and fill it with water, then sip from it many times throughout the day. When it's empty fill it up again and keep on sipping. You need to aim for a minimum of around 2-3 liters per day for optimal performance.

A brilliant tip that a health industry colleague gave me was to give myself small goals throughout the day. In my case I aim to drink the contents of my 1 liter bottle before noon every day and then drink at least another full bottle in the afternoon. Add to this several cups of refreshing caffeine-free herbal tea, and there's no doubt that I'm hydrated, clear-minded and energized!



HABIT 9

Ditch Those Stimulants

You're struggling after a disturbed night's sleep or particularly hectic day and you're desperate for anything to help you stay awake, boost your energy and help you feel alert. So you reach for the solution that you know best - the double shots of espresso, the back-to-back energy drinks and the endless cups of strong, sugary, caffeinated tea.

And I'll give you credit - it does work pretty well. Well, for a short while at most.

But soon after that caffeine load has hit your bloodstream, you start to feel slower, less focused and more like a zombie again. So, what do you do? You reach for more caffeine, of course, and so the cycle continues.

When you consume these stimulants you are increasing your levels of stress hormones (such as cortisol), which affect your mood, your immune response, your heart, your blood pressure and many other bodily processes. You can also trigger migraines, stomach and digestive issues, and your blood sugar levels will fluctuate wildly. As well as all of this, stimulants are just an artificial means of feeling good and aren't targeting the root of the problem.

This applies for all kinds of stimulants, such as coffee, tea, energy drinks, sugary sodas, cigarettes or prescription and non-prescription drugs. Stimulant dependency can be an expensive habit when you really think about it.

So, why not try these healthier ways of feeling uplifted, energized and de-stressed instead?

- Gradually replace your daily coffee habit with green tea to reduce cravings and caffeine withdrawals (and eventually replace green tea with your favorite caffeine-free tea alternative)
- Boost your intake of fresh fruits and B-Vitamins to fuel your body of natural energy

- Try using carob in your hot drinks (instead of cocoa or cacao) as a stimulant-free chocolate alternative
- Go for a run or take a brisk walk in the fresh air
- Play your favorite upbeat and uplifting music
- Switch off all electronics and get an early night's sleep
- Go for a refreshing and therapeutic swim. For best results head for the sea!



HABIT 10

Power-Up On Carbs

As far as fashions go, the anti-carb movement must surely be one of the most damaging for your health, energy levels and happiness.

What other kind of diet would have you avoid one of the most important major food groups, and risk irreversibly damaging your health, merely for vanity's sake?

Carbohydrates are absolutely vital for our physical and mental health, and avoiding them is reckless and unsafe. You see; carbohydrates are the primary source of fuel and energy for the brain and body. When we consume them, they get broken down into glucose in our digestive systems. This glucose is a molecule that directly feeds our brain tissues and our cells so we have the energy to think, move, thrive and survive. **Glucose keeps us *alive* , plain and simple.**

The problem is that many so-called health gurus are getting their wholefood carbs confused with the empty carbs. Not all carbs are created equally.

Choose unwisely and you could be loading yourself up with highly processed white bread, cakes and cookies that disrupt your blood sugar levels and cause other further problems.

You need to get those healthy carbs back in your life by choosing wholegrain breads, brown rice, pasta, quinoa, sweet potatoes, bananas, and generous quantities of fresh fruit and veggies. *You brain and your soul will thank you for it!*



HABIT 11

Plan Your Meals

There is no excuse to ever resort to highly refined, additive and preservative laden foods that damage your health, pile on the excess pounds, make you feel terrible and drain you of energy.

Even if you barely have time to breathe, there is a way you can still ensure you are eating a nutrient-dense diet that will leave you feeling satisfied and nourished. Pre-preparing your meals, or particular ingredients, will guarantee you a healthy, quick and satisfying meal, even when things get slightly manic. The trick is in the planning!

Why not pre-wash, chop or spiralize your vegetables in advance to save you time and energy after a busy day? You can also precook your roasted vegetables, rice and legumes to quickly bulk up a wholesome dish; or bag-up smoothie ingredients so they are ready to pull straight out of the freezer and into your blender. Also try creating your own trail mix by choosing your favorite nuts, seeds and dried fruits for a quick and easy snack.

Meal planning doesn't mean your food will be dull, uninspiring or bland - the choices are yours, and are endless. It will provide you with a plethora of healthy, quick-to-use ingredients and a flexible outline so you don't arrive home to realize there is nothing edible in your cupboards. By planning ahead, you will be able to shop intelligently and always have something nutritious and delicious to enjoy.

How To Plan Your Meals

Even the busiest of people can take ten minutes or so once a week to grab a piece of paper and a pen and jot down the meals and ingredients they would like to eat for the rest of the week. Simply write down the days of the week along one side and scribble your favorite meals in the spot next to each day, and you'll find

that food shopping becomes a whole lot easier. You just need to buy the ingredients for the meals on your list, saving you vital time and also money.

Don't think you need to stick rigidly to these ideas if you change your mind midweek - simply swap the days or experiment with your pre-prepared ingredients to suit your tastes.



HABIT 12

Ditch Your Scales

The secret that no one wants to tell you about losing weight and regaining your happiness is simple. Ditch your scales, and vow never to weigh yourself again!

This might seem like a crazy thing to do. After all, how can you judge your progress and keep yourself in check if you don't have a tool to measure with? The answer lies in your relationship with food.

When you weigh yourself regularly, you are doing all of the following things:

- Placing your happiness, motivations and sense of control on how much you weigh
- Judging and evaluating your self-worth on that magical number
- Focusing on the smaller, unimportant details when you need to be looking at the bigger picture instead

I can almost hear you protest when you read that list, but allow me to break it down.

Your physical weight *doesn't matter*. What *does* matter is how you feel, how much harmful body fat you are carrying, how you feel in your clothes, and how much energy you have - not some arbitrary figure on a weighing device. You see, your weight varies wildly at different points during the day or even the month depending on your hydration, your muscle mass, how much you have eaten, whether you are ovulating, menstruating and so on. It isn't an accurate reflection of your inner health or whether you need to lose weight.

When you read the number on a scale you automatically judge yourself and how 'good' you have been that particular week; *'am I a success or a failure today?'* Whilst your intentions are great, you are inadvertently trapping yourself into a cycle of yo-yo dieting, guilt and self-loathing, when instead you should be

making healthy lifestyle choices that will help you *gradually* regulate your weight in order to keep it off *long-term* .

So, look at the *bigger picture* . Ditch the scales and use how you are feeling as your guide instead of how much you weigh. Do you feel comfortable in your body? Are you healthy? How are your energy levels? All these things matter far more than a number!



HABIT 13

Cook from Scratch

Get back to basics. Cook from scratch more often so you can gain 100% control over what you are putting into your body.

We just don't know the full extent of the many nasties pumped into processed foods; from the fats and sugars to the additives, preservatives, GMO ingredients, environmentally damaging ingredients and chemicals. The only sure way to avoid all of this is to prepare our food ourselves.

Don't worry - you don't have to be a gourmet chef or conjure up complicated and time-consuming recipes. Nor does it matter if you barely know how to fry an onion. All that matters is your desire to nourish yourself with the highest quality nutrition and a willingness to learn new skills.

There are some amazing websites out there that will teach you to make your favorite meals using only natural and wholesome ingredients. Why not look up a recipe for your favorite meal and give it a try?



HABIT 14

Don't Forget Turmeric

Imagine if there was just one 'wonder remedy' you could use every single day that would be cheap, effortless and not require a visit to your pharmacist or health store. The best news you'll hear all day is that there is one. *And its name is turmeric.*

Turmeric is the peppery spice that gives that familiar bright yellow color to curries and other spiced meals. It also offers more health benefits than you can imagine. Here are just some of them: **It's a potent anti-inflammatory.**

Turmeric contains high levels of a compound known as *curcumin*, which is a powerful anti-inflammatory highly effective in treating conditions such as arthritis, Crohn's, ulcerative colitis and IBS without causing nasty side effects.

It shrinks pre-cancerous lesions. The very same compound, curcumin, has been found to shrink pre-cancerous lesions such as polyps that can lead to colon cancer.

It can help beat Alzheimer's disease. Curcumin also helps clear the brain of plaque accumulation, thought to be one of the leading causes of the disease.

It helps fight cancer. Curcumin contains high levels of antioxidants, which fight the free radicals that can damage cells and cause cancer. It can also help prevent any existing cancers from spreading further throughout the body.

It improves your liver function. Turmeric helps to improve the liver detoxification process through its antioxidant action upon fat cells.

It improves heart health. The curcumin that helps clear plaque from the brain also prevents plaque from accumulating inside the heart and vascular system, thus helping reduce the risk of heart disease and stroke.

A little goes a long way, so sprinkle a dash of this delicious wonder spice into your meals to help protect yourself from disease.



HABIT 15

Drink Hibiscus Tea

Hibiscus tea has recently been revealed to be somewhat of a natural ‘wonder-drug’, lowering blood pressure, easing hypertension, benefitting our brains, reducing inflammation and even tackling those free radicals which can lead to cancer and premature aging.

Hibiscus tea is powerfully rich in vitamin C and antioxidants, and better still, tastes naturally fruity and delicious. So, if you’re looking for an almost effort-free habit to help transform your health and happiness, you better get drinking!

Drinking caffeine-free herbal teas also provide a range of other general benefits, such as increasing your intake of water, reducing your consumption of stimulants like tea and coffee, and also helping to flush toxins from your cells. For best results, you should be drinking around two to three cups of the stuff each day.

Before you dash out and get a box of hibiscus tea, take a peep at any fruit or herbal teas you might have lying around in your cupboards. Hibiscus appears in many blends so you might already be enjoying its benefits without realizing.

In fact, I think I’ll make myself a brew right now!



HABIT 16

Avoid Vitamin Deficiencies Even with the healthiest of diets, all it takes is an oversight and a change in circumstances (or even of weather) and you can find yourself suffering from nutritional deficiencies, which can cause debilitating symptoms and potential long-term damage. It's vital to have regular blood tests to ensure that you have all of your bases covered if you want to prevent this happening to you.

The two most common vitamin deficiencies in the western world are vitamin B₁₂ and vitamin D.

Vitamin B₁₂

Vitamin B₁₂ is found almost exclusively in products of animal origin, but for those of us who reduce our animal food consumption for our overall health, and for good reason, it is the one vitamin that can difficult to get if you eat a plant-rich diet. However, *anyone* can become vitamin B₁₂ deficient, and it's not something mild that you should ignore. Suffer from this and you can experience low energy levels, poor memory, confusion, tingling and numbness in the hands and feet, and can eventually cause long-term nerve damage and in severe cases, even death. You can easily address this risk by taking a vitamin B₁₂ supplement in tablet, liquid or injectable form, plus regularly consuming foods such as nutritional yeast or B₁₂ fortified plant milks. Speak to your healthcare practitioner if you require further advice.

Vitamin D

Thankfully, vitamin D is a whole lot easier to get and doesn't occur from nutritional holes in our modern-day diet s . You see vitamin D is available in the most enjoyable form of all - *sunlight* . The action of sunlight on our skin actually causes our bodies to produce more vitamin D, keeping us healthy, happy and strengthening our bones in the process.

However, many people stay indoors far too much, slap on too much sunscreen,

and cover up too much of their skin. Vitamin D deficiency can cause weakened bones, depression, weakness, weight gain, and if left untreated can cause multiple sclerosis or cancer. Humans *need* sunlight, just as any other form of life on this planet. So get out there in the fresh air and feel the sun on your skin. If you live in a cooler climate, work indoors or find yourself to be vitamin D deficient, you may also take a plant-derived vitamin D supplement in tablet or liquid form.



HABIT 17

Balance Your Hormones Naturally

A close friend of mine used to suffer terribly with her hormones. There wasn't a single day that she didn't have some related health complaint or another to deal with, from horrible cystic acne, to hair loss, to excess facial hair, to PMT, painful periods, weight gain, mild depression and mood swings. She was suffering from polycystic ovary syndrome and nothing seemed to work. Her life was practically unbearable and after many years of trying, she was slowly running out of options.

That was until she turned to me.

I understood all too well the struggles she was facing, and together we developed a strong and comprehensive action plan that transformed her life completely. You can imagine how happy she was.

If you are facing similar struggles and are giving up hope, have faith that there is a solution out there for you. It just takes time.

The very first thing you need to do is to check both your thyroid levels and hormone levels as these things can affect one another and throw everything else out of whack. Once you have identified your problems, you can take steps to target each in turn and finally begin to feel better. Here are a few important ones:

- 1 . Limit your consumption of omega-6's
- 2 . Reduce your consumption of caffeine
3. Avoid toxins and xenoestrogens
- 4 . Get more sleep
- 5 . Take a supplement such as Magnesium or Agnus Castus
- 6 . Get regular exercise

You can find more details on how to best implement remedies for your hormonal

issues by reading my #1 seller: [*Herbal Hormone Handbook*](#).



HABIT 18

Balance Work, Rest & Play

What do you think is the biggest regret that the dying have about their lives? I'll give you a clue; it's *not* missing their sales target in August 2015, nor is it missing that promotion that they worked so hard for, nor is it not spending more time at the office.

It's the regret of not grabbing life by the horns and living according to their own dreams and rules. It's the regret of not spending enough time with loved ones, not doing all of the things they really feel passionate about, and neglecting their own needs. Imagine if that was you, lying there, with these kinds of regrets...

There is only one way to avoid suffering this fate, and that is to march to your own drum.

Don't dedicate your entire existence to your career and ending up neglecting certain aspects of your life like your family, friends or hobbies. Instead think long and hard about what really matters to you, and if the life you are leading doesn't match up, you need to take action.

Live up to your own potential when it comes to work, but also take enjoyment in the simple pleasures in life. Revive your favorite hobbies, or even indulge in all of those things you put in the 'someday' pile. Take time to disconnect from the world. Simply sit back and take it all in. We are only here once so your mission can only be to live and enjoy it.

How about your life right now? Is it well balanced? Are you pouring too much energy into one area and neglecting others?

Be honest with yourself and make the changes you need to live a better brighter life.



HABIT 19

Prioritize Pleasure

When was the last time you enjoyed yourself? *Really enjoyed yourself?* The kind of enjoyment that makes you helplessly burst into laughter, makes your heart beat a little faster and makes your face muscles sore from all that smiling?

