

THE GREEN NOTEBOOKS · N° 1

Alkaline Living

Water, sun, cold, breath and everyday rituals —
told honestly, with what science says

20
HONEST
CHAPTERS



BLUSABOOKS · MMXXVI

Alkaline Living

Water, sun, cold, breath and the everyday rituals of the alkaline lifestyle — told honestly, with what science says

Every chapter has five parts

● **WHAT THE
TEACHING SAYS**

the teaching, honestly and in full

● **IN SHORT**

the same in a sentence or two

Try this

a small, safe step with numbers

● **WORDS TO KNOW**

the terms; all of them in the glossary

● **REALITY CHECK**

what is proven, what is tradition, what is only a story

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Contents

•	Foreword	5
1	The alkaline awakening	6
2	Water	10
3	The lymph, the quiet river	14
4	Raw and cooked	18
5	Born to eat fruit?	22
6	Eating with the sun	26
7	Cleanses: grapes, lemons and four levels	30
8	Cold	34
9	Heat	38
10	Breath	42
11	Sun and earth	46
12	Movement	50
13	Green blood	54
14	Maps of the body	57
15	Skin, hair and mouth	61

16	Food for the mind	65
17	Words and the game of life	69
18	Sexual energy	73
19	The compassionate table	77
20	Fourteen steps to begin	81
•	Closing words	85
•	Glossary	86
•	Printable pages	91

Foreword



This is a book about a way of living rather than a way of eating. The alkaline teaching begins at the table, with fruit, greens and fresh juice, but it does not stop there. It moves on to the water you drink, the light you wake up to, the cold lake and the hot sauna, the way you breathe, the way you move, the words you say and the people you share your energy with. Its followers call this whole picture an awakening, and they speak about it with real warmth.

I wanted to tell that picture in full, calmly and without mockery, because a great deal of it is good advice wrapped in big words. Drink clean water, eat plenty of plants, go outside, sleep when it is dark, move every day, sit in the sauna, breathe through your nose. Very few doctors would argue with that list. But the teaching also contains claims that do not hold up, and a handful of practices that can hurt you if you take them literally. A friendly book should tell you both.

So every chapter has five parts. First, what the teaching says, told honestly and in full. Then the same thing in short, in a sentence or two. Then something to try, small and safe, with numbers attached. Then the words to know, which are also gathered in the glossary at the end. And last, a reality check: what science has confirmed, what is old tradition, and what is only a beautiful story.

At the back of the book you will find three pages to print. A daily rhythm card for eating and resting with the sun. A 30-day habit tracker for water, light, movement, breath and greens. And a cold and heat log with the safety rules on the same page, because those two practices deserve respect.

One last thing before we begin. Nothing here replaces a doctor. If something in your body hurts, keeps you tired for weeks or simply worries you, talk to someone trained in medicine first. That is not a betrayal of natural living. It is the sensible part of it.

01

The alkaline awakening



The promise is big: more energy, clearer thinking and a body that heals itself. Here is where it comes from.

● WHAT THE TEACHING SAYS

The alkaline teaching starts with a complaint about the modern world. Our shelves are full of processed food, refined sugar, additives and animal products, and according to the teaching all of this leaves acidic waste behind in the body. The liver and kidneys cannot keep up. The waste settles in the fluid that surrounds our cells, the cells lose oxygen and vitality, and over years the result is inflammation, fatigue, foggy thinking and disease.

The remedy is to give the body what it was designed for. Fresh fruit, vegetables, sprouts and leafy greens are called alkaline-forming, rich in minerals, enzymes and water. When they fill the plate, the teaching says, the fluid around the cells

returns to its natural alkaline state, the cells breathe again and the body's own healing begins.

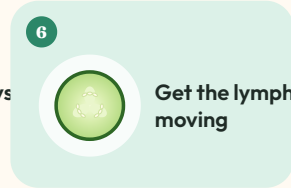
