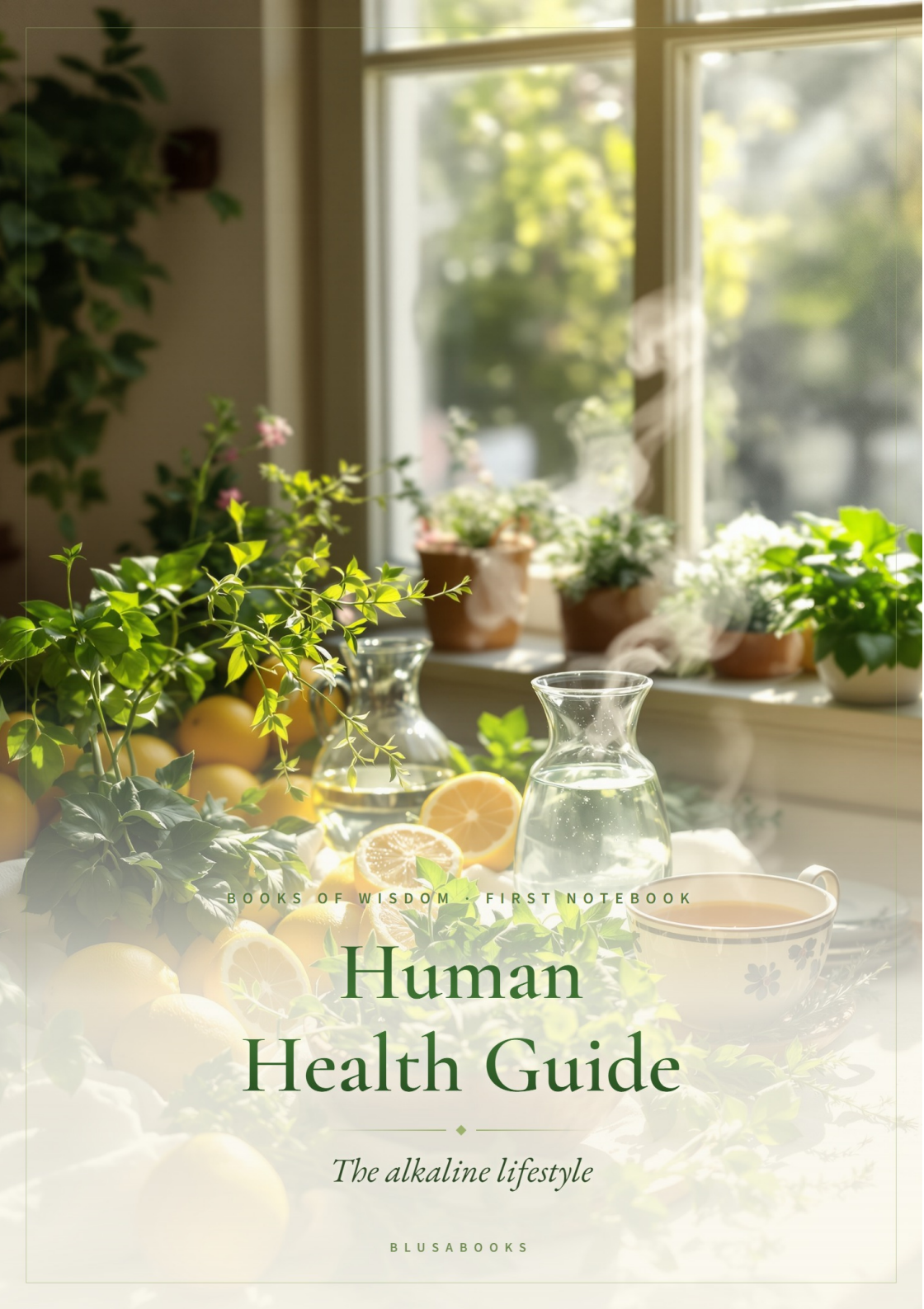


A warm, sunlit still life scene featuring a collection of lemons, fresh green herbs, and a cup of tea. In the foreground, several lemons and lemon slices are scattered on a white surface, surrounded by vibrant green herbs. A clear glass carafe filled with water and a white ceramic cup with a floral pattern containing a golden liquid are also visible. In the background, a windowsill is adorned with more potted plants, and bright sunlight streams in through the window, creating a soft, glowing atmosphere.

