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Alkalizing, Energizing Morning Tonic

The goal of this nutritious morning drink is to change your body's overall pH, that is acid and base balance. High levels of bodily acidity have long been associated with a variety of chronic illness and many illnesses progress more rapidly in an acidic environment including cancer and heart disease. All three of the principal alkalizers are extremely mineral rich foods. The introduction of nutritious, alkaline-forming foods and beverages can improve your overall health and increase your mineral status.

Check your pH with litmus paper each morning before eating or drinking anything – optimum saliva pH is 7.0-7.8. Many diseases are associated with a low (acidic) pH including osteoporosis, cancer, heart disease, bone spurs, diabetes and chronic infection.

Morning Tonic:

1. 1 tablespoon of your choice of the following alkalizers:
 - a. Raw, organic, unfiltered apple cider vinegar – Braggs or similar.
 - b. Lime juice (preferably organic).
 - c. Lemon juice (also preferably organic).
2. 1 tablespoon of raw, organic, unpasteurized honey to sweeten (less if this is too sweet). Manuka honey is best but any raw, organic unpasteurized honey will be good. Raw honey is one of nature's most nutritious foods and has incredible healing powers as well as many minerals and immune boosting properties.
3. 1 cup hot or cold water, preferably spring, mineral, or filtered.
4. Cayenne pepper makes a great addition if you can tolerate the heat.

Please sip this morning tonic for increased health and energy. If your pH is consistently low this drink can be taken up to three times daily. Consult with your physician if you have a history of high stomach acid.

For more information about pH balance please see the following books:

The pH Miracle: Balance Your Diet, Reclaim Your Health – Robert O. Young

The Acid Alkaline Balance Diet: An Innovative Program for Ridding Your Body of Acidic Wastes – Filicia Drury Kliment

Alkalize or Die! – Theodore A. Baroody