

## GOSH Programme for Alkalising Swiftly

### There are three steps to alkalising:

1. Test your urine and saliva daily using the pH test strips available from our website (the Alkalising Starter Pack includes test strips, salt rocks, salt shaker, chlorophyll liquid and Alkaline pH drops): [www.pheelgoodalkalinehealth.co.uk](http://www.pheelgoodalkalinehealth.co.uk)
2. Stick to the GOSH programme as outlined below.
3. Eat alkaline food.

### 1. Test your urine and saliva

Test your urine and saliva on waking in the morning with the test strips. Once you have ingested food or drink the results can be skewed. When doing the saliva test, it is important that you do not lick or absorb the chemicals from the test strip into your body. You should spit onto the piece of test strip or spit into a spoon and then dip the test strip into the saliva. When testing urine you should ensure that the flow of urine is not strong as the chemicals in the test strip should not be washed out.

**The optimum reading for your saliva is 6.8 and for your urine is 6.8 or above.**

### 2. The GOSH program is as follows:

**G is for Greens:** this can be translated into Chlorophyll. This should be ingested by adding at least one capful or tablespoon of chlorophyll (preferably more) into each litre of water or just drink a few tablespoons during the day. We recommend the pure liquid Chlorophyll available from our web-site.

**O is for omega 3 Oil:** There are various to choose from, e.g. Hempseed Oil, flaxseed oil, Sacha Inchi Oil, Marine Pytoplankton or super-critically extracted Morepa fish oil all available from our web-site. Please take at least two tablespoons per day of the oil or 1 fish oil capsule or a half-teaspoon of marine phytoplankton. We also recommend saturated fat in the form of pure Nutiva hexane free (solvent free) coconut oil (useful for cooking as it can withstand higher temperatures).

**S is for Salt** (Himalayan is best!): take a few grams per day of Himalayan Fine salt on your food/in your cooking. In addition, add a teaspoon of “Sole” solution to a litre of water. One teaspoon per day is sufficient for most people. Please refer to the information below on how to make Sole.

**H is for H<sub>2</sub>O** (water): drink good quality filtered, bottled water (glass bottles preferred), water collected from a spring or best of all distilled water (we recommend a quality distiller like the

Megahome). A minimum of 1 litre of water per 50lbs of body weight should be drunk every day. Add the Chlorophyll and 6 Alkaline pH drops to each litre of water. It is also recommended to take 1 teaspoon of Sole each day either mixed with a glass of water or by mixing it with the first litre of the day.

### 3. Eat alkaline food

For a list of alkaline foods see below. The list is also stored online on our website

[www.pheelgoodalkalinehealth.co.uk](http://www.pheelgoodalkalinehealth.co.uk) then click on “links”.

## Salt for Life and Energy

**This document describes how to use Himalayan Crystal Salt and lists some of the benefits.**

Himalayan Crystal Salt is mined from deep within the Himalayan mountain range. It is 250 million years old and is free from modern day pollutants. Containing 84 minerals and trace elements, this salt has the same mineral make-up as one would expect to see in a healthy person's blood plasma. It is mineral rich, easily absorbed and due to its natural state has none of the adverse effects that common table salt has.



### Common Table Salt versus Natural Salt

Common table salt consists of sodium chloride and additives and has no resemblance of natural salt. It takes the body immense energy and effort to try and eliminate common table salt from the system. Natural salt is crucial for maintaining vital body functions and can restore the body's natural pH level and mineral balance. Available in shakers and refill packs, Himalayan Crystal Salt can replace common table salt for all your culinary needs!

Himalayan Crystal Salt supplies the body with the natural energy stored in the crystals so that the body can:

- hold the effects for up to 24 hours
- harmonise the alkaline/acidity balance in the body and normalise blood pressure
- help with skin diseases by cleaning from inside out
- dissolve sediments, which lead to various forms of joint disorders and deposit build up in major organs

- lower the craving for addictive desires

## Sole Vitality Drink

Himalayan Crystal Salt is among the most efficient natural remedies. One of the best ways of experiencing its remarkable cleansing properties is to drink Sole (pronounced Solay).

Sole is a 1 % water/salt solution as found in our blood and tears. One glass of Sole every morning brings amazing benefits. From a biochemical viewpoint, within minutes the whole stomach and intestines are stimulated and this again stimulates the digestion and metabolism. It balances the body's pH factor and gets rid of heavy metals.

### Preparation of your Sole

In a glass container, with a lid, place a few crystals and cover with purified or bottled water. The solution will become saturated at 26%, within 24 hours, which is then a ready to use Sole solution. This 26% concentration now remains stable. Take one teaspoon of this solution in a glass (250ml) of water to achieve the 1 % Sole Vitality Drink.

