

# The Alkaline Paleo Healing Program

## Food List



Cassie Bond

[www.alkalinepaleodiet.com](http://www.alkalinepaleodiet.com)



## Hi, My name is Cassie Bond.

I'm 53 years old. I'd been living with Irritable Bowel Syndrome for as long as I can remember. I had explored every possible alternative I could find.

I was vegetarian for years - and I firmly believe this was the beginning of my problems. I have nothing against vegetarians - as they say, some of my best friends are. But I can't ignore the growing mountain of evidence that says that following the genetic blueprint within each of us is a healthier and safer way to optimal health than any regime I impose on myself without my body's permission.

This e-book isn't meant to explain all the reasons for my conclusions. I trust you are subscribed to my blog where you'll find loads of articles and information on the Alkaline Paleo Diet.

This e-book is to allow you to get started today healing yourself with the food choices you'll find here.

### What I have learned about this diet:

I found eventually (when I got over my addictions to carbs) that these food choices are more than ample for delicious meals.

Your sweet tooth will go - I promise you.. but some people take longer than others. Eventually you will taste something sweet that you used to eat and it will be so sweet to you you won't like it.

Your appreciation of all of your food will magnify. Try not to have anything sweet, not even Stevia for the first 6-12 months, as it will really help that part of your brain to disconnect that sweet reward connection.

I found it so hard not eating the grains (not wheat - I had given that up years ago) at first until I was on this program for a while, and then I ate some and found them so boring. Just stodgy and nutritionally empty when compared to meat and vegetables.

Remember fats are really important. They not only are a great transporter of toxins out of the body - they balance your hormonal system they also make you feel full.

Let's not forget that fat is the heart's favourite food, and the most energy packed nutrient you can find! So eat up your fats.

Generally eat until you are full. Don't under eat. You do not need to and it is not helpful.

I found that after being on the diet I naturally ate less and enjoyed it more. I was off the vicious addictive carb cycle!

**Hooray! This is how life is supposed to be.**

**I am no longer a slave to my blood sugar levels!**

Let's begin with what you want- a list of the foods you should be eating. These are your Healing Foods!

Eat three meals every day. These should always include vegetables, a moderate amount of animal protein and plenty of good healthy fats. Try to refrain from eating between meals. This shouldn't be difficult IF you are eating plenty of fats.



### Meats: Pasture (Grass) Fed and Organic wherever possible

Good organic meat gives us the full range of amino acids necessary for optimal health.

Eaten in balance with good fats, it supports a healthy stomach acid which in turn supports a bacteria-free gut.

Meat need not be a net acid producer in the body. As we convert from a carbohydrate based diet, fat becomes our major energy source, and meat as protein fulfills its natural function of body support and muscle building.

- ✦ Chicken (free range)
- ✦ Beef- (Could be a problem initially if you have milk sensitivities)
- ✦ Emu
- ✦ Goat
- ✦ Lamb/Mutton
- ✦ Pork

- ✦ Duck
- ✦ Turkey
- ✦ Offal meats (Liver is a great way to get Iron, all the B Vitamins and Vitamin A naturally)
- ✦ Ostrich
- ✦ Bacon (without nitrates)
- ✦ Pork Belly: the cut of meat that bacon is made from and sliced like bacon is lovely and crispy just like bacon when fried. Just add Celtic salt when cooked.
- ✦ Crispy Pork Rind (home made)

### More on Liver -

Liver from land mammals is high in vitamin A but low in vitamin D, and should therefore be consumed with other vitamin D-rich foods such as lard or bacon from pasture-raised pigs, egg yolks, and oily fish, or during months in which UV-B light is sufficient to provide one with adequate vitamin D.



## Broths and Stocks:

Use good grassfed organic stock bones and some lemon juice when cooking to break the bones down. These stocks and broths are vital for healing and great for energy.

Home made stocks only - not packaged from the supermarket are:

- ✦ Very helpful in keeping up the electrolytes which are lost with the loss of excess fluids.
- ✦ Very healing to the gut.
- ✦ The collagen in the broth maintains the cushioning in the joints including the discs between the vertebrae in the spine.
- ✦ The minerals in stock are great for bone health.

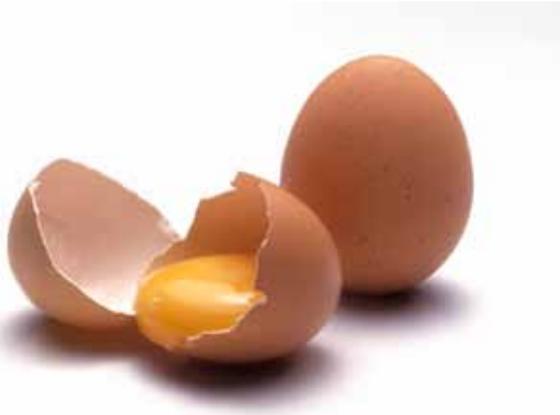


## Seafood:

Fished from Australian waters if at all possible.

