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What does it mean when someone tells you they are going on an alkaline diet or that they pursue an alkaline lifestyle? What exactly does this mean? What is the difference between the alkaline diet and let's say, the *Paleo diet*, *South Beach diet*, *Cleansing diet*, *Flat Tummy diet*, *Bl ood Sugar Solution diet*
,
Ketone diet
,
Atkins diet
, the
Eat Right for Your Type
, the
Live Right for Your Type
or any other diet book both past and present that currently stock our shelves today?

What is the difference? And what is the benefit to you the consumer to pursue an alkaline diet or an alkaline lifestyle? And finally, what does the individual truly understand when they use the word alkaline or alkalinity?

In 478 words we begin carefully with a few facts.

One, you were born into an alkaline environment.

Two, the natural world that surrounds you, the natural world that surrounds and contains everyone is alkaline.

Three, everything contained in that natural environment- the foods we consume, the plants, the animals, herbs etc are also alkaline.

Four, the only other food sources available to you on the planet, that do not originate from your natural, alkaline environment come to you through the process of laboratory, scientific and engineering technology involving planets, animals and inorganic substances.

To correctly understand alkalinity we must return to nature and the natural environment. On planet earth, including everything on the planet and the planet itself, there is a structural foundation, an arrangement of life that connects and supports every living organic substance on the planet.

This structure is composed of three minerals, carbon, hydrogen and oxygen. Carbon, hydrogen and oxygen form the "CHO" chain of life for all living organic substances throughout the entire planet.

This is found in the subject of biochemistry which is based on the understanding that carbon, hydrogen and oxygen must be present at the core of every living thing for life to exist. Carbon is the most important mineral because it represents the building blocks of life. Humans, plants, animals and soil all have carbon as its base.

Science has identified 142 organic minerals on the planet, more may have been discovered; however, the human body is composed of 102 minerals. Carbon, hydrogen, oxygen, iron, calcium, zinc, and copper are just a few. *Here we go!*

Because organic minerals have the property of electricity it makes them and every organic substance on the planet electrical or alive. If a substance produces electricity, that substance is considered to be alkaline. Alkalinity means a substance produces electricity, which means the substance is also considered to be organic.

Only native, natural or alkaline substances are organic. So then, when a person says that they pursue an alkaline lifestyle what they mean is they strive to eat only those things produced naturally by Mother Nature.

Coach G

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