It's so easy to spend all our time ticking all the boxes, taking care of our careers and our families and our friends, yet forgetting to take the time to take care of ourselves. Essentially, we should be the most important people in our lives and we need to prioritize our own pleasure before we even think about giving to others. It's surprising how this simple life hack will boost your levels of happiness and keep them there.

Pleasure and the ability to experience pleasure is one of the few things that makes us uniquely human and we should be indulging ourselves more often to feel both happier and healthier.

So, have some fun and treat yourself. Dedicate at least thirty minutes each and every day to something you find pleasurable, whatever that might be and no matter how small. For me, it's relaxing at the end of a long day with a brilliant new book and a cup of herbal tea.

What will bring you pleasure? What simple habit will you add to your day to boost your happiness potential?



HABIT 20

Develop a Morning Routine

Too many of us rush around from the very moment we open our eyes. The alarm pulls us from our dreams and we get caught up in a whirlwind of rushed preparations for the day, chaos and confusion and stress, and spend far too much time hunting the car keys, choosing what to wear, wrestling the kids into appropriate clothing or asking them to brush their teeth. It's making me feel frazzled just thinking about it!

Now imagine you could start your day in a whole different way. Imagine you could wake slowly, welcome the morning with open arms and gently blow the cobwebs of sleep away from your body. Imagine a calm, soothing, peaceful start to the day. Sounds awesome, doesn't it?

You can make this dream become a reality by changing the way you look at your morning and starting some new healthy habits that will take your mood from stressed to soothed.

Here's what you need to do:

- Collect and prepare everything that you'll need for your day the night before
- Wake at least ten minutes earlier and give yourself extra time to clear your mind and gather your thoughts before you launch out of bed • Use this time to reflect and ask yourself what you are grateful for, to encourage a positive mindset (*see 'Habit 26' for more detail*)
- Start the day right by making the time to enjoy a short yoga session, a series of stretches, positive affirmations or meditation • Mentally plan out your day while you are in the shower and uninterrupted - focus on your priorities first
- Make time to enjoy a healthy and wholesome breakfast, such as oatmeal with fresh berries, to fuel you for the day ahead

Implementing a 'slow' morning routine rather than a tensed, stressed one will help you and your family start the day with a smile and an air of positivity.



HABIT 21

Yield in Your Favorite Music

Music touches our souls. It makes us feel good, it evokes long-forgotten memories and emotions and it lifts our spirits like nothing else.

Remember that old track you used to adore? You know the one. As soon as the familiar riff met your eardrums, a smile would spread across your face. You could never turn that track off until it reached the very end, and even then the temptation to re-listen was hard to resist!

And no doubt you've once had a song that would boost your energy and motivation, and leave you feeling pumped and ready to face anything that life would throw at you. Or a song that could reduce you to tears within just a few bars? Or a song that could help you forget about your troubles for just one moment, and lift you to brighter, happier places?

But you probably don't listen to it anymore. Your life may have become too hectic and you have other commitments and jobs to take care of now. But here's the thing - if you want to inject some instant pleasure back into your life, lift your spirits and boost your level of wellbeing, you need to revive that music collection and enjoy those nostalgic sounds.

Music has the power to directly affect our brains and tweak our emotions, which we can harness to benefit our own daily lives. Simply develop the habit of listening to more music as you go about your day. This might mean listening to a brilliant playlist as you get dressed in the morning, or whilst you commute, or whilst you eat lunch, cook or even relax in the evening. Whatever works for you, works for your soul too.

So why not rediscover your old favorites, discover some brilliant new sounds and reward yourself with an uplifting day?

Tell me, what music haven't you listened to in a while?



HABIT 22

Find Your Tribe

Humans are social creatures. Without positive, social contact and support we simply wither and lose ourselves. You only need to consider the plight of the elderly who often find themselves housebound and without visitors for days, if not weeks, on end. Just think about what kind of effect this has upon them.

If we don't have supportive people around us, we feel detached, misunderstood and lonely.

But when you have your own tribe of friends around to support you, life will never be the same again. They will give you the power to realize your wildest dreams and withstand the worst things that life can throw at you. You will feel loved and understood for the unique person that you are, no matter what you have or what you do. It's about finding people that share your view of the world and can easily comprehend your perspective of the world.

Finding Friends As Adults

Once we leave high school or college and grow older, it can be so much harder to find people who could form these tribes. *Don't worry - we've all been there.* But where can we find them? What should we say to them when we do find them? And how do we create meaningful relationships with those around us?

In actual fact, finding friends as an adult is a lot like dating. You need to get yourself out there and be open to the world and what it has to offer without being overly worried about the outcome, no matter how important that outcome might feel to you right now. You may feel a little shy or doubtful at the start, but remember that *everybody* feels this way.

Talk to people wherever you go, even if that's just to the local library. You'll be surprised at who you might meet in there. And by complimenting someone's hair or shoes, you may just brighten their day.

Don't discount the idea of joining a class, taking up a new hobby or even reviving an old one. By doing this you may meet like-minded people with similar interests, giving you the perfect conversational topic to help 'break the ice'. You'll build your own happiness as well as finding your tribe. Just try it out.

What one thing could you do to meet more like-minded people? Take your time to ponder this question and then take action!



HABIT 23

Feed Your Mind

Ever since the moment you were born, your curiosity and thirst for knowledge has been packing your brain full of useful (and not-so-useful) pieces of information. You've been learning and growing for as long as you can remember and it keeps you sharp and intelligent.

However, in the modern age of information saturation, we often look for a quick fix in social media or reality television shows. You might enjoy these things and find they help you to calm down and disconnect at the end of a long hard day, and that is great, on occasion. But doing this too often is wasting your time and allowing the rot to set in. Don't let your brain turn stagnant and allow boredom and restlessness to seep in.

If you allow yourself to regularly consume this 'chewing gum for the brain' then you will notice that your cognitive ability diminishes, your personal knowledge and growth comes to a complete standstill and you will never quite make your dreams come true. Your life should be a journey towards self-fulfillment and the only way you can do this is to keep learning and growing.

So instead of wasting hour upon hour in front of the TV, losing hours in front of Facebook or YouTube and spending time gossiping about the lives of the rich and famous, focus on your personal development instead.

Grab a brilliant book on a subject that fascinates you, vow to finally learn that second language, enroll in a course at your local college, learn to dance salsa, paint a picture, visit new places, or begin a great meditation habit and watch yourself bloom. Read as much as possible, exercise whole-hearted curiosity in the world, ask questions and seek answers, and think deeply about the things that matter most to you.

Reading in particular helps stimulates the mind, improves your memory and focus, reduces stress and expands your vocabulary. The more skills and

knowledge you obtain, the better you can tackle the many challenges that life may throw at you.



HABIT 24

Build Self-Love & Positivity

Many of us don't love ourselves quite enough.

We claim we're doing fine, we work towards being kinder and more forgiving of ourselves and of our actions. But do we truly *love* ourselves?

It seems altogether too narcissistic to feel 'self-love' and it's kind of embarrassing too. We dodge the subject, thinking that we're not deserving enough of our own love, or thinking that we are only permitted to love those around us and not ourselves.

But this is part of the problem we have with our happiness and sense of fulfillment. Inject a little self-love and positivity into your life by fostering some healthy habits, and you can achieve so much more than you have ever imagined.

Don't believe me? Then let's think about what happens when you *don't* love yourself.

When You Don't Love Yourself Enough

Consider that inner voice that silently passes comment on your behavior and your attitude, endlessly attempting to sabotage your success and your happiness. It drums it into your head that you are somehow substandard, unlovable, a failure, a fraud and any other negative adjective you can think of. It tells you that your worst-case scenario will probably come true and will make a mountain out of a molehill. Now what kind of life is this? Living as a victim of that inner voice that has no basis in truth whatsoever and only serves to bring you down.

You might think that there can be no escape from this horrible voice and that it's just how you were made, but I have to tell you right now that you are wrong. Utterly wrong.

The difference between the positive people who love themselves and the

negative who dislike their own existence comes down to only one thing; how closely they listen to that inner voice of negativity.

The positive ones know the truth and brush away the lies this voice might whisper, and the negative ones avidly listen to every word and take them as law, limiting themselves and their behavior in the process.

How To Find Your Self-Love

I don't want you to be one of these people who never attain their dreams due to the iron-like grip of this voice. Nothing in your life will ever improve if you continue to let it dominate your life.

The journey towards fostering self-love and positivity is easier said than done, but with the following few tips, you'll be surprised just how easily it comes.

1) Every day tell yourself you are brilliant and worthy of all that the world has to offer. Look into the mirror, gaze into your eyes and remind yourself how brilliant you really are.

2) Take your time to reflect on your life and the world around you. Through reflection we can learn to identify our negative habits and develop more positive ones.

3) Don't compare yourself to others. You are unique. You are beautiful. There is no one like you in the world, and that is amazing.

4) Develop a thicker skin and don't take the actions of others too personally. It's probably not about you at all, but instead their mood or their own personal circumstances that you're not aware of.

5) Banish that victim mentality. You are responsible for your actions, no one else. Nor are you to blame for the actions of others.

Practice these steps and you will be astonished at how much better you feel and just how quickly you can train your brain into loving yourself more and more each day.



HABIT 25

Strive for Your Goals

Without a map, how do any of us know where we're going? How can we really make our wildest dreams and perfect life become a technicolor reality? How can we meet the challenges that life might throw our way if we are blind to the future?

Of course we can't. Yet many of us live our lives in this shortsighted way. We amble on aimlessly, hoping that something exciting and fun will be just around the corner without ever standing up and grabbing life by the horns. Success and happiness doesn't just fall into anyone's lap - you've got to *make it happen*. And that means setting yourself some exciting goals.

Goal-setting will help you break free from the monotony of life, claim the life you want to lead and keep you pressing onwards and upwards when things get tough.

Defining Your Goals

What matters to you will obviously differ from that of your best friend, your partner or your parents, so it's up to you to decide exactly what these goals will be. So take your time and consider what really matters to you.

Where do you see yourself in a year's time? How about five years? Or even ten? Where do you want to be? And who with?

Set yourself short-term and long-term goals and then really make it happen. If you're having trouble with doing this exercise, why not think instead about what you would hate to be doing? What would be your worst nightmare? This is the trick that shifts me from unsure to focused and driven.

Making Them Happen

Once you have outlined your goals, break them down into smaller short-term targets and consider how you can move towards them. Keep yourself accountable. Think about them often, talk about them to anyone who will listen and fill your every waking moment with dreams of it all becoming real. You could even change your laptop wallpaper to an inspiring image related to one of your goals or even create a vision board.

Dream big and your life will become just as big!



HABIT 26

Count Your Blessings

When you wake up in the morning, what is the first thought that passes through your brain? Is it one of wonder that this is the start of another day, or do you drag yourself out of bed in dread for what lies ahead? You wish you didn't have your dull job with your dull colleagues, you wish you were taller or more attractive or didn't need to wear spectacles. You just wish everything was... well, different somehow.

These very thoughts are precisely what are standing between you and a wonderful life, and you need to develop a gratitude practice if you are ever to feel happy.

You see, it's all about perspective.

Perspective

Ask yourself right now, what is the difference between the rich westerner who has it all but is somehow depressed and the poverty-stricken disaster survivor who has lost it all but still smiles? *Perspective.*

If you look at everything you *haven't* got and count the ways your life is terrible and remind yourself that you are so terribly unhappy, your life will be just like that. You will feel deprived, terrible and unhappy because you are focusing on what you perceive yourself to be lacking.

But if instead you make an effort to appreciate the things you *do* have, the ways that the world has blessed you and feel thankful for everything you've got, you will actually feel appreciative, blessed and thankful. It's like swapping a lens.

Look for the negative and you will see negative. Look for the positive and you will be overwhelmed with the beauty of your life.

Because even if you feel at this moment that you have nothing to be thankful for,

I promise you that you do, no matter how small it might be. And the more you look for your blessings, the more you will discover and you will feel truly grateful.

Becoming More Grateful

To get started, literally count those blessings of yours. At the beginning or end of each day, take some paper and write down at least 3 things that you feel grateful for. These may be the same things every day, such as “*I feel blessed that I have the opportunity to do work I love* ” or “*I feel blessed to have a beautiful family*” . Repetition is okay - the power of this exercise lies in your own thought process and not the finished result. Then repeat this for at least 30 days (or even longer) and you will notice the incredible difference in your life.



HABIT 27

Get Moving **It's the end of another day and I'm feeling guilty.** I know I've spent far too much time putting the finishing touches to this book and that means that as much as I've had a brilliant day, I've also been sitting right here in front of my computer screen and have barely moved a muscle.

I know that if I spend the rest of my day like this, I will end up feeling sluggish and lethargic, heavy and demotivated and I will have awful trouble falling asleep. Continue for much longer and I could get depressed, fall prey to all of the viruses doing the rounds, pile on plenty of excess weight and generally feel terrible.

That's because our bodies were built to move, and if we don't get the exercise that our bodies need, our health will suffer immensely. I don't plan on letting that happen anytime soon.

Once my working day is done, I won't just flop in front of the television. I want to get out there into the fresh air and get moving so I can boost my circulation, protect my health and feel amazing and energized once again. But that doesn't mean that I'll sweat it out with all of the other gym bunnies. I'm not that kind of girl. I can still enjoy the benefits of exercise by doing the things that I love, and you can too.

So, what activities do you like doing? Is there a sport that you adore? A sport you used to adore but haven't found time for lately? I'd urge you to get out there and do it. All it takes is just 30 minutes per day.

Personally I'm fond of walking, cycling, dancing and swimming as they're lots of fun and barely feel like exercise at all. What would do it for you?



HABIT 28

Sleep Yourself Stronger

‘Life is too short to spend it sleeping.’ Isn’t that how the saying goes?

But I’d beg to differ.

In fact, I’d actually say that life is too short to spend sleep-deprived, operating at less than your full potential, lethargic, detached and missing out on a lifetime of adventures because you’re too tired. Who needs crazy refined sugar cravings and illness simply because you aren’t sleeping enough?

I understand that there are too many distractions and too many things to do. We all lead busy lives with barely any time to claim back and so it’s understandable that we stay up too late in an attempt to catch up with ourselves.

But this is skewed logic. We could work far more efficiently, achieving more, knocking off more tasks from our ‘to do lists’ and still have generous amounts of time left for fun at the end if we only get our sleep.

Sleep is the ultimate anti-aging solution that energizes our bodies, boosts our brains, heals chronic health conditions, helps regulate our metabolism, reduces cravings and even helps you lose weight in the process. What’s not to like about it?