Another way to get this 1% solution is to take 1 teaspoon of the 26% solution and dilute it with 20 teaspoons of plain water. This 1 % solution can also be used as a healthy mouth wash to combat mouth ulcers, infections and to whiten teeth and strengthen gums; flush runny or congested nasal passages and bathe the eyes to replenish lost moisture.

## pH Guide to Common Foods EAT Foods with a + sign next to them

The following is a list of common foods with an approximate, relative potential of acidity (-) or alkalinity (+), as present in one ounce of food.

### Vegetables and Low-Sugar Fruits

Peas, ripe	+0.5	Lemon	+9.9
Asparagus	+1.1	French cut beans(green beans)	+11.2
Artichokes	+1.3	Fresh red beetroot	+11.3
Comfrey	+1.5	Sorrel	+11.5
Green cabbage, March harvest	+2.0	Spinach(other than March)	+13.1
Lettuce	+2.2	Garlic	+13.2
Onion	+3.0	Celery	+13.3
Cauliflower	+3.1	Tomato	+13.6
White radish (spring)	+3.1	Cabbage lettuce, fresh	+14.1
Swede	+3.1	Endive, fresh	+14.5
White cabbage	+3.3	Avocado	+15.6
Green cabbage, December harvest	+4.0	Red radish	+16.7
Savoy cabbage	+4.5	Cayenne pepper	+18.8
Lamb's lettuce	+4.8	Straw grass	+21.4

Peas, fresh	+5.1	Shave grass (horsetail)	+21.7
Kohlrabi	+5.1	Dog grass	+22.6
Courgette	+5.7	Dandelion	+22.7
Red cabbage	+6.3	Kamut grass	+27.6
Rhubarb stalks	+6.3	Barley grass	+28.7
Horseradish	+6.8	Soy sprouts	+29.5
Leeks (bulbs)	+7.2	Sprouted radish seeds	+28.4
Watercress	+7.7	Sprouted chia seeds	+28.5
Spinach, March harvest	+8.0	Alfalfa grass	+29.3
Turnip	+8.0	Cucumber, fresh	+31.5
Lime	+8.2	Wheat grass	+33.8
Chives	+8.3	Summer black radish	+39.4
Carrot	+9.5		

### Fats (Fresh, Cold-pressed Oils)

Sunflower oil	-6.7
Ghee	-1.6
Coconut milk	-1.5
Olive oil	+1.0
Borage oil	+3.2
Linseed (flaxseed oil)	+3.5
Evening Primrose oil	+4.1
Marine lipids	+4.7

### Nonstored Organic Grains and Legumes

Brown rice	-12.5
Wheat	-10.1
Buckwheat groats	+1
Millet	-0.5
Spelt	0
Lentils	+0.6
Soy flour	+2.5
Tofu	+3.2
Lima beans	+12.0
Soybeans, fresh	+12.0
String beans (navy or white beans)	+12.1
Granulated soy (cooked, ground soybeans)	+12.8
Soy nuts (soaked soybeans, then air dried)	+26.5
Soy lecithin, pure	+38.0
Kamut	+2
Quinoa	+2

### Water

Distilled water	Neutral
Fresh coconut water	+9.04

### Fish

Freshwater fish	-11.8
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### Fruit

Rose hips	-15.5	Strawberry	-5.4
Pineapple	-12.6	Blueberry	0 to -5.3
Mandarin orange	-11.5	Raspberry	-5.1
Banana, ripe	-10.1	Yellow plum	-4.9
Pear	-9.9	Italian plum	-4.9
Peach	-9.7	Date	-4.7
Apricot	-9.5	Cherry, sweet	-3.6
Papaya	-9.4	Cantaloupe melon	-2.5
Orange	-9.2	Red currant.	-2.4
Mango	-8.7	Fig juice powder	-2.4
Tangerine	-8.5	Grapefruit	-1.7
Currant	-8.2	Watermelon	-1.0
Gooseberry, ripe	-7.7	Coconut, fresh	+0.5
Grape, ripe	-7.6	Cherry, sour	+3.5
Cranberry	-7.0	Banana, unripe	+4.8
Black currant	-6.1		

### Nuts and Seeds

Pistachios	-16.6
Peanuts	-12.8
Macadamia	-11.7
Wheat kernel	-11.4
Cashews	-9.3
Walnuts	-8.0
Pumpkin seeds	-5.6
Sunflower seeds	-5.4
Macadamia nuts	-3.2
Hazelnuts	-2.0
Linseeds (flax seeds)	-1.3
Brazil nuts	-0.5
Sesame seeds	+0.5
Cumin seeds	+1.1
Fennel seeds	+1.3
Caraway seeds	+2.3