BOOKS OF WISDOM · FIRST NOTEBOOK

Human Health Guide

The alkaline lifestyle

BLUSABOOKS



Human Health Guide

THE ALKALINE LIFESTYLE

Every chapter — four parts

**WHAT THE ALKALINE
SCHOOL TEACHES**

the teaching, honestly and in full

IN PLAIN WORDS

the same in one or two sentences

TERMS

the chapter's terms and what they mean

WHAT SCIENCE SAYS

*what is proven, what is tradition, what is
belief*

This book does not replace medical advice.

Books of Wisdom · MMXXVI

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FOREWORD

This book is about one of the oldest and simplest ideas in the world of health: that the body is part of nature, and that what suits it best is what nature itself has grown. These days the idea goes by the name of the alkaline lifestyle, and it has many followers around the world — people who eat fruit and greens, fast, walk barefoot, wash in cold water and believe that illness comes from the wrong food and can be driven away with the right food.

I wanted to tell this teaching simply, in my own language — the way a friend would tell it over an evening cup of tea, without foreign words that nobody explains and without promises that nobody can keep. That is why every chapter has four parts. First, what the alkaline school teaches, honestly and without leaving anything out. Then the same thing in very plain words, in a sentence or two. Then the terms that came up in the chapter, with their explanations. And at the end, what science says about the same subject: what has been proven, what is tradition, and what is only a beautiful belief.

That last part matters most to me. There is a great deal that is valuable and sensible in the alkaline teaching, but it also contains claims that science does not confirm, and a few pieces of advice that can be dangerous if taken literally. A book that kept quiet about that would not be a good book. The chapters are short and can be read in any order; at the end there is a glossary where all the terms are gathered in one place.

And one more word before we begin. Nothing in this book replaces a doctor. If something in the body hurts, tires you for a long time or worries you, the first step is a conversation with a person who has studied medicine — not a diet, a fast

or a tea. That is not at odds with an interest in a natural way of living; it is the healthy part of it.



FIGURE 1

A plant knows how to grow: roots down, leaves up, towards the sun.

CHAPTER I

ACID AND ALKALINE

WHAT THE ALKALINE SCHOOL TEACHES

The basic idea of the alkaline school is simple: food made by nature makes the body alkaline, while food made by people — processed, hybridised, genetically modified — makes the body acidic. In an acidic environment, it teaches, bacteria thrive, the body produces more mucus to defend itself, inflammation arises in the tissues, and over time the organs suffer from that long-lasting inflammation.

This school calls alkaline food "God's food" — the fruits, vegetables, greens and herbs that grow in the wild without human help. A person, it says, is born alkaline and should stay that way. If the acidic is taken out of the diet, inflammation subsides, the body's "electrical system" runs smoothly, and the energy that used to go into fighting the wrong food is left over for living.

IN PLAIN WORDS

Eat what grows out of the ground and has not been remade by a factory. The more fruit, vegetables and greens there are on the plate, the easier it is for the body. The more packaging, ingredient lists and unpronounceable names, the harder.

TERMS

pH — a number from 0 to 14 that shows how acidic or alkaline a liquid is. 7 is neutral (pure water), below 7 is acidic (lemon around 2, coffee around 5), above 7 is alkaline (soap around 9). The letters come from the Latin *potentia hydrogenii* — "the power of hydrogen".

Alkaline (also *basic*) — the opposite of acidic. An alkaline liquid feels bitter and soapy on the tongue.

Hybrid — a plant produced by crossing two varieties. Almost all modern crops (the carrot, broccoli and banana included) are hybrids that came about through centuries of selective breeding.

GMO — a genetically modified organism; a plant whose hereditary code has been altered in a laboratory.

Inflammation — the body's protective reaction to damage or irritation: redness, heat, swelling. Brief inflammation heals; long-lasting, quiet inflammation wears you down.

Microbiome — the billions of tiny bacteria living in the gut that help digest food, produce vitamins and train the immune system.



FIGURE 2

The pH scale: from lemon to bleach. Blood always stays at 7.4.