



# Alkalizing Flush

## Understanding why an Alkaline Body is Important

In North America, the elevated consumption acidic foods and negative lifestyles (also very acidic) are very common. These various components will result in an unbalanced pH, creating an acidic environment. When the body is acidic, it can suffer severe and prolonged damage which may go undetected for years and can ultimately lead to disease.

Since our bodies are only able to assimilate minerals and nutrients properly when the pH is balanced, the 2 week Barley Gold Alkalizing Flush is a great way to ensure you are flooding your body with highly digestible, alkalizing nutrients and minerals. In doing so, it has shown to help with the healing of your organs, targeting the cleansing and healing of the intestine. Along with feeling energized, more aware, is shedding several pounds of fecal matter, and inches of fat.

This Flush is best done with the help of your Herbalist, Natural Path, or in the care of your Medical Doctor. If you are going to get the help of a professional, start off with getting your meridians, blood work, blood pressure or any other measures, all tested before you start. You then have a starting point, and it is very exciting to see what your body can do in an alkalized balanced state! Your health specialist will also be able to assist you in customizing your BG Alkalizing Fast to your body's needs. Your customized Flush may need to consist of certain Oils, drinking Chlorophyll water or even taking a liver cleanse vitamin to help with the elimination of the toxins.

This Flush should only be started after being on the Barley Gold for at least 3 months, or if you are at the 2 tablespoon mark.

To try to maintain a more Alkaline state, try having one BG Alkalizing Flush day per week, or per month, or including a tablespoon 5 minutes before each meal. Proper food combining will also help maintain a more alkalized state. This is keeping proteins and carbohydrates a part when you eat.

The length of the BG Alkalizing Flush should be at least 2 weeks, and may need to or longer depending on the pH state of your body, and the need to be changed. This should be discussed with your health specialist.

While you are doing the BG Alkalizing Flush, you can help your lymphatic system drain the toxins by walking 1 hour each day, practicing yoga, rebounding, or even using an Infrared Sauna.

Please remember that stress, anxiety, un-forgiveness or any negative emotions are acidic and harmful for your body. So don't forget to be at peace, be joyful, forgive and love!

## **Protocol for BG Alkalizing Flush**

- **Increase the Barley Gold intake to 2-3 heaping tablespoons three times per day or more if hungry.**
- **Only consume (if hungry) raw vegetables, fruit, and raw proteins.**
- **Drink at least 8 glasses of Distilled or RO water, with lemon.**
- **Try to stay on this for about 2 weeks.**

For aid with Liver and Kidney support, look below for Liver Juice, or ask a health food professional on what vitamin would be good for you

After the 2 weeks add to the supplement Barley Gold into a smoothie drink:

- **1 Tablespoon of organic raw flax seed (ground before mixing)**
- **8 ounces of organic nut milk**
- **1/2 a cup of organic fresh berries or fruit**
- **1 Tablespoon of raw unpasteurized honey**
- **2 organic, free range raw eggs**

The whole mixture should be mixed in a blender with the eggs being added last and only mixed for about 10 seconds. This smoothie can then be added to the daily routine and be taken 3 times per day until the weight of the person seems to stabilize (about another 3-4 weeks).

Only eat if you are feeling hungry. After this time the addition of other food can be incorporated into the diet and A.

## **In addition...**

**To assist your liver with moving through the toxins efficiently, daily juice the below ingredients:**

- **1 Beet**
- **1 Lemon**
- **1/2 Cucumber**
- **1 Clove of Garlic**

**This should make 1 medium glass of Juice. Then stir in with a non metal utensil:**

- **1 Tablespoons of Olive Oil**

**Drink within 10 minutes of juicing**



The Seeds that Feed...