Starting from right now, make a promise to yourself that you will start getting the sleep your mind and body deserves. For most people this is around eight hours, but you might find that slightly more or even slightly less works better for you. You will surely notice the difference!



HABIT 29

Master Minimalism

For some strange reason, much of the world considers a person's possessions to be the best sign of success. The bigger your home, the faster your car, the more rooms you need to store your junk the better, right? Well actually, no.

Most of this stuff is purchased as a treat but ends up as an absolute burden after a while. We spend valuable leisure time organizing our stuff, cleaning our stuff, maintaining our stuff and even working harder and having less of a real life in order to earn more money to get more of this stuff. It's driving us crazy and it simply has to stop.

The time has come to get rid of your 'stuff'.

You know, that stuff that clutters your closet and dominates your time. You could be free from it all and see your quality of life go through the roof. **Because stuff doesn't really matter, even if the clever ad campaigns tell us it does. What matters is our happiness, our health, our relationships, our enjoyment of life and the degree to which we can achieve our wildest dreams.**

You know I'm speaking sense here.

Stuff is just stuff. It adds no value, causes stress and we can't take it with us when we die, despite what the ancient Egyptians might have thought.

Become A Minimalist

So have the best spring-clean of your entire life. Sell or donate unwanted possessions, remove clutter, reorganize your space and only keep the things that truly add value to your life. *A clear space = a clear mind!*

A great way to get started is to aim to donate or sell at least one unwanted possession every day. Perhaps keep a box for goodwill in the corner of your hallway and every day pop something inside. There will be someone somewhere

that genuinely needs what you have to offer, so go ahead and give back to the world.

Another good approach you can try is to tackle one particular area of your home and clean it out completely. You might decide to start with the bottom drawer in your bedroom, so you go through every single item and decide whether it really adds value to your life. If it does, fine, pop it back inside. If it doesn't then it's time to sell or donate it.

Over the years, I've slowly reduced my possessions to a manageable level and I can confidently say that my quality of life has never been better. Why don't you give it a go?



HABIT 30

Tackle Stress

Stress is a killer.

It poses serious strain upon your mental and physical health and ruins your life. Who wants to live in hurried and frantic way? I know I certainly don't. Stress feels terrible and does terrible things to you, so if you want to live a wonderful life, you need to develop healthy habits when it comes to dealing with stress.

Stress can contribute to depression, heart attacks, high blood pressure, comfort eating, weight-gain toothaches, migraines, speech problems, sleeping problems, forgetfulness, anxiety, angry outbursts, panic attacks, lies, nightmares, and more.

It also places a huge burden on the adrenal glands, which can throw your hormones out of balance, cause you to hold on to weight, make your hair fall out and aggravate a whole host of other symptoms such as asthma, eczema and psoriasis.

And it ages you beyond your years, can cause you to comfort eat, mistreat your loved ones and eventually hit burnout.

But What Can We Do About It?

But it's not as if we can start living in a protective bubble free from all forms of stress. In fact, small amounts of stress are considered to be positive and motivating. But it's when it gets out of control and how we deal with it that counts.

For a long time, I found it really tough to process my stress in positive ways, and sometimes my efforts would actually make things worse for me, and not better. But I soon discovered a range of healthy habits that helped me to get everything under control and still have a heap of fun.

Why don't you try the following habits to tackle your stress?

Try meditation. Meditation allows you disconnect from the world and find a degree of inner calm. It works wonders on stress and also depression, and isn't just for 'hippies' as it was once perceived. Give it a try.

Practice yoga. Yoga is a form of moving meditation. It improves your mind-body connection and stretches out your muscles that can hold huge amounts of stress and tension. It will also help you sleep like a baby!

Start journaling. Get your thoughts out and onto a page without fear of being judged by those around you. Just start writing!

Take up running. Running is a brilliant way to de-stress as it gives an outlet for all of the stress hormones that accumulate within our bodies, which can potentially cause poor health. Plus whilst you run, you also get out into the fresh air and have plenty of time to think and reflect.

Enjoy a new creative hobby. There's nothing quite as therapeutic as getting creative. So, start a writing practice again, take up painting, drawing or sculpting, or even dig out that musical instrument and lose yourself in music.



THANK YOU

A brand new, healthier and happier life starts right here with *you* . You have the power to create the life and body of your dreams and only *you* can make it happen.

The thirty powerful habits contained within this book will help you effortlessly transform your life and have you looking younger, slimmer and boasting that glow whilst bursting with energy and positivity. You will feel more confident, energetic and positive and people will begin to ask you just what your secret is. And best of all, all of this won't even feel like hard work.

Every journey begins with a single step, but as you know it takes more than that to make them stick around for the long term and positively affect the rest of your life. All you have to do is maintain these habits and enjoy the life that you really do deserve.

So again, I'd like to thank you for purchasing this book. I hope that you will use each of these effective habits to become the absolute best version of yourself and go on to inspire others to follow your example.

Good luck with your journey!

BONUS BOOK #3

ALKALINE DIET

*A Complete Guide to Alkaline Foods, Herbs & Lifestyle
to Naturally Rebalance Your pH, Lose Weight & Boost
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FREE BONUS BOOK: *Alkaline Recipes: 20 Alkalizing Juices, Smoothies, Teas & Tonics*



INTRODUCTION

Thank you and congratulations for purchasing '*Alkaline Diet: A Complete Guide to Alkaline Foods, Herbs & Lifestyle to Naturally Rebalance Your pH, Lose Weight & Boost Health*' ! Within this book you will discover the fundamental solution to achieving optimum health by banishing those niggling health issues, balancing your hormones, shifting those excess pounds (especially around the waist) and unleashing your naturally vibrant and energetic self.

You may have come to this book through desperation. You're a health-conscious kind of person who does all of the right things, depriving yourself of unhealthy vices, yet still not seeing results no matter how hard you try. You avoid caffeine, eat healthily, ditch alcohol and even buy supplements that promise the earth but fail to deliver. *Yet you still suffer* , and don't quite feel your best. It doesn't seem fair, does it?

Perhaps you have a family history of chronic disease and illness, and want to ensure you don't walk down that same dire path. Or you might be feeling older than your years despite the many visits to your doctor with persistent concerns; constantly feeling exhausted or stressed, falling victim to virus after virus, suffering from insomnia, taking medications that never make the slightest bit of difference, suffering from digestive problems, high blood-pressure, mood swings, diabetes, skin problems and depression (just to name a few).

You're a shadow of your former healthier self and would give absolutely anything to feel amazing, but you feel like you've tried everything and are running out of options. You're not alone in your suffering. I've been there and I know how hard it can be when you do everything you can, but still don't find solutions.

But there *is* hope. And I discovered it through a close friend of mine, Maria.

She'd been battling against chronic cystic acne for almost as long as I could

remember and had tried everything from antibiotics, topical treatments, hormonal treatments and even lasers. When that didn't work, she turned to holistic medicine through herbs, homeopathy, acupuncture and aromatherapy - and whilst some of it helped, it never gave her the results she so desperately desired.

Even though she'd reached her mid thirties and was noticing the odd gray hair appear, she still couldn't shift that horrible acne. Despite eating a wholefoods diet and barely touching a drop of alcohol, she felt ashamed of her appearance and wanted to hide away from the world. Her zest for life had diminished; relationships were almost impossible, ambitions were left unmet and depression started to take its toll.

And on top of that, she suffered from increasing amount of excess facial hair, and then bloating, migraines, irregular periods and insomnia. *I felt so sorry for her*, and I know that her confidence, self-esteem and mood suffered immensely as a result of what she was going through. But there seemed to be nothing that we could do, either holistically or by using mainstream medicine.

But then something incredible happened that left me astounded.

Last summer we had really hectic schedules, so we weren't able to meet for several weeks, until at last we made arrangements to meet at a local juice bar to catch up on lost time.

When she finally walked into the bar, my jaw hit the floor.

No longer was her face covered in acne. No longer did she look exhausted, depressed and overweight. She looked absolutely amazing. She had a glow; she was vibrant, full of energy and had never looked better.

So naturally, I was desperate to know her secret!

What had she discovered that transformed her so completely and utterly from that drained and ill person I had once known, to this strong, beautiful creature in front of me? How had it worked when so much else had failed?

The answer was simply the alkaline diet.

She had discovered the alkaline diet when she met a helpful holistic expert in her local health-food store. Through his assistance and guidance, she learned the secrets of optimum health and wellbeing that she could achieve by changing the focus of her diet and lifestyle. She learned that we should never sit back and accept sickness as inevitable, but instead claim the wellness and vibrancy that is naturally ours.

And she passed on this wisdom by sharing it with me, and now I hope to reveal this amazing secret to you too so I can help you to heal exactly as she did. I want to show you the benefits of the brilliant alkaline diet and lifestyle so you too can transform your life, your health, your appearance, and also your happiness!

In the pages of this book, you will learn exactly what alkalinity means, understand the biology of bodily acidity and how it causes sickness and disease, and also learn what we can do to counteract these toxic effects and reclaim better health and longevity. Not only that, but I will explain how to put all of this knowledge into action right here and now, so you can start to tackle your health problems today.

But of course, alkalinity is not just about food. After all, you can change the foods that you eat and replace the ‘bad’ with more of the ‘good’, but if you still live an acid-creating lifestyle, then you will be undoing much of your hard work and landing right back at square one again.

We’ll be looking at alkalinity in a holistic sense, helping to heal your entire body instead of simply targeting your symptoms. The right *lifestyle choices*, *herbs*, *spices*, *supplements* and *superfoods* will leave you bursting with energy, glowing from within, shedding those excess pounds, and will rid you of those health problems **for good**.

When I took the advice of my friend and embraced the alkaline way, I was completely amazed at the transformation I witnessed; even the tiniest of complaints vanished. If you feel you’ve exhausted all options and there is nothing left to try, I am confident that you will find answers right here in this book.

There’s no time to waste. Let’s get started on your journey to better health!



CHAPTER 1

What is the Alkaline Diet?

The alkaline diet is completely different from all of those fad diets and poorly devised eating plans that lure people into a false sense of hope. It's not a concept that is based on pseudo-science or current eating trends, but instead is based on evidence and good, hard science. Each and every person who journeys towards achieving their body's optimal pH balance (and doesn't quit along the way!) can reap amazing benefits. You could be one of those people. You could revamp your health, reclaim your vitality, look absolutely amazing and rid yourself of those health conditions that are so hard to shift. You know the ones I mean - the skin conditions that resist treatment, the IBS symptoms that constantly flare up, the allergies, the fatigue and the clouded thinking. You *CAN* eliminate all of this by following the alkaline diet.

Studies carried out by the *Preventive Medicine Research Institute* in Sausalito, California discovered that cancer patients following an alkalizing plant-based diet lost weight, lowered their blood pressure, and healed a whole host of chronic health problems in addition to actually turning off several of the genes involved in the development of cancers. We just can't ignore the incredible long-term benefits that this lifestyle has to offer.

So, *what exactly is the alkaline diet?* What does it involve? And how can it improve your health, starting right here and now? Let's take a look.

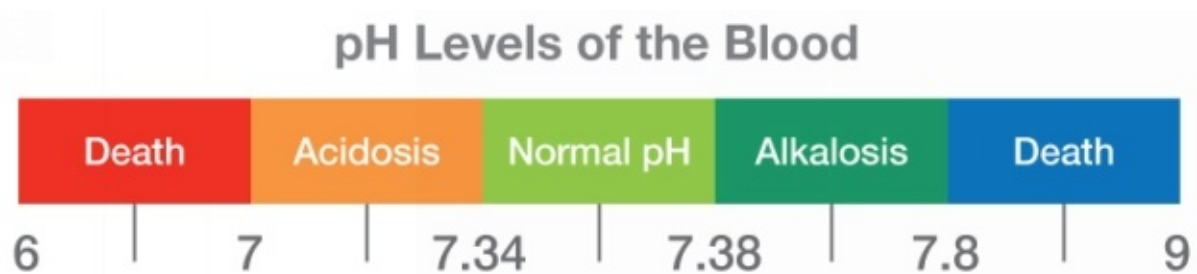
What is Alkalinity?

First off, let me explain the concept of alkalinity to you, without boring you by delving too deeply into the scientific stuff.

You're probably familiar with the idea of alkalinity and acidity from your high

school science class, and it is that very same idea that we are dealing with here. Liquids can be measured according to their alkalinity and acidity, and to this, we use a scale called a *pH value* that ranges from 0-14. **0-7 is acidic and more than 7 is alkaline .**

Every living thing needs to have the correct pH balance in order to live healthily and function best; fish require water with the correct pH levels to survive, whilst plants will thrive and flourish in pH balanced soil. **Of course, this exact notion applies to our bodies too. Our body's blood, fluids and tissues require a pH value of approximately 7.365 in order to function at optimum levels** - this is slightly on the alkaline side of the scale. When the body reaches this perfect acidity-alkalinity balance, it is less prone to lowered immunity, chronic disease and cellular damage.



Our bodies have developed to constantly shift and adjust to maintain homeostasis (balance) in all parts of the body, and it does the very same thing for our pH levels. Under natural conditions, it does a pretty amazing job at it too.

But the trouble is, the majority of us aren't living under these 'natural conditions'.

In our modern society, we eat 'foods' that our ancestors would barely have recognized - the highly processed, saturated fat based, refined-sugar meals that make us slowly get sicker and sicker. And we subject our bodies to a load of toxic environmental factors: unnatural levels of stress, abusing ourselves with stimulants, alcohol and drugs, poisoning ourselves with pesticides, pollution and chemicals, and depriving ourselves of sleep; yet we wonder why don't feel or look our best.

When we practice these behaviors, we increase the acidity levels in our systems, overloading the detoxification and alkalizing abilities of the body and creating a burden of inflammation and sickness - such as *acne, skin diseases, bowel problems, tumors, migraines, sleeping troubles, brain fog, excess weight, infertility, depression* , and down the road, perhaps something more serious like heart disease or cancer.

According to the *American Journal of Clinical Nutrition* , the health problems associated with diet ‘ *represent by far the most serious threat to public health* ’. They add that 65% of adults over the age of 20 are obese, and 33% of all cancer diagnoses are the result of poor diet and nutrition, including obesity.

Sadly, our modern diets and lifestyles are slowly killing us and we need to do something about it before it's too late.

What is the Alkaline Diet?

Enter the alkaline diet : the solution to achieving that perfect pH balance and reclaiming better health and happiness.

