**The Clean Machine**

**5 Steps to Success**

Two years ago I was Acidic and non Alkaline…I weighed 27 lbs heavier and I was always tired. I suffered from endless allergies and puffy inflamed skin. My stomach was always distended and I was bloated until I became **“The Clean Machine”**.

Friends that have known me for years have asked what I have done to create such a miraculous change? I decided to document my daily regime which took over three years to create to help you look and feel great!

**Step 1: Acidic vs. Alkaline: PH** test yourself by obtaining a roll of PH Tape and completing a saliva test. If you are anything lower than 7.4 Alkaline then **you are acidic. Being Acidic means your system is inflamed.** If you would like to become Alkaline then one of the ways to accomplish this is to take Baking Soda capsules. I take the “Neutralizer” found on Amazon. Apple Cider Vinegar will also do the trick either in liquid or capsule form. The idea is to maintain whatever regime you choose but do it daily.

**Step 2: Drink only Alkaline Water!** A majority of our system is made of O2 so make it count. Google Alkaline Water and choose which works for you! Drink 8-20 ounces of your choice daily.

**Step 3: Eat Alkaline!** Google an Alkaline chart to help you choose which foods to eat…basically these are dark leafy greens and Omega 3 based proteins. Some feel that grassed fed meats are also Alkaline. This needs to be a life style change so do not deviate from your Alkaline choices. The less inflamed your system becomes the healthier you will feel! By the way….Sugar is the enemy!

**Step 4: Intermittent Fasting!** Strive to eat within a 6-8 hour window…no excuses! This basically means you eat only two meals but you need to eat the two meals within a shorter window of time. I usually do not eat until 11AM-1PM!

Intermittent Fasting allows the Leptin hormone in your system to actively eat fat cells and the fasting helps to rejuvenate dead cells. Most people say “I cant do that” when in actuality you can you and you will feel better!

**Step 5: The Gut** flora is one of the most important areas to clean, nourish, protect and cultivate to create a balance system. I take a Berberine supplement that helps to clean the gut which has miraculous effects; which include, heathier hair and nails and healthy glowing skin. If your Gut is clean then you will become

**The Clean Machine!**

**With Gratitude…**I would like to thank my chiropractor and Dematologist…This journey never would have begun without their Knowledge and Support!