Almonds

+3.6

#### Root Vegetables

Corn	-9.6
Stored potatoes	0

#### Meat, Poultry, and Fish

Pork	-38.0
Veal	-35.0
Beef	-34.5
Ocean fish	-20.0
Chicken	-18.0 to -22.0
Eggs	-18.0 to -22.0
Oysters	-5.0
Liver	-3.0
Organ meats	-3.0

#### Milk and Milk Products

Hard cheese	-18.1
Quark	-17.3
Cream	-3.9
Homogenized milk	-1.0
Buttermilk	+1.3

#### Fats

Margarine	-7.6
Corn oil	-6.5
Butter	-3.9

#### Sweets

Artificial sweeteners	-26.5
White sugar (refined cane sugar)	-17.6
Beet sugar	-15.1
Molasses	-14.6
Fructose	-9.5
Partially refined sugar	-9.5
Milk sugar	-9.4
Barley malt syrup	-9.3
Brown rice syrup	-8.7
Honey	-7.6

## Beverages

Spirits	-28.6 to -38.7
Fruit juice sweetened with white sugar	-33.4
Tea (black)	-27.1
Beer	-26.8
Coffee	-25.1
Wine	-16.4
Fruit juice, packaged, natural	-8.7

## Breads, Biscuits (stored grains/risen dough)

White bread	-10.0
White biscuit	-6.5
Wholemeal bread	-6.5
Wholegrain bread	-4.5
Rye bread	-2.5

## Condiments

Vinegar	-39.4
Soy sauce	-36.2
Mustard	-19.2
Mayonnaise	-12.5
Ketchup	-12.4

## GUIDE TO GOOD OILS

Cold pressed extra virgin oils are the best.

It's better to pour the oils directly onto your food

rather than using the oils to cook with.



GOOD	BETTER	BEST	BEST
saturated fats	monounsaturated fats	polyunsaturated fats	polyunsaturated fats
	for acid buffering	for acid buffering and cellular membranes	for acid buffering and cellular membranes
		omega 3s	omega 6s
coconut oil	olive oil	marine oils	borage oil
	cold pressed rapeseed oil	fish oils	evening primrose oil
	almond oil	linseeds and flax seed oil	soybean oil

	avocado	Hemp seed oil	sesame seeds
	avocado oil	Chia seed oil	sesame oil
	raw nuts	Sacha Inchi Oil	safflower oil
		Marine Phytoplankton	pumpkin seeds
			black currant oil
			sunflower oil
			grapeseed oil



## John Jezewski, LCPH, FNTP, BSC Hons Living Nutrition Therapist and Homeopath

### Practicing in:

- Birmingham, London
- Nottingham
- Also offering telephone/online consultations
- Book into the student clinic for just £12 (you still get to see John)

Book a consultation with John for support with any health problem, for advice on how to lose weight and for answers to any mental, emotional or spiritual issues.

John is an experienced homeopath and "Living Nutrition" practitioner. He graduated from the College of Practical Homeopathy back in 1996. He lectures at colleges in London and Ireland. He is also the creator of a professional software package for practicing homeopaths.

John has treated a wide range of health challenges from serious pathology through to less serious conditions such as allergies and skin problems. He has also pioneered the use of a powerful technique to help with mental health conditions including panic attacks, depression and general anxiety.

John has developed his skills in applying the principles of alkalising and Living Nutrition. Through rapid and safe alkalisation, the patient will experience numerous health benefits. These principles have been tried and tested on hundreds of people and John has developed this speciality as a complement to his homeopathic practice. Alkalising includes following the very simple "GOSH" program and incorporating an alkaline and Living Nutrition diet.

Please visit his website [www.pheelgoodalkalinehealth.co.uk](http://www.pheelgoodalkalinehealth.co.uk) to purchase health products which are essential for maintaining optimum health.

To book a consultation with John please call him direct on 0790 999 2260, book online at [www.pheelgoodalkalinehealth.co.uk](http://www.pheelgoodalkalinehealth.co.uk) or email him at [john.jezewski@outlook.com](mailto:john.jezewski@outlook.com)

Consultations last one hour and generally booked at monthly intervals.

Initial Consultations will cost £88.00 and follow-ups cost £77.00.

Consultations with John are just £12 at the student clinic (you still get to see John but there are students observing) – this is available in person where you will get a number of free tests or by Skype or phone.