Enthusiasts of the alkaline diet boast its benefits for:

- Youthful, clear skin (reduction in aging and elimination of acne)
- Improved digestion and less bloating
- Abundant energy and diminished fatigue
- Sustainable, long-term weight loss
- More restful sleep
- Improved immunity (fewer colds and infections)
- Reduction in aches and pains (such as arthritis, gout and headaches)
- Increased mental clarity and alertness
- Improvement in mood and happiness level
- Decreased risk of developing osteoporosis (acidity causes minerals to be leached from the bones to help alkalise the blood)
- Reduction in risk of

developing cancer (alkalinity promotes healthy cellular metabolism which is key in cancer prevention) • Prevention and reversal of a variety of chronic diseases

The alkaline diet (and lifestyle) is about avoiding toxic, acidifying foods and replacing them with delicious, vibrant foods that boost your nutrition, help you shed excess weight and most importantly, rebalance your pH to reap and maintain good health.

When you eat, your food is digested then broken down by the kidneys into an alkaline or acidic base. This has a massive impact upon the pH balance in your body, and will create more acidic or alkaline conditions, depending on what you are eating. Keep in mind that structurally ‘acidic’ foods don’t necessarily create an acidic environment (*apple cider vinegar, for example, has an alkalizing effect upon the body*) - it depends how the food interacts with the body once metabolized.

The alkaline concept involves ditching processed, refined-sugar and high-fat ‘empty’ foods and replacing them with an abundance of fresh foods, just as nature intended. You have almost free reign over a variety of delicious fresh fruits and veggies (apart from a few), plenty of green leafy veggies and seaweeds, certain nuts and seeds, healthy fats, healthy grains, spices and herbs. (*Turn to the [FREE BONUS](#) recipe section at the end of this book to discover which delicious smoothies, juices, teas, tonics and beverages you can enjoy that include these wonderful ingredients.*)

The idea is to reduce acidic foods that cause the body to ‘work in overdrive’ to process improper fuel. These include foods include wheat and gluten, animal-derived ingredients, caffeine, refined sugar, alcohol and processed foods. But don’t worry - *this doesn’t mean you need to eliminate certain foods forever*. You can be flexible in your approach to the healing foods you are putting into your body, and **aim for a balance of around 80/20 alkaline-acidic foods on your plate** . That way, you can indulge in some healthier acid-forming foods (plant sources are best, such as the occasional serving of oats, rice or cashews) without feeling guilty or ready to quit.

And it’s not just your diet that needs a revamp if you are suffering from high levels of acidity. Lifestyle habits such as smoking, drinking, taking drugs, not

getting enough sleep or exercise, suffering from high levels of stress, and taking medications can all create acidity within the body. In addition to all of this, there are also several herbs, spices and supplements that you can use to promote alkalinity and help you throughout your healing process, which we will address in detail throughout this book.

The idea that acidity causes sickness is far from being a new idea. In fact, acidosis (an overly acidic body) is a widely studied phenomenon, and has more recently been researched by Dr. Joseph Pizzorno. In his article published in the *British Journal of Nutrition* (2009) , he provides evidence that a poor diet causes acidosis, and as a result, leads to an array of illnesses and disease.

So, why is alkalinity so important for great health? And what happens when high acidity levels begin to affect your quality of life? Let's delve into this in the following chapter.



CHAPTER 2

Alkalinity and Health

Now that you know the fundamentals of the alkaline diet and lifestyle, it's time to dig a little deeper into understanding exactly why alkalinity is so important for optimum health. We will also look into what type of damage occurs within the body when your pH balance is disrupted, and why acidity is the root cause of the chronic disease that is epidemic throughout the world. Are *you* too acidic?

Why Alkalinity Matters

As we have just discovered, **alkalinity matters**. It matters because your body needs to be slightly alkaline to maintain optimum health, heal and thrive - whilst too much acidity acts as the breeding ground for poor health, disease, and a slew of ailing symptoms.

If you have an acidic body, your digestion and GI health suffers, hindering the absorption of essential vitamins, minerals and phytonutrients to nourish and feed your tissues. Oxygen levels in the blood drop, leaving you feeling fatigued and performing below par, and blood sugar levels can fluctuate wildly. All of this encourages your body to store fat - and to top this off, excess acid is stored within the fat cells (making it harder for you to lose weight). It's a vicious cycle!

The Damage that Acidity Inflicts

Acidosis doesn't just make it more difficult for your body to function; it actually causes unbelievable levels of decay and damage, which luckily, can be reversed if you catch it early enough. Here are just some of the negative impacts of acidity:

Leeching minerals from the bones

In its attempt to rebalance high levels of acidity, your body turns to two minerals: calcium and magnesium. It borrows them from other parts of your body, stealing them from places like your bones and brain, and leaving them weakened and more vulnerable to osteoporosis.

Free-radical damage

Acidic conditions reduce the effect of antioxidants and increase the effect of harmful free radicals which can damage DNA, cell structure and reproduction, leading to cancers, dementia, Alzheimer's disease and much more.

Accelerated aging

You'll look older than your years if you have a highly acidic body. This is due to cell wall damage and the lack of nutrients and oxygen that your skin needs to repair, rejuvenate and stay looking young and fresh.

Fatigue

If you are too acidic, your body works in overdrive to maintain the right pH balance to promote oxygen flow and nutrient absorption, consequently leaving our bodies in an exhausted, weakened state.

Growth of bacteria, fungi, molds, yeasts (including candida) and viruses

Highly acidic environments are the perfect breeding ground for a multitude of bacteria, fungi, molds, yeasts and viruses, all of which steal the nutrients from your body and are responsible for a whole host of health conditions.

Health Problems that Acidity Creates

Here are just **some** of the health issues that are related to a pH imbalance in the body:

- Heart disease or cardiovascular damage
- High blood pressure
- Angina

- Obesity and weight gain
- Diabetes
- Bladder infections
- Kidney infections
- Kidney stones
- Lowered immunity
- Low energy
- Chronic fatigue syndrome
- Fibromyalgia
- Acne
- Osteoporosis
- Bone spurs
- Bone fractures
- Insomnia
- Allergies
- Eczema
- Psoriasis
- Hair loss
- Hormonal problems
- PMT
- Polycystic ovary syndrome
- Joint or muscular pain

- Arthritis
- Gout
- Cancer
- Migraines and headaches
- Easily stressed or anxious
- Depression, lack of drive
- Digestive issues
- Gluten intolerance
- Insulin resistance

These are just a handful of the conditions that an imbalance in your pH levels can cause. Acidity kills, and it's up to you to transform your life. Only you can get to the bottom of the issue and help yourself to heal from the inside out.

In the next chapter we will put everything we've learned so far into practice and switch the focus onto ourselves. How do our own pH levels match up? What are the signs of an acidic body, and what are the causes? Let's find out.



CHAPTER 3

Your Body and Acidity

We now know that the perfect pH levels of the human body is approximately **7.365** , and we know that we need to take vital steps to maintain this balance to ensure we enjoy optimal health and wellbeing. But until now, it's all been rather impersonal and theoretical. It's time to change all of that. After all, you're most interested in how this all fits into your unique lifestyle and how you can put it all into practice to enjoy the benefits of this wonderful lifestyle.

Before you begin your transformative journey, it's important that we understand how we got to have an acidic body in the first place. Let's look at what causes an acidic body, the telltale signs of an acidic body, and how to test our pH levels. Are your health issues a result of acidity?

What Causes an Acidic Body?

It's quite normal for our bodies to create many kinds of acids over the course of the day, like when we breathe, when we eat, when we exercise, when we talk and when we simply just 'live' - and also those created from other types of metabolic processes. These don't cause any kinds of problems for your body, as it simply neutralizes them before carrying on with other functions.

However, if you are living an unhealthy lifestyle, eating acid-forming foods or even suffering from a serious health condition such as cancer or kidney failure, these levels can soon escalate to unforgiving levels, giving rise to anything from minor health problems to life-threatening acidosis.

We obviously want to avoid this from happening and need to take steps to eliminate triggers before we begin our path towards healing. So what causes your body to become acidic, and why? Let's take a look.

Your Eating Habits

There are many things that can cause an acidic body and lead to degenerative diseases - and without a shadow of a doubt, diet is the worst offender, especially the modern SAD or standard American diet that many people exist on. These highly processed and high saturated fat foods aren't just bad for your waistline, your mood, your skin and your energy levels, they can also create a highly acidic environment in which disease, bacteria, fungus and viruses can flourish.

But as mentioned earlier, diet isn't the only offender in the list. After all, you can eat all the right kind of foods but if you're not treating your body holistically and being attentive to your lifestyle, you will still face challenges in reversing the effects of acidity.

Other factors that contribute to an acidic body include:

Not enough sleep

When you burn the candle at both ends, your body misses a vital opportunity to repair, rejuvenate and also process toxins that it has encountered over the course of the day. If you're not getting enough hours in, you're not giving your body the help it needs to rebalance and achieve alkaline status again.

Drinking alcohol

Alcohol poses two problems to our bodies. Firstly, alcohol is a toxin that places strain on the body's organs, such as the liver and the kidneys, which will hinder the natural pH neutralization process and lead to toxic build-up of acidity. Secondly, alcohol actually increases the production of stomach acid causing both internal problems such as ulcers, and of course a high acidity level within the entire body.

High levels of stress

Stress is a killer. When you are stressed, your body will release high levels of the stress hormones cortisol and noradrenaline in order to cope with the perceived threat. In ancient times these hormones would have helped us to physically

escape danger, whereas it now tends to be psychological and emotional factors that place stress upon our bodies. This might not seem to make much of a difference from the outside, but from the inside, it's a completely different matter. These hormones won't have the chance to be expelled through physical action and so they remain inside our bodies, accumulate in our tissues and raise our overall acid load, taking our pH to dangerous levels.

After a short period of time, stress actually becomes a vicious cycle of acidity. Initial levels of acidity cause inflammation, and this inflammation causes sickness, pain and suffering. This in turn causes more stress, which increases the levels of acidity in the body and causes even more inflammation.

Food intolerances

A food intolerance is your body's signal that it isn't happy about something you've eaten, and it attacks the food just like it would a foreign invader with the familiar symptoms of bloating, hives, a runny nose, sneezing, diarrhea, IBS, asthma, migraines and more. When your body reacts in this way, it is placing additional strain on your immune system and increasing the acidity levels in your body as a result.

Over or under exercising

It's really important to get the right amount of exercise. Too little causes our bodies to slip into poor health, slows down our bodily functions, causes us to gain weight, suffer with poor circulation and also prevents the body from processing normal levels of acidity and regaining balance effectively.

But don't throw yourself into doing excessive amounts of exercise either - too much can be just as damaging. Any kind of physical exercise raises levels of lactic acid, which is the cause of those sore muscles you feel the day after you exercise. When you exercise at optimum levels, the body benefits from the movement and processes the lactic acid efficiently and effectively. Just like anything else, improper exercise will cause harm; the body struggles to neutralize the acidity levels in the blood and sickness and chronic health conditions are often the result.

Over-consumption of stimulants

I get it. You're feeling stressed and frazzled and want a little pick-me-up to get you through the day, so you turn to coffee or tea, or even cigarettes to give you that boost that you need. However, these things only serve to worsen your problems and throw your body into deeper levels of acidosis. The caffeine in tea and coffee disrupts the balance of your hormones, encouraging the release of more stress hormones into your blood stream. The nicotine in cigarettes alters the reward centers in the brain and increases the levels of the multitude of toxins in your blood stream, resulting in higher acidity, sickness and disease.

Medications

Mainstream medication can be wonderful - it has helped us to overcome many health issues and live better and longer lives. But it also comes with horrible side-effects and worse still, these medications are acid-forming and pose a greater burden for the body to have to deal with, increasing your risk of other diseases and health complaints.

It's hardly surprising that such a huge percentage of the global population suffer from so many health conditions when you consider just how many of these acid-forming habits people practice. We are getting sicker by the year because we merely treat the outward symptoms and don't get to the root of the problem.

So, how do you know if a high-level of acidity in your body is the culprit for all of your problems? How can you discover if following an alkaline diet and lifestyle could be your answer? And how can you test your pH levels? Let's find out.

25 Telltale Signs that Your Body is too Acidic

You don't need to be a doctor to notice the signs that something isn't quite right in your body. You might be suffering from more significant health issues such as arthritis or acne or smaller niggling symptoms that don't really add up to much, but are a challenging part of your life. Take heart in the fact that you're not alone, and that many other people have suffered just like you, only to find an incredible solution.

Here are the top 25 symptoms that suggest that your body is too acidic:

1. Skin complaints such as eczema, psoriasis, acne, hives, dry skin or mysterious rashes that won't clear up.
2. Constant fatigue and brain fog even if you get the recommended amount of sleep each night.
3. Low mood, depression, and lack of enthusiasm for life.
4. Excess weight, especially around the waist area.
5. Feeling cold when others are warm or comfortable.
6. Frequent infections, viruses and other health complaints.
7. Migraines (especially with aura) and headaches.
8. Angular cheilitis (cracks at the corner of mouth).
9. Unexplained toothache or mouth pain.
10. Leg cramps and spasms, twitchy legs at night time.
11. Dull and lank hair with split ends. Might shed more than usual.
12. Thin nails that are prone to breakage and splitting.
13. Chronic indigestion and heartburn.
14. Teeth that chip or break easily, or are coming loose.
15. Limbs that feel heavy and lack energy.
16. Loss of libido.
17. Hyperactivity, restlessness, increased sensitivity to noises and

sounds.

18. Mouth ulcers and sensitive teeth.
19. Stomach bloating, trapped wind, diarrhea, sickness and other digestive issues.
20. Pale gray skin.
21. Insomnia and night-walking.
22. Frequent thrush/candida albicans infections.
23. Cold sores, shingles and other related herpes flare-ups.
24. Irregular menstrual cycle and/or difficulty conceiving.
25. Unexplained skin itches or sensitivities to certain type of fabric.

It's highly likely that you'll be able to tick off at least one item on that list there, if not a whole bunch of them. Of course, be sure to consult your doctor to discuss your symptoms so you can rule out any other underlying health issues.

Now, there is a way you can be more precise and actually measure the levels of acidity in your body so you can measure your progress as you transform your health. This is by testing your body's pH levels. If you're anything like me, you'll be intrigued by your results - learning about your own body absolutely fascinating. So let's find out how to do it, shall we?

