

Sensible Weight Loss

By Dr. Mike Van Thielen

WEEK 2

THE ALKALINE WAY

Print the '[Alkaline Food List](#)' and follow these instructions:

1. Take a yellow high-liter (marker) and high-lite ONLY the foods you like to eat.
2. Buy and eat more of the high-lited foods ABOVE the red horizontal line.
3. Eat less of the high-lited foods below the red line, or eliminate them if you can.
4. If by week 8 your pH is not above 7.35, you may need to increase your Soul Super Food intake (double your dose) and/or 'tighten up' your compliance with 'The Alkaline Way' nutrition program!

For the REASONING behind the above instructions, visit your ULTRAGLOBAL back-office for a DOWNLOAD and watch the SWL youtube video - WEEK 2.