Shellfish and prawns can be difficult with stomach issues as they are very cold (Chinese Traditional Medicine) to the stomach.

- ✦ All shellfish
- ✦ Prawns - very good source of iodine
- ✦ Smaller Fish (large fish have too much mercury, being higher up the food chain)
- ✦ Wild tinned Salmon (Canadian OK) If you aren't in Australia, be aware that commonly sold fish may have high mercury residues. Ask - and don't get brushed off!



## All Eggs:

Organic & free range

If you have a reaction to eggs try just eating the yolks. The whites contain some proteins some people may find difficult to digest. After being on this diet for a while you'll be able to eat the whites as well.

Eggs are rich in so many nutrients and a boiled egg is a great snack if you find you are out and about and hungry.

## Dairy:

Unpasteurized where possible and from Grass Fed animals: important for bone rebuilding and more. Grass Fed dairy contains Vitamin A, Vitamin K2 and Omega 3 fatty acids.

These products naturally have the essential vitamin K2 but only if the animals are grass fed.

Please note: Dairy has two things that we are often sensitive to:

1. The milk protein, casein, and
2. The milk sugar, lactose.

If you encounter allergy problems you may need to restrict yourself to ghee at the beginning of this program  
Butter

Cheese - well matured only

Ghee (no casein or lactose so most people can tolerate it)

Yoghurt- (home-made and fully fermented with live cultures)

Kefir- (home-made and fully fermented)





## Oils and Fats:

These should comprise about 70-80% of your calorific intake.

Coconut Oil (Organic and unrefined)

Olive Oil: don't heat, use 100% olive oil only ( be aware that some olive oils have been found to be adulterated with other oils)

All animal fats

Cod Liver Oil - use only good quality as it is really important for vitamin A & D.

Butter



## Vegetables:

Eat lots of Vegetables especially Leafy Greens. They are Really Alkaline!

Try to restrict yourself to cooked vegetables until you have regained full gut and body health:

Broccoli: super alkalizer and antioxidant

Tomatoes

Avocados (you don't need to cook these)

Spinach/ Silver-beet. Another great antioxidant

Mushrooms: great source of potassium

Eggplant

Squash

Pumpkin (small amount)

Green Beans

Onions

Leeks

Garlic

Parsley

Dandelion Greens

Coriander

Basil



## All Leafy Greens

- especially the bitter tasting ones are great for helping digestion as they increase and support the production of stomach acids vital for protein digestion.

- \* Capsicums
- \* Cucumber
- \* Celery
- \* Cauliflower
- \* Cabbage
- \* Olives
- \* Asparagus
- \* Snow peas
- \* Brussel sprouts
- \* Chives
- \* Rocket
- \* Zucchini
- \* Turnip
- \* Spring onions
- \* Ginger
- \* Sauerkraut (home made)

Ferment cabbage, cucumbers, radishes any vegetable that can be fermented ferment them. They are fantastic for eating and they don't need cooking to make them easily digested and they help to increase stomach acid for good digestion.



## All spices and herbs:

Where possible use organic.

No chilli or hot spices until you have been on the program for a while.

Turmeric is really helpful for soothing inflammation in the body.

Fresh Ginger is a great flavour enhancer in stir fries and aids digestion and helps reduce inflammation.

All herbs are OK from the beginning.



## Drinks

### Green Vegetable Juices

- such as Celery, Coriander, Parsley, Cucumber and any leafy greens except Spinach (best cooked) Juices are great with a little ginger added.

### Herbal Teas

Decaf black Coffee ('Swiss water method' only)  
Weak black Tea or with a little home made coconut milk  
Lemon juice, Stevia, mineral water or filtered water (good drink to use for cravings)  
Ginger tea- helps with digestion (I like to make ginger & black tea with a little bit of home made coconut milk)

### WATER:

You must drink water. You lose a lot of fluid when you are on this program.  
Filtered alkaline ionized water  
Good Mineral Water such as San Pellegrino  
Soda Water (Use with alkaline drops such as AlkaBalance as soda water is acidic).



## Condiments

Mayonnaise (home-made with olive oil, eggs yolks, lemon juice/apple cider vinegar, celtic salt)  
Lemons: on everything!

Limes

Celtic Sea Salt (very important to have 1 and 1/2 teaspoons a day)

Salad Dressing (made with olive oil, lemon and/or apple cider vinegar, salt)

Tomato Sauce (home-made, no sugar added)

Apple cider vinegar

Sweeteners

Stevia only (use sparingly as you want to get over the need for the sugar taste)

Stevia has a bit of a strange after taste but if you use lemon you won't be able to taste it.

## Alcohol

=Alcohol is dehydrating. Drink a glass of alkaline water when imbibing.  
=An occasional glass of dry red or dry white wine on special occasions.  
=There is NO low carb beer out there - despite the advertising.  
=Alcohol will slow down the rate of healing as it is hard on the liver: our main detoxing organ.