Testing Your Acidity Levels

There are three main ways that you can test the pH level of your body. These are blood plasma, urine and saliva.

- **Blood plasma** testing offers the most accurate account of your true blood pH levels, but it does have its downsides too. Depending where in the world you are, and whether you have health insurance or not, it can be rather expensive and also invasive, especially if you're not too keen on needles. Speak to your practitioner or local health-testing clinic if you'd like to know more.

- **Urine testing** is the next most accurate way to test your pH levels, and is an easy, cheap way of testing from home - you can simply pick up a pack of **pH test strips** from your local pharmacy or online retailer. First thing in the morning, remove the strip from the pack and either hold it in your urine stream, or collect a small amount in a container to dip the test strip into. The strips change color depending on your pH level, and each color represents a different value. Most packs will also include a guide on how to understand and interpret these results. Make sure that you jot down your starting pH value in a safe place so you can refer to it at a later date to check your progress. The aim is to have your morning pH measure between **6.5 and 7.5** .

- **Saliva testing** is the least accurate method of all testing (as the your mouth contains fluctuating levels of acidic bacteria), but it is also the most comfortable and simple for most people to do. Just as you did with the urine test, you may use a pH test strip to measure your saliva's pH level. First, rinse your mouth with water and spit it out, then spit again (and ensure you haven't eaten or brushed your teeth prior to testing). Collect your saliva onto a spoon and soak the test strip paper. Your results should read a pH between **7.0 and 7.5** .

Now that you have discovered the most common causes of a highly acidic body, how to identify the telltale symptoms and how to test your pH levels, we can now turn our focus towards *alkalinity* and taking our first steps on the path to better health.

The first port of call will be wholesome foods, where we will discover delicious and health-promoting nutrition to rebalance your pH levels. We will then turn our attention to the acid-forming foods that you should reduce from your daily diet as much as possible. *Now here's a question:* which fruit is highly acidic but works wonders in alkalizing your body? Find out in the next chapter.



CHAPTER 4

Eating For Alkalinity

How healthful is your diet? Is it as nourishing as it really could be? Many of us believe we are eating the best diet we possibly can, only to scratch our heads in confusion when we still get sick, suffer from low energy, excess weight and depression.

The problem lies in the information. You see, much of the dietary advice and fad dieting out there actually advocates the consumption of these acid-forming foods. Societies throughout the world flourish when they follow their own traditional diets and ignore what mass marketing is telling them. You only have to look around you to see worldwide levels of sickness and obesity soar - in part as a result of following bad dietary advice or the junk-food epidemic that is spreading from the west. Sadly, it's these kind of erroneous recommendations that many of us follow in the quest for optimum health, only to leave us wondering why we just aren't getting better.

The real solution is a much simpler one. Eat an alkalizing diet of *LIVE* foods and reduce acid forming foods to reach a perfect state of health. It really is just as simple as it sounds.

Even medical authorities are in agreement - for better overall health and a longer life, turn to a plant-rich diet. A study conducted at *Loma Linda University* in California found that, on average, those eating this kind of alkalizing diet *live up to 9.5 years longer* than their animal-produce eating counterparts. It's certainly food for thought, isn't it?

Everything that crosses our lips creates either acidity or alkalinity within our bodies on a varying pH scale. The only way we can truly enjoy good health is to welcome more delicious, alkaline-forming foods, such as an abundance of beautiful **plant foods, green leafy veggies, fruits, certain nuts and seeds, and**

flavorsome herbs and spices . Do keep in mind there are certain acid-forming plant foods that should be enjoyed on occasion if you want the best results from this lifestyle. Some whole grains and fruits can be acid forming, for example, but this doesn't necessarily mean they should be omitted from your diet altogether. Some acid-forming foods are not necessarily 'bad' in their unprocessed form and still boast nutritional benefits - we just need to ensure we are consuming them in the right balance in order to thrive.

Remember to ensure a balance of around 80/20 alkaline to acidic foods for best results. When choosing to consume acidic foods, I recommend opting for more plant sources over animal sources for better detoxification, nutrition and overall health. Depending on your circumstances, and with the approval of your healthcare professional, you may of course choose to base your diet on 100% alkaline foods to sooner and more effectively restore health - *i.e.* you may be feeling highly toxic, suffering from chronic fatigue or low immunity, or battling a debilitating illness.

First up is my list of health-promoting foods you can wholly enjoy when you are embracing the alkaline lifestyle, followed by those that you should reduce or eliminate. **There are many interpretations of the acidic and alkaline food list in various books and online** - some foods are referenced as an acidic *AND* alkaline food, so here I have categorized them as best I can with my own research and knowledge. *This list is intended as a general guide for informational purposes.*

Alkaline Foods

It's an exciting time of change for you, though when we start a new way of eating or lifestyle, it's common to feel lost and unsure about what you can actually eat. The following detailed list will prove to be useful if this is the case for you. Everything that appears here is alkaline-forming and health promoting.

GREEN LEAFY VEGGIES

Highly alkaline-forming and packed full of essential vitamins, minerals and

phytonutrients as well as being a great plant-based source of protein.

These include: Dandelion greens, wild greens, spinach, kale, endive, cabbage, Swiss chard, alfalfa, lettuce, watercress, sea vegetables, seaweed, Pak Choi, escarole, kelp, arugula, collards, mustard greens, spirulina, barley grass, wheatgrass, chlorella.

ROOT VEGGIES

Contain plenty of gut-friendly fiber that will relieve your digestive tract, balance your pH levels and help to keep you feeling satisfied. Also a great source of vitamins, minerals and phytonutrients.

These include: Carrots, daikon, potatoes (white, red, yellow and blue), sweet potatoes, turnip, swede, beetroot, taro root, parsnip, yams.

OTHER VEGGIES & LEGUMES

Delicious, alkaline-forming, detoxifying and full of those vital nutrients.

These include: Fresh green beans, globe artichokes, bamboo shoots, sprouted beans, cauliflower, broccoli, celery, cucumbers, eggplant, onions, horseradish, kohlrabi, leeks, mushrooms, butternut squash, acorn squash, summer squash, sweet peppers (red, yellow and green), cabbage, soybeans (fresh, tofu, soy milk), asparagus, pumpkin, radishes, tomato, zucchini, brussels sprouts, string beans, navy beans, lima beans, lentils, okra.

FRESH HERBS

Great source of chlorophyll, a potent source of antioxidants, and shares many of the same benefits as green leafy veggies.

These include: All herbs, including basil, bay leaf, cilantro (coriander), oregano, dill, marjoram, parsley, sage, sweet basil, tarragon, thyme, rosemary and chives.

FRESH FRUITS

Keep your body satiated, satisfy your sweet tooth and keep your fluid levels up.

Also contains high levels of antioxidants and helps promote detoxification and acidity neutralization.

These include: Most fruits including; banana (ripe and spotty), blackberries, grapes (green and red), peach, persimmon, raspberries, apricot, apple, pear, cherries, cantaloupe melon, water melon, lemon, lime, loganberries, mango, gooseberry, grapefruit, guava, nectarine, oranges, fresh figs, peach, pineapple, rhubarb, strawberries, tangerine, mandarin, satsuma, prickly pear, quince, kiwi fruit, mandarin, tamarind, coconut, sapodilla, blueberries, papaya, rhubarb.

DRIED FRUITS

Incredible source of iron and a great addition to recipes that call for that added sweetness.

These include: Dates, dried figs, raisins.

HEALTHY FATS

*Wholefood fats with fiber and nutrients in tact are better processed by the body when compared to refined oil. For best results, enjoy in moderation and ensure fats are **not** the center of your plate.*

These include: Avocados, almonds (almond milk, almond butter), chestnuts, pine nuts, most seeds including sunflower seeds, pumpkin seeds, sesame seeds (tahini), chia seeds, poppy seeds.

CERTAIN GRAINS

Have an alkalizing effect on the body and are packed with essential b-complex vitamins, minerals and healthy fiber.

These include: Quinoa, millet, amaranth, wild rice.

SPICES AND SEASONINGS

Contain generous quantities of healing phytonutrient and compounds, which aid in the pH balance process, support your internal organs through detox, and also

boost your overall health.

These include: All spices, including chili pepper, cinnamon, curry, ginger, garlic, herbs (all), miso, mustard seed, sea salt, tamari.

MISCELLANEOUS

Highly alkalizing and versatile foods that can be consumed as an addition to a plant-rich diet. Apple cider vinegar is especially useful as it helps the body to detox and heal.

These include: Fresh fruit and vegetable juices, natural still mineral water, umeboshi vinegar, apple cider vinegar, baking soda, blackstrap molasses, stevia, agar, herbal teas, tempeh and tofu (not fried), coconut milk, smoothies.

Acidic Foods

We will now turn our attention to the acid-forming foods, which you can reduce or ditch from your diet to improve the way you think, look and feel as a result. The following detailed list will entail all of the foods that create acidity in your body and can lead to poor health and disease in excess.

PROCESSED SUGARS AND ARTIFICIAL SWEETENERS

The worst offenders when it comes to acidity - they feed bacteria, fungus and disease, place additional stress on the entire body and significantly increase the acidification process.

Avoid: White processed sugar, corn syrup, sodas and soft drinks, fruit jellies, lollies and sweets, processed jams, custards, honey, ketchup, chemical sweeteners, aspartame.

DAIRY PRODUCTS

Highly mucus-forming, stresses the body, increases acidity levels, may actually damage our bones.

Avoid: Cows milk, goat milk, sheep milk, hard and soft cheeses, cream, ice cream, yoghurt.

MEAT, FISH AND ANIMAL PRODUCTS

Heavily stresses the body, including the digestive system, significantly disrupts the acid-alkaline balance.

Avoid: Processed meats, beef, carp, clams, cod, corned beef, fish, haddock, lamb, lobster, mussels, organ meats, oyster, pike, pork, rabbit, salmon, sardines, sausage, scallops, shellfish, shrimp, tuna, turkey, veal, venison, eggs.

CERTAIN VEGETABLES

High in sugars and can be acid-forming, though still boast nutritional benefit when eaten in moderation.

Eat occasionally: Corn, winter squash, olives.

CERTAIN FRUITS

Contain acids that are not as easily metabolised by the body, which can increase acidity load. Enjoy in moderation.

Avoid: Unripe bananas

Eat occasionally: Plums, damsons, prunes, cranberries, pomegranate.

GRAINS AND GLUTEN PRODUCTS

Contains high levels of the anti-nutrient phytic acid, which is more difficult to digest, binds to calcium, magnesium, zinc and iron and can remove them from the body. Gluten can be damaging to the digestive tract.

Avoid: Barley, rye, wheat (apart from wheatgrass and sprouts), gluten-containing spaghetti, pasta, white bread.

Enjoy occasionally: Buckwheat, oats (choose gluten free), brown rice, white rice, rice milk.

ANIMAL FATS & REFINED OILS

Adhere to the blood cells after consumption, alter the body's ability to detoxify and interferes with the pH balance process.

Avoid: Butter, cream, margarine, animal fats, lard, dripping, canola oil, corn oil, safflower oil.

Omit or use sparingly: Avocado oil, hemp oil, coconut oil, sesame oil, olive oil, flax oil, sunflower oil.

NUTS AND NUT BUTTERS

Contains the anti-nutrient phytic acid, which can hinder the absorption of calcium, magnesium, iron and zinc. Enjoy in moderation.

Eat occasionally: Brazil nuts, cashews, pecans, pistachios, hazelnuts, macadamia nuts, walnuts, peanuts.

ALCOHOL

A toxin that places extra strain on the body, hinders the pH neutralization process and is highly acidic. Increases stomach acid.

Avoid: Wine, beer, spirits, liquor.

CAFFEINE

Places strain on the body's hormonal systems and disrupts pH balance as a result. Over-stimulates the stress hormones and increases toxins in the body.

Avoid: Black tea, coffee, energy drinks, caffeine pills or stimulants.

Enjoy occasionally: Green tea, dairy free dark chocolate, cocoa and dairy free hot chocolate drinks.

LEGUMES

Contain anti-nutrient phytic acid, which can interfere with the absorption of nutrients, though still boast nutritional benefit when eaten in moderation.

Avoid: Fried tofu.

Eat occasionally: Black beans, chickpeas, green peas, kidney beans, pinto beans, red beans, white beans.

JUNK/PROCESSED FOOD

Places additional strain on the body, interfering with detoxification processes, feeds bacteria, disease, fungus and candida, piles on the weight, mainly devoid of nutrients yet high in processed sugars and fats.

Avoid: Biscuits, cakes, pastries, fried foods, burgers, takeaway foods, table salt, fries, 'heath' bars, chips, processed meats, sodas and soft drinks such as colas.

The Uncertain Foods

There are certain foods that many are still unsure of in terms of alkalinity. Some of these foods have already been categorized in the previous lists, though they are worth mentioning again as they cause so much disagreement amongst those who follow an alkaline diet and lifestyle. Use your discretion with these foods, and remember that we're aiming for an 80/20 ratio. You don't need to adhere strictly to alkaline foods, so you can enjoy these foods within balance should you wish.

These include:

Brazil nuts, buckwheat, cashews, flax seeds, kombucha, quinoa, fermented veggies (sauerkraut), soy products, maple syrup, blueberries, tomatoes, corn, flax seeds, green tea, pumpkin seeds, sunflower seeds, white potatoes.

Did you work out the answer to the question I asked you at the end of the last chapter?

What is a highly acidic fruit that is a potent alkalizing agent when consumed?

You guess it - *lemon* . This citrus fruit is amazing for your body, and I highly

recommend drinking the juice of half a lemon in a glass of water first thing each morning. The same can be said for all kinds of citrus fruit, so enjoy them as you wish.

Extra Dietary Tips to Boost Alkalinity:

- Drink **lemon water** upon rising, first thing each morning (or a dash of apple cider vinegar in water)
- Drink enough **spring water** (or at the least, filtered water) throughout the day
- Emphasize **live plant foods**
- Incorporate **green powders** into your juices and smoothies, such as wheatgrass or barley grass
- Regularly consume **baking soda** (sodium bicarbonate), though not with food as it may interfere with digestion and stomach acids. *See measurements for a simple baking soda tonic in the [recipe section](#).*
- Replace your coffee habit with **herbal tea**
- Choose **sea salt** over acid-forming table salt
- Many **condiments** are highly acidic (such as ketchup, processed mustards and mayonnaise), so keep these to a minimum and try creating your own healthful sauces and toppings from wholefoods
- Use **apple cider vinegar** or **citrus** in salad dressings
- Choose **fresh** vegetables over canned, pickled or frozen
- Choose **organic produce** where possible, as pesticides can compromise some of the alkalizing effects of the food
- Replace gluten-containing pasta with pasta made from **quinoa**, or opt for whole quinoa, wild rice or millet instead
- If using sweeteners, ditch the artificial stuff and choose more natural products such as **stevia, coconut sugar or maple sugar**
- Arm yourself with a few **go-to alkaline meals** to ensure you don't fall off plan (there are a bunch of alkaline recipes online, plus the delicious beverage [recipes](#))

at the end of this book)

- Because many alkaline foods are naturally lower in calories in comparison to acidic foods, **ensure you eat enough** . Under eating can set you up for failure on this lifestyle - do not restrict your calories. You can center your plate around satisfying, filling foods (such as sweet potatoes and root vegetables) with generous servings of greens and other wholesome alkaline foods to fuel you with energy.

Now it's time to move on from dietary matters and take a look at herbal remedies and healthy lifestyle habits that you can use to rebalance your pH levels and feel amazing. This includes herbs, spices, supplements and sleep, which we will cover in the next chapter.



CHAPTER 5

Herbal Healing and Lifestyle Tips

Healing is about far more than just targeting a group of symptoms and hoping that your ailment will clear up. Even if this means a complete overhaul of your diet and clearing out all of the junk and replacing it with wholesome alkaline foods.

Of course, you most definitely *will* see amazing results in your hair, skin, vitality, overall health and clarity of thought by eating clean, but this isn't the complete picture. Your diet isn't the only cause of high acidity status, and there are other things to blame, such as your environment and the lifestyle choices that you make.

Western medicine has a tendency to see each body part as separate from the whole, and as a result often fails to get results. The secret is to treat the body *holistically*, using diet, lifestyle, environment, and alternative remedies to heal the entire body - getting right down to the root of the problem, solving the health issue that is bothering you the most, and often clearing many others at the same time.

This chapter is dedicated to just that. Here we will first delve deeper into alternative remedies that are available to you, from everyday herbs and spices to rebalancing and healing supplements. We will then focus on the simple yet effective lifestyle habits that you can adopt quickly and easily from the comfort of your own home, and then we will bring it all together by looking at how to get started, including some invaluable tips that my friend, Maria, taught me to make the process easier. Let's get started with herbal healing.

Herbs, Spices and Supplements

If you are looking for a natural and effective way to rebalance your pH levels and boost your healing process, herbs, spices and supplements are a powerful option. Herbs and spices are easy to find, inexpensive to buy, and not to mention delicious too!

Within this section you will find a vast variety of remedies for informational purposes. Knowledge is power - simply take your time to get acquainted with each approach to make an informed decision as to what will work best for you and your circumstances. You may want to focus on a few or even just one remedy at a time. Never hesitate to discuss the state of your health with your healthcare practitioner to determine which supplements are most suited to your circumstances. Always use herbs and supplements in a cautious, informed way.

Herbs

Herbs are nature's powerhouses, packed full of health-giving vitamins, minerals, phytonutrients and antioxidants to help to nourish your body, heal disease, prevent the onset of certain illnesses and also rebalance that all-important pH level.

Culinary herbs

Culinary herbs are the easiest to benefit from as you can add them to almost any kind of dish for added flavor and nutrients. And they don't have to cost you anything either - you can grow your own fragrant herb garden (outdoors or even on your windowsill) to enjoy them as often as you like. Choose from herbs like **basil, bay leaf, cilantro (coriander), oregano, dill, marjoram, parsley, sage, sweet basil, tarragon, thyme, rosemary**, or any other green leafy herbs you might have available.

Herbal Teas

You can also drink an array of herbal teas on the alkaline lifestyle, such as **peppermint, chamomile, rose hip, rooibos and licorice** - all of which are great ways to cleanse and detox your body, keep you hydrated, and add a nutritional boost to your diet. Herbal teas can help to rebalance your pH and also treat any

symptoms of acidity you might be suffering from, including anxiety, depression, insomnia, digestive issues, IBS, indigestion and migraines. A great substitute for the times you are yearning a cup of something warm and soothing, but regular tea and coffee is off the menu.

There are also many medicinal herbs that you can enjoy in tablet, capsule, tea or tincture form. *These include:*

- ***Dandelion and Burdock***

Both of these herbs are highly alkalizing and help to purify the blood and liver.

- ***Black Cohosh***

Black cohosh is well known for helping to balance the body's endocrine system, as well as cleansing the colon, liver and kidneys whilst alkalizing your system.

- ***Slippery Elm Bark***

Slippery elm is best known as a treatment for inflammation and stomach and digestive ailments, but can also balance your pH levels and cleanse your blood.

- ***Devils Claw***

Devil's claw is a wonderful remedy to help to promote alkalinity and reduce the levels of candida albicans in the system - the yeast that often causes a multitude of infections and skin conditions.

- ***Sarsaparilla***

If you are troubled with any skin conditions, then sarsaparilla might just be your answer. Not only does it help to rebalance your pH levels, it also purifies the blood and has an antibacterial and anti-inflammatory action.

Spices

Spices are one of nature's wonder drugs. They offer the same kind of nutrients,

phytonutrients and antioxidants as wholefoods and herbs do, but they also contain a multitude of potent disease fighting compounds to help heal your body and prevent ill health. *Here are the some of the most effective ones:*

Cumin

This spice is common in most ethnic cuisines and is absolutely delicious. It has a strong alkalizing effect on the body, and can also tackle digestive symptoms such as flatulence, diarrhea and IBS.

Turmeric

Turmeric is the spice that gives curry its yellow color. It's packed with an antioxidant called curcumin, which has been used to help treat of a number of health issues including cancers, Alzheimer's disease and inflammatory conditions - as well as boosting your brain function, happiness and memory. It has a powerful pH balancing effect on the body and should be included in your diet every day.

Cayenne

Cayenne pepper is one of the most alkalizing spices known. It works wonders on the endocrine system and has potent antioxidant qualities, making it a valuable all-rounder for great health. Beware though - *it can be hot!*

Ginger

Ginger is a great addition to any alkalizing diet, as it is a potent cleanser, anti-sickness remedy and tastes delicious too. You can enjoy it in tea form, capsule form, or added to your favorite dish.

Fennel

With its rich aniseed flavor and fragrance, fennel is incredibly soothing on the digestive system, high in antioxidants (which helps protect the body from disease) and is packed full of minerals like iron, copper, potassium and calcium. Enjoy it as a tea or added to your meals.

Last but not least, let's take a look at which supplements can rebalance your pH levels.

Supplements

Supplements can help kick-start the healing process by filling any nutritional holes that have occurred from poor digestion or a past of dietary unbalance. Some of these supplements are essential (you'll find out why in a moment) and many have a potent alkalizing effect on the body. Feel free to discuss any of these options with your healthcare practitioner to ensure they are suitable for you.

Calcium

You might remember from our earlier chapters that when your body struggles to neutralize a high level of acidity, it steals minerals like calcium and magnesium from your bones to help it try to cope. This leaves our bones weak and vulnerable to osteoporosis and general damage, which we need to prevent before it's too late. It's recommended that you take a high-quality calcium supplement when you transition to an alkaline diet in order to replace those minerals that you lost from your bones, and also ensure you are getting enough vitamin D from natural sunlight to boost calcium's absorption. Choose a reputable brand of calcium supplements, and aim for **between 800 to 1500mg per day**. Plenty of leafy greens are also a great way to get in your daily calcium intake.

Magnesium

Magnesium is another mineral that is used to combat high levels of acidity in the body. It's also the mineral that a huge percentage of the population is deficient in, so it's important to take a supplement or take regular Epsom salt baths to absorb this essential mineral. Magnesium is also important for brain function and can alleviate migraines, tension headaches and hormonal imbalances in women. Take **400-800mg per day**, preferably with food. Almonds are also a fantastic wholefood source of magnesium.

If you are interested in learning more about Epsom salt, you may also benefit

from my book: [*Epsom Salt: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home*](#).

Kelp

Traditionally, kelp has been taken in supplement form as a dense source of antioxidants and nutrients. It's a type of seaweed that contains high levels of iodine (for thyroid function), magnesium, and also has potent detoxifying and alkalizing effects upon the body. It's very inexpensive and can be found in tablet, capsule and tincture form at most health-food stores. Follow the dosage recommendations on the label. You can even buy kelp in the form of noodles (a great way to replace gluten pasta) or in a shaker to add a sprinkle of flavor your meals.

Chlorella

Chlorella is a type of algae that is high in healthy protein, vitamins and minerals and also acts as a potent detoxifier and alkalizing agent. It's also effective in boosting the immune system and fighting off infection (a common result of acidity), as well as promoting good gut bacteria. It's easily found in most health food shops in tablet or capsule form. Again, follow the dosage instructions on the packaging.

Spirulina

Like kelp and chlorella, spirulina (also a type of algae) is a potent source of minerals, antioxidants and amino acids that are found in green leafy veggies - so you can get most of the benefits that green leafy veggies offer, especially if you're not such a huge fan of consuming greens. It's a great way to take in your omega-6 and omega-3 fatty acids whilst balancing your pH at the same time. You can find it in tablet or capsule form, and also in power form in many health food stores. Follow the dosage recommendations on the label.

You can enjoy these wonderful herbs, spices and supplements on a daily basis to assist you on your healing journey - and to give you a little head-start. You will help repair the damage inflicted by years of acidity, treat the symptoms, rebalance your pH levels and also boost your nutrition.

Next, let's take a look at the simple lifestyle tips that can further help you in your journey to alkalinity!

Lifestyle Tips

As mentioned earlier, your overall lifestyle plays a significant role in your health status, and especially so when it comes to the pH balance within your body. There are so many lifestyle habits and challenges that can give rise to high levels of acidity within the body, so it's just as important that we develop new healthful lifestyle habits to support alkalinity along with eating the right foods. In this section I will share with you **7 powerful lifestyle tips** that will assist in balancing your body's pH value.

Tip #1: Manage stress

Most of us are under a degree of stress every single day of our lives - there's simply no way of avoiding it in the modern age. A certain amount of stress is actually a healthy thing by helping us feel both challenged and motivated, but when levels of stress become chronic, they put the body under incredible amounts of pressure and cause a severe acid/alkaline unbalance as well as causing many other health problems.

Stress causes your digestive system to shut down, which then limits the nutrients that your body is able to absorb (leaving you more vulnerable than ever to ill health). And not only that, but stress also disrupts your hormones; increasing the stress hormone cortisol and increasing levels of free radicals which can lead to cellular damage, dementia, heart disease and even cancers.

As you can imagine, it's very important that you take steps to manage your stress levels and also learn effective stress-management techniques so you can go on to live your regular life without negative aftereffects. Firstly, consider if there is a way you can reduce the level of stress you are under. This might mean delegating important tasks to those around you, taking time out for yourself, or even saying 'no' every once in a while.

Then consider which stress-management techniques would best accommodate your lifestyle. There are many out there so take your time to find one that works for you. My personal favorites include yoga, meditation and tai chi, and I'm best able to disconnect and recharge when I find solace in my yoga practice. What could be your favorite practice?

Tip #2: Breathe

Do you know how to breathe properly? We've all been doing it since the day we were born, but many of us develop bad habits and only get a small percentage of the oxygen that we need to feed our tissues and our brain, ensure our metabolic processes work efficiently and also maintain a healthy alkaline body. In fact, correct breathing is among the most alkalizing practices there is out there. Best of all, it's absolutely free *and* it will make you feel calmer and happier too.

So learn to breathe correctly by trying this simple exercise:

- 1) Breathe in for 2 counts, filling the lower part of your lung first, then the middle, then the upper part.
- 2) Hold this breath for a count of 8. It might feel tricky, but hang in there - it'll get easier.
- 3) Slowly breathe out for 4 counts, first emptying the upper part of your lungs, then the middle then the lower.
- 4) Then repeat the cycle 10 times.

Tip #3: Sleep

I've been told that Elle MacPherson's favorite part of the alkaline lifestyle is allowing herself the extra sleep she so desires, and I couldn't agree with her more. Sleep is your body's way of repairing damaged tissues, healing, growing and also rebalancing the endocrine system and pH balance - so if you aren't getting your optimum level of sleep, you aren't doing yourself any favors and keeping your body in a sick acidic state.

So, make it your priority to sleep! Write it in your diary in the same way as you would any other important appointment and stick to it. You owe it to yourself. Aim to get around eight hours of sleep per night. Of course, your optimum level will vary depending on your own personal needs.

Tip #4: Stay hydrated and switch your drinking water

We all know that staying hydrated is important, but how safe is your tap water? In many countries and regions around the globe, tap water contains contaminants and acid-forming chemicals, which over time can slowly damage our health. Did you know that simply switching your drinking water can make a huge difference to your health and energy levels? It is said that the most effective way to alkalize water is with a water ionizer machine, which produces water with a pH that you can choose, and filters the water of toxins, metals and sediments. This can however pose as an expensive option for some, so I simply recommend choosing spring water where possible (keep in mind that a lot of bottled water is basically tap water, so read labels), or at the least, drink filtered tap water (counter top or under counter water filters) to remove as many sediments and contaminants as possible. Whatever your options are, it is always extremely important to stay hydrated, even if tap water is your only choice!

Tip #5: Get more exercise

Physical activity is vital for the human body as we all know. Many of us live sedentary lifestyles, moving from lying in bed, to sitting in our cars, at our desks, then returning home to flop on the sofa. Rinse. Repeat. All it takes is moving more. Walk to the local store instead of driving, consider taking a dance class or enjoying your favorite sport on a more regular basis. Take up running, or walking, or anything else you fancy. What could you do today to get moving?

Tip #6: Quit birth control and HRT

Synthetic hormones are bad news, whatever your age. Not only are they extremely toxic to your entire body and highly acid-forming, they also mess with your endocrine system, creating artificial conditions which only prolong your suffering and disrupt your body's natural balance. There are many other gentler

options out there in avoiding unwanted pregnancies, surviving your menopausal symptoms and treating your acne than ingesting artificial hormones. To learn more about holistic remedies in treating various hormonal issues, you may benefit from my bestseller: [Herbal Hormone Handbook](#).

