

# 10 Ways to Alkalize Your Body Today

by Michelle Cook

Acidity has been linked to pain, excess weight and many other health issues. Fortunately, making your body more alkaline (the opposite of acidic) is easy. Here are 10 ways to alkalize your body for more energy and vitality:

1. Start your day with a large glass of water with the juice of a whole, freshly-squeezed lemon. While lemons may seem acidic, they have the opposite effect on your body as it metabolizes them.
2. Eat a large green salad tossed in lemon juice and olive oil. Greens are among the best sources of alkaline minerals, like calcium.
3. Snack on raw, unsalted almonds. Almonds are packed with natural alkaline minerals like calcium and magnesium, which help to balance out acidity while balancing blood sugar.
4. Drink an almond milk and berry smoothie with added green powder like spirulina, chlorella, or other greens. Choose almond milk over cow's milk, since the latter is acid-forming.
5. Go for a brisk walk or some other exercise. Exercise helps move acidic waste products so your body can better eliminate them.
6. Breathe deeply. Ideally, choose a spot that has fresh, oxygen-rich air. And, sorry Febreze, Glade, and all the other so-called "air fresheners": air filled with these scents is not what I'm talking about here.
7. Go meat-free for a day... or longer if you like. During the metabolism of meat, there is an acid residue left behind.
8. Skip the sugar-laden dessert or soda. Sugar is one of the most acidic foods we consume. You need over 30 glasses of neutral water just to neutralize the acidity of ONE can of soda.
9. Add more veggies to your diet. No, potatoes don't count. But sweet potatoes are a good choice (provided you're not slathering them in sweeteners or butter). Asparagus, squash, peppers, and other vegetables are also excellent choices.
10. Sprout it out. Add more sprouts to your daily diet. They are extremely alkalizing and supercharged with nutrients and energy-boosting enzymes.