Tip #7: Avoid plastic

It might seem like an innocent act to buy food from plastic containers, to store your leftovers in plastic boxes and to drink from plastic water bottles, but by doing so we are actually disrupting our pH levels and causing all kinds of nasty health problems. You see; plastic actually mimics estrogen, also interfering with your endocrine system and creating havoc, sickness and acidity. The best option is to replace as many of the plastics in your home with alternatives such as glass or stainless steel, including water bottles, lunch boxes and storage boxes.

By following these simple lifestyle tips, you are taking a huge step towards healing your body and rebalancing your pH balance. And not just that, your mental health and happiness will also improve, which in itself will have a significant effect upon your confidence.

We've almost reached the end of this book and you should be feeling inspired and motivated to make these important changes in your life to see your health, happiness and overall wellbeing soar. But first, I'd like to share with you the most important tips and tricks that you need to know when you start out on this journey so that you are set up for success, not failure. Let's take a look.

Extra Tips and Tricks To Help Your Journey

Despite best intentions, many people simply fail when they try to adopt a brand new diet or lifestyle and it's not really their fault. They throw themselves 100% into new habits without seeking the advice or support of others, struggling to withstand their old cravings, or even losing the motivation when they haven't quickly lost those twenty pounds or cleared up their acne in the same week. It's no wonder that so many people fail within the first few days.

Let's get things clear, the alkaline diet and lifestyle is by no means hard or challenging - especially if you ensure you are eating **enough** (remember, your portions of alkaline foods will need to be larger than you might be used to), but your attitude and expectations can make this experience challenging if you let them. Without the support and advice of a trusted friend, you could fail before you even get started.

I was one of the lucky ones. When I witnessed Maria's incredible transformation and started my own journey, I already had all of the help and support I could ask for. Her tips and support meant that I could slip into the alkaline diet incredibly easily and most importantly stick to it on a long-term basis to ensure that I didn't just get healthy, I also stayed healthy.

And this is exactly what I'm going to do for you . The following tips are tried-and-tested and will make a huge difference to your success.

Take it slow

I understand you're feeling pumped and enthusiastic about transforming your life and you want to get results overnight. So you throw yourself in and do absolutely everything to the letter. I congratulate you - never lose that enthusiasm and drive to achieve better health! But, and it's a big but, you might be making the journey towards healing much harder than it needs to be.

Drastic transformations are often not sustainable. Not only are you more likely to give in and eat that ill-causing candy or steak, you're also more likely to physically suffer as a result as your body begins to cleanse the toxins it has accumulated, then process and eliminate them.

So instead, make small changes as you go. Try a tweak here and a tweak there to get started, then continue to add more health-giving practices on a daily or weekly basis to suit you and your lifestyle. For example, you might decide that this week you will introduce more plant foods into your diet, and replace your regular dairy yoghurt with soya or coconut yoghurt instead. That's an amazing first step to take and one that will form a firm (and hopefully lasting) foundation to the rest.

Then choose your next step - perhaps replacing meat with protein-rich legumes, or swapping dairy milk with almond milk, or trying wild rice instead of white pasta - and continue until you have reached the full alkaline diet ideal. It's no quick-fix but it will create lasting change.

Expect Detox Symptoms

From the very moment you start to make healthy changes and adopt an alkaline diet and lifestyle, your health will improve. Your bones will fill with the vital minerals that acidity has stolen, candida albicans will slowly disappear, oxygen will fill your every cell and your kidneys, liver, lungs and skin will work hard to eliminate those toxins that made you sick and overweight in the first place. Think of it like a massive spring clean - there's going to be a bit of untidiness as you clear out, you might need to get your hands dirty, but the result will be a vibrant and sparkling you.

So of course you are quite likely to experience some detox symptoms as the spring clean goes on. Such as headaches (especially from caffeine withdrawal), stomach issues and bloating, old food cravings, low energy levels, skin breakouts and irritability. Don't be overly concerned about these symptoms - they are purely temporary and you'll soon have glowing skin, incredible energy levels and freedom from health issues.

But for now, go easy on yourself. Clear your calendar of stressful obligations, get plenty of rest and relaxation, get some fresh air, enjoy early nights and you will soon feel better. There's also actually a chance that you might be one of the lucky ones and skip this step altogether, especially if you have a relatively clean, plant-rich diet already. Lucky you!

Get a Support System

Don't try to go it alone - get yourself a support system who will listen to your concerns and complaints and help you get through any challenges you might encounter, such as a close friend or family member. I really can't stress its importance enough. Of course, it's best to choose a person that is interested or sympathetic in your lifestyle and will be there when you need them the most. Who knows, you might even educate and inspire them enough to join you too!

Be patient

When you adopt an alkaline lifestyle and diet, it's true that your body instantly changes and your pH balance begins to move towards a more normal level. However, for the full results, it's going to take time. Don't expect to wake up the next morning miraculously cured from your health complaints, looking slimmer and younger and more energetic. You and I both know that it doesn't work like that, and anyone who suggests that it does is suspect. *Healing takes time* - plain and simple.

The alkaline diet and lifestyle is a long-term solution to better health and vibrancy. It's no quick-fix that you can adopt and drop when you feel like it, it's not another fad yo-yo diet that will disappoint. It's a holistic approach to better health that takes time. It took your body many years or even decades to reach its current state of sickness, and it will take more than a day to return to full health one again. Balance takes time, but it *will* happen, and the results are worth it!

When you start your journey towards an alkaline diet, bear these things in mind. Take it slowly, expect detox symptoms, get a friend on board and be patient. You will be amazed at your transformation!



THANK YOU

Once again, I thank you dearly for purchasing this book. There has been a ton of information to absorb here, and I hope you have enjoyed learning more about the importance of pH balance in your body.

You're probably feeling excited and inspired about the journey that lies ahead for you, eating all of the wonderful (alkalizing) foods, enjoying healing herbs, spices and supplements and making those lifestyle changes that will get you the results you crave. I have no doubt that by rebalancing your pH levels you will nourish your body, help shift any excess weight and become the happiest, shiniest version of *you*.

I hope this book has provided you with all of the answers you are looking for, in the same way it did for my wonderful friend Maria and also for myself. You see, you don't have to accept sickness or disease just because everything else you've tried so far hasn't worked. Nothing else has worked because nothing else has honed to the core of the problem to resolve it at its roots. And that is just what the alkaline diet and lifestyle will do for you.

So tell me, what does optimum health mean to you? How has the advice inside this book transformed your life? Drop me a line and let me know - I always love hearing from you all! carmabooks.com

Now it's time to say goodbye, but don't forget that there's a whole *Carma Books* community waiting for you to stay connected. Make sure you are on our email list to receive free upcoming eBooks, health tips and special offers.

Until next time, I wish you a wonderful, beautiful journey of your own, in happiness and health!

Actually...

It's not quite time to go just yet. If you've read any of my other books, you'll know that I like to give you that little bit extra in order to help you enjoy the health and happiness that you deserve. So I've decided to include a **free bonus**. Turn the page to discover the special free [*bonus recipe section*](#). I hope you enjoy them!

BONUS BOOK #4

ALKALINE RECIPES

20 Alkalizing Juices, Smoothies, Teas & Tonics



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INTRODUCTION

Welcome to your *FREE* bonus section: *Alkaline Recipes: 20 Alkalizing Juices, Smoothies, Teas & Tonics* . Here you will find a variety of delicious alkalizing beverages; such as fresh juices, cleansing smoothies, power-packed vitamin water, healing elixirs, tonics and teas. These healthful recipes can be incorporated into your new and improved diet and lifestyle to help boost your healing process and more effectively rebalance your pH levels.

If you're looking for a healing and flavorsome alternative to caffeine, sugary sodas or toxic alcohol, I trust you'll be pleased to try these delicious recipes. These beverages are packed full of vital vitamins, minerals, phytonutrients, antioxidants and health-boosting compounds that will improve your health, increase your energy levels, and have you feeling amazing.

And importantly, these recipes will also help you to stay satiated and hydrated. When you have a busy life, it's all too easy to forget to drink (or eat!) enough, and as a result, we end up with lower energy levels, suffer from clouded thinking, ill health, depression and run the risk of developing many other conditions. It's super important that we increase the amounts of liquids and nutrients we're consuming to deeply hydrate and nourish our bodies.

For that reason, I've filled this book with simple recipes that won't just help rebalance your body's pH levels - they'll taste pretty amazing too. These are among my favorites that have helped me throughout my journey and I hope you enjoy them too!



CHAPTER 1

Alkalizing Fresh Juice Recipes

Your daily multivitamin has never tasted better. Fresh juices offer a myriad of health benefits, and are much more superior to the low nutrient, preserved juices from your supermarket.

It's vital for health to stay optimally hydrated, and these juices will help you do just that, plus more. Because juicing removes fibre from fruits and vegetables, it is a fantastic way to help you absorb and receive concentrated nutrition with less digestive effort. Juices are full of essential electrolytes, phytochemicals, vitamins and minerals - are highly alkalizing, full of antioxidants, and a great way to pack in some additional greens without needing to chew your way through pounds of the stuff.

For maximum taste and health benefits, it is best to drink juices within thirty minutes of being made - though if you're in a pinch, you can place juices in an airtight container to avoid oxidization (glass jars work great) and store in the refrigerator.

Here are five of my favorite juice recipes that I enjoy regularly to keep my body alkalized. Enjoy!

Beet, Carrot & Ginger Zinger

Beetroot is an amazing alkalizing agent, a great blood cleanser and a potent source of antioxidant and phytonutrients. The addition of lemon boosts its alkalizing powers, and ginger adds a cleansing, zingy kick.

Ingredients

- 3 medium beets
- 2 large carrots
- 1 lemon
- 1 inch piece of fresh ginger
- 2 green apples, preferably golden delicious or granny smith variety.

Method

1. Carefully peel the beets to avoid them tasting bitter.
2. Chop carrots and apples, and peel lemon to avoid bitterness.
3. Press all ingredients through your juicer, along with the small piece of ginger.
4. Juice and enjoy!

Refreshing Mint & Apple Green-Blitz

An apple a day really does keep the doctor away. Apples are highly alkalizing, contain cancer-fighting phytonutrients and also add a delicious note of sweetness to any juice. Add them to hydrating cucumber, antioxidant packed kale, refreshing mint and alkalizing lemon, and you have yourself a light and refreshing recipe for excellent health.

Ingredients

- 2 medium cucumbers
- Small handful of fresh mint
- 6 kale leaves (or alternatively, a small handful of spinach)
- 1 lemon
- 2 green apples, preferably golden delicious or granny smith variety.

Method

1. Peel the lemon and chop up your apples and veggies.
2. Press all ingredients through your juicer.
3. Juice and enjoy!

Minimalist Melon & Lemon Wonder

This is one of my go-to recipes when I want something easy and energizing. It's simple, sweet and utterly delicious. Watermelon and lemon are both highly alkalizing and contain high levels of vitamin C, antioxidants, phytonutrients and also enzymes which help to keep your hormones in balance.

Ingredients

- Watermelon, 2 cups
- ½ lemon, peeled
- Mint to garnish (optional)

Method

1. Chop and de-seed watermelon and press through your juicer, along with lemon.
2. Juice, garnish and enjoy!

Alkalizing Berry Detox Juice

This juice packs a real punch in the nutrition stakes, loaded with vital vitamins, minerals, antioxidants and phytonutrients and is highly alkalizing for your body. And the benefits don't just stop there. Raspberries contain a compound called ellagic acid, which helps prevent cancer and aids recovery when the body is healing from any kind of disease. Strawberries also help detoxify the body, soothe the digestive system and are highly alkalizing.

Ingredients

- 2 medium green apples, preferably golden delicious or granny smith varieties.
- 1 handful fresh raspberries
- 1 handful fresh strawberries
- ½ lemon

Method

1. Chop apples and peel the lemon.
2. Press them through your juicer, along with the raspberries and strawberries (you can leave the strawberry tops on for extra minerals).
3. Juice and enjoy!

Orange, Sweet Potato & Lime Creamsicle

Carrots are a fabulous source of antioxidants and vitamin A - they are very alkalizing and detoxifying on the body and are great for eye and brain function. Sweet potatoes might seem like a strange ingredient for juicing, but you'll be pleasantly surprised by their subtle creaminess and dessert-like flavor (not to mention their alkalizing benefits). Add some zesty citrus juices and you have a delicious blend that you'll be addicted to!

Ingredients

- 4 fresh carrots, ends trimmed
- 1 raw medium sweet potato, peeled
- 2 medium oranges
- 1 lime

Method

1. Peel the oranges, lime and sweet potato. Top and tail the carrots.
2. Add all of the ingredients to your juicer.
3. Juice (strain if necessary) and enjoy!



CHAPTER 2

Deliciously Alkalizing Smoothie Recipes

Alkalizing smoothies are a quick and easy way to fill your tummy and pack in as many healthful fresh fruit and veggies as you can. They make the perfect breakfast or satisfying snack for when hunger hits throughout the day.

They're full of soluble plant fiber which benefits your entire digestive system, they keep you feeling satisfied and help to fight free-radicals, as well as offering countless benefits in the way of vitamins, minerals, phytonutrients and healing compounds.

Consider whipping up a large batch in the morning, pouring it into a stainless steel bottle, and taking with you to enjoy throughout the day - there's less need to worry about deterioration than with juices. Although they always taste better fresh, they still taste great after an hour or two.

You'll notice that all of the recipes in this book are actually green smoothies. This is because greens are, without doubt, one the best food choices you can make when it comes to returning your body to its perfect pH levels. Don't let this concern you though - these combinations taste absolutely delicious. Feel free to decrease or increase the amounts of greens you use according to your preference. You may turn to the [*Alkaline Foods*](#) section in the main *Alkaline Diet* book to get more ideas of the kind of green leafy veggies or fruits you can enjoy in your alkalizing smoothies.

Here are my go-to recipes when I need something filling, alkalizing and nutritious. Hope you like them!

Cleansing Summer Berry Smoothie

If you're keen to start including more greens in your smoothies but aren't too sure how to get started, this recipe is perfect for you. It contains juicy berries, creamy banana, tender spinach leaves and tangy lemon juice to create a delicious vitamin, mineral and antioxidant packed feast.

Ingredients

- 1 ripe banana (or more if hungry)
- 1 cup (140g approx.) blackberries, raspberries or strawberries, fresh or frozen
- Handful fresh baby spinach
- Juice of ½ lemon

Method

1. Blend the baby spinach leaves in a small amount of water
2. Peel your banana and add to the spinach in your blender, and also the rest of the ingredients.
3. Blend until smooth and creamy.
4. Enjoy!

Peach & Coconut Heaven Smoothie

Want to sample heaven in a glass? You won't go far wrong with this tropical treat. It's another tasty recipe that is great for green smoothie novices and also offers the incredibly alkalizing powers of coconut water, which provides essential electrolytes and helps maintain effective hydration, and ripe juicy peach, which offers wonderful amounts of nutrients and phytochemicals.

Ingredients

- 1 ripe peach
- 1 ripe banana
- 6 kale leaves (without spines)
- 1 cup (250ml) coconut water

Method

1. Pour the coconut water into your blender. Add the kale and blend until smooth.
2. Next peel the banana and de-stone the peach.
3. In your blender, add the fruit to the spinach-coconut water mixture and blitz until smooth.
4. Enjoy!

Healing Cherry & Basil Smoothie

Ever heard about the benefits of basil for the body? Not only is it highly alkalizing and high in health-enhancing chlorophyll, it also effectively relieves stress, boosts your immune system and has a potent anti-inflammatory action. Team this with the alkalizing power of lime juice, electrolyte-packed coconut water and anti-aging, melatonin-rich cherries, and you have yourself a true superfood smoothie. Yum!

Ingredients

- 1 cup frozen cherries
- Juice of 1 lime
- 1 cup (250ml) coconut water
- Generous handful of basil leaves

Method

1. Pour coconut water into your blender, add basil and blend until smooth.
2. Add to this the cherries and lime juice.
3. Blend until smooth and enjoy!

Spiced Melon and Fig Smoothie

This recipe was discovered quite by chance as I experimented in my kitchen one day, and I'm sure you'll agree that the flavor is absolutely delightful. Melon is super hydrating, fig is highly alkalizing and aids both detoxification and pH balance, spinach packs an extra green nutrient punch and the cinnamon adds a pleasantly spicy surprise - its active ingredient, cinnamaldehyde, offers a multitude of health benefits, including balancing your pH levels, managing your blood-sugar levels, protects against cancer and disease and offers an antioxidant boost too.

Ingredients

- 2 cups cantaloupe, cubed
- 3 figs (either fresh or dried and soaked in a bowl of warm water).
- 3 cups fresh baby spinach
- 1 medium mango
- ½ teaspoon ground cinnamon

Method

1. First place the melon in your blender and blend until smooth. Then add the spinach and blend again.
2. Next peel and de-stone the mango.
3. Add the mango to the blender along with the rest of the ingredients and blend until smooth and creamy.
4. Enjoy!

Tropical Green Herbal Smoothie

Who'd have thought that herbs could work so well in a smoothie? This unique recipe is packed with mango and pineapple which offer a bunch of vitamins, minerals, antioxidants and tropical flavor - then we take it to a whole new level by adding greens and herbs which add a distinctive note of the Mediterranean, are health-boosting, cleansing, contain pH balancing chlorophyll, and plenty more healing phytochemicals. You'll open up a whole new world of flavor when you try herbal smoothies.

Ingredients

- 1 mango
- 2 cups pineapple, cubed
- 4 medium stalks of celery
- 1 cup fresh baby spinach
- 1 cup fresh flat-leaf parsley
- ½ cup fresh arugula (rocket)
- ½ teaspoon fresh rosemary

Method

1. Firstly, roughly chop the baby spinach, flat-leaf parsley, arugula and rosemary and place in the blender.
2. Add a small amount of filtered water and blend until smooth.
3. Next, remove the veins from the celery, de-stone and chop the mango and peel and slice the pineapple.
4. Throw all of these ingredients into your blender with the greens and blend until smooth. Add extra water if needed.

5. Enjoy!



CHAPTER 3

Powerful Teas & Tonics

Everyone loves drinking tea in my family, especially me. So when I started following the alkaline lifestyle, I soon realised that I desperately needed something to replace my tea drinking habit, and a soggy bag of bland chamomile tea just wasn't going to cut it. Enter the 'DIY brew' mission!

After a ton of experimentation and endless sampling sessions (much to the delight of my friends!) I created some beverages that are a delicious substitute for tea and coffee, pack in plenty of extra nutrients and healing compounds and also help to balance your pH levels. The result is scrumptious, healthy, refreshing, and perfect for any time of the day. All of the tea recipes can be enjoyed either hot or cold, depending on your preference. Make a large jug of the stuff and sip whenever you please.

I'll also include three great recipes for alkalizing tonics, which are perfect for those times you just want the benefits without any fuss. Enjoy!

Perfect Peach & Mint Iced Tea

If you are looking for a tea with a twist, then you've come to the right place. Jazz up soothing mint tea with a dose of peach and citrus, and you have a taste sensation that will balance your pH levels, promote an alkaline body and help you feel great - and is packed with essential vitamins, minerals and antioxidants.

Ingredients

- 4 large peaches
- 1 tablespoon fresh or dried mint leaves (or 1 peppermint tea bag)
- 4 cups filtered water
- Juice of ½ lemon

Method

1. Firstly, place mint leaves or mint tea bag into a bowl, cover with boiling water and leave for 5-10 minutes for the flavor to infuse.
2. Leave until completely cooled.
3. De-stone and peel the peaches and blend with a small amount of water until smooth.
4. Combine the cooled tea with the peach puree and add lemon juice, pour into a mason jar and then place in the fridge.
5. Drink and enjoy!

Orange & Ginger Iced Tea

If warming, fragrant and citrusy drinks are your thing, then you're going to adore this iced tea. As you might already know, oranges are highly alkaline and contain many properties to help your body detox, re-energize and balance. Ginger is amazing when it comes to healing too - it effectively treats digestive upsets and sickness, is an effective anti-inflammatory, boosts your immune system and is also a great alkalizer. This recipe is one of the simplest and most delicious teas in this book.

Ingredients

- 2 inches fresh ginger, cut into slices
- 1 medium orange
- 4 cups filtered water
- 1 cup iced filtered water

Method

1. Place the ginger slices into a saucepan with the 4 cups of filtered water. Bring to the boil, then simmer for 10 minutes.
2. Next grate the zest from the orange and squeeze the juice (in that order) and add to the ginger and water mixture.
3. Strain the mixture and leave until completely cool.
4. Add the iced water and place in the fridge until you're ready to enjoy it.

Grapefruit & Cinnamon Iced Tea

Grapefruit is another citrus fruit that boasts many amazing benefits, but due to its tart flavor, many of us don't eat much of the whole fruit itself. This tangy combination will compliment the grapefruit, awaken your taste buds, balance your pH levels and heal your body all at the same time. Grapefruit is renowned for its alkalizing properties, cinnamon can help lower your blood-sugar, reduce cravings, boost your immune system and balance your hormones, and the allspice berries add a slight kick to the tea as well as vital minerals and antioxidants.

Ingredients

- 2 large pink/red grapefruit
- 1 stick dried cinnamon
- ½ teaspoon whole allspice berries (optional)
- ½ cup filtered water
- Juice of ½ lemon

Method

1. Firstly, juice the grapefruit and pour into a saucepan.
2. Add the water, cinnamon, allspice berries and lemon juice and bring to a boil.
3. Strain the mixture and allow to cool.
4. Drink served over ice and enjoy!

You can also serve this tea warm, if you wish.

Alkalizing Bedtime Tea

For those times when you want to settle down in the evening, soothe your tired body and calm your mind, chamomile tea is perfect. But this warm tea is slightly different - with the addition of alkalizing limes and fresh detoxing apples, you'll have a slightly sweet yet effectively alkalizing tea to enjoy. But you don't have to wait until bedtime to enjoy it either. Make up a flask and take it with you to work for all-day calming and pH balancing benefits!

Ingredients

- 2 bags chamomile tea
- 3 fresh limes
- 1 small green apple
- 2 cups filtered water, boiling.

Method

1. Place tea bags into a pot and pour over the boiling water. Leave for 5 minutes to steep and then remove the bags.
2. Meanwhile, pass the apple through your juicer and keep the juice.
3. Squeeze the juice from the limes into the apple juice, and combine with the tea.
4. Serve either warm, or cool depending on the season and your preference.

Lemon & Cayenne Alkalizing Tonic

For those times you just don't feel like drinking down a huge glass of juice or smoothie but still want all of the benefits, this small alkalizing tonic will do the trick. It's a brilliant metabolism booster that is packed full of antioxidants, brain-healthy compounds and alkalizing enzymes. The apple cider vinegar is one of the best pH balancers out there, and cayenne will fight free-radicals, boost your brain function and help you shed any unwanted fat in the process.

Ingredients

- 1 lemon
- 1 teaspoon Apple Cider Vinegar
- 1/8 teaspoon cayenne
- 2 fluid ounces filtered water
- Crushed ice

Method

1. Juice the lemon and add to a small glass, along with the rest of the ingredients.
2. Top up with crushed ice (optional) and enjoy!

Spicy Turmeric Alkalizing Tonic

Feeling brave? This alkalizing tonic isn't for the faint-of-heart, but this potent and powerful concoction will effectively reduce inflammation and return you to pH balanced perfection in a quick and easy way. The coconut water base contains essential electrolytes that will help you to maintain hydration and alkalize your body, and the spices ginger, cayenne and turmeric will help you lose weight, develop a stronger immune system, boost your cognition and keep you feeling bright and energized!

Ingredients

- 3 lemons, peeled
- 2 teaspoons powdered turmeric (you can also juice fresh turmeric)
- 3 inch piece fresh ginger
- Pinch cayenne pepper
- 4 cups coconut water (or filtered water)

Method

1. Peel the lemons and add to your juicer along with the fresh ginger.
2. Add the lemon and ginger juice to the coconut water.
3. Next stir in the turmeric and cayenne pepper.
4. Pop into the fridge to chill and then enjoy!

The Easiest Homemade Alkalizing Tonic EVER

This has to be the easiest homemade alkalizing tonic ever, containing just baking soda and filtered water. It's amazing for balancing your pH levels, soothing indigestion and other digestive issues, treating acne, fighting cancers, and even whitening your teeth. Give this quick tonic a go and see what you think. A word of warning - this stuff is highly potent so please don't consume more than one teaspoon per day. You may split measurements in half to consume twice a day if you wish.

Ingredients

- 1 teaspoon baking soda (sodium bicarbonate)
- 8 ounces filtered water

Method

1. This one is so easy, it's just a case of combine and drink.

Do not consume this mixture with food as it may interfere with digestion and stomach acids.



CHAPTER 4

Quenching Vitamin Water

Have you discovered vitamin water yet? If not, you're sadly missing out! They're the perfect healthful and thirst-quenching treat for when you feel like something light, fruity and nutritious. Forget those processed-sugar cordials or chemical sweetened flavored waters - these recipes taste great and nourish you from the inside out.

Of course, they help keep you hydrated and rebalance your pH levels, and throw in a whole load more benefits; such as soothing your digestive system, boosting your immune system, healing your skin, helping you to lose weight and also helping to keep cancer, Alzheimer's disease and diabetes at bay.

Enjoy them at any time of the day, any day of the week and no matter where you are. Simply mix up a large jug of your favorite infusion and take it along with you wherever you go, sipping, healing and feeding every cell in your body. Here are my top three blends of all time.

Mint & Lemongrass Vitamin Water

Could your digestive system do with a helping hand? This vitamin water could well be your answer. The pineapple will aid in pH balance and soothe your digestive tract, the lemongrass is great for detoxification and treating tummy aches, and the fresh ginger will help prevent illness, boost your immune system and warm you from head to toe.

Ingredients

- 1 cup pineapple
- Small handful fresh mint (to taste)
- 3 inches fresh ginger
- 1 inch fresh lemongrass
- 1 liter filtered water
- Juice of ½ lemon

Method

1. Place ginger and mint in a small bowl and muddle (crush gently) with the back of a spoon or with a muddler.
2. Next add the pineapple chunks and repeat the process.
3. Then throw all of the ingredients into a large glass jar or stainless steel bottle and top up with the water.
4. Place into your fridge for 4-8 hours to infuse, then enjoy!

Ultimate Citrus Vitamin Water

If you've read the rest of this book, you'll understand why I'm so passionate about citrus fruits. They are, without doubt one of the best ways to balance your bodily pH levels, as they are effective, inexpensive and delicious too. This citrus vitamin water is 'ultimate' for a very good reason - it contains a variety of citrus fruits to offer a drink packed full of nutrients, antioxidants and other healing qualities too. Feel free to add your own citrus additions to personalize this delicious vitamin infusion.

Ingredients

- 1 medium grapefruit
- 1 orange, thinly sliced
- ½ lemon, thinly sliced
- ½ lime, thinly sliced
- Juice of ½ lemon
- 1 liter filtered water

Method

1. Juice the grapefruit and lemon, and add to a large glass jar or stainless steel bottle.
2. Add the slices of citrus fruit and top up with the filtered water.
3. Replace the lid and leave to sit and infuse in the fridge for 4-8 hours.
4. Drink and enjoy!

Very Berry Vitamin Water

This vitamin water captures the alkalizing and nourishing properties of berries, adds a good dose of electrolyte-rich coconut water, packs in nutrient-rich spirulina power and adds a dash of lemon juice to create the best alkalizing berry beverage! Perfect for rebalancing your pH levels, boosting your immune system, regaining your energy and recovering from illness.

Ingredients

- 1 cup fresh coconut water
- 1/2 cup raspberries
- 1/2 cup blackberries
- 1 teaspoon spirulina powder
- 1 liter filtered water
- Juice of 1/2 lemon

Method

1. Place the berries into a small bowl and pour over some of the coconut water. Muddle (gently crush).
2. Add the rest of the ingredients, taking care to stir the spirulina powder into the water well.
3. Top up with filtered water, pour into a glass jar or bottle, and leave to sit in the fridge for 4-8 hours.
4. Drink and enjoy!



FINAL WORDS

Alkalizing beverages are an amazing way to keep hydrated, alkalize your body, top up your nutrient levels and heal a number of health problems that you may be struggling with. Not only that, but they are pretty tasty too!

I hope you have enjoyed this extra bonus section and will incorporate these recipes into your own life to have you feeling stronger, fitter and happier than you ever dreamed possible.

If you're anything like me, you'll have a ton of fun experimenting with the recipes in this book and probably won't be able to resist the call of getting creative. Turn to the [Alkaline Foods](#) section if you'd like to get inspired and recap on the mouth-watering alkalizing foods you can include in your own recipes.

Have lots of fun, and don't forget to share your creations with friends and family. Until next time, I wish you a wonderful journey in happiness and health!

Thank you for purchasing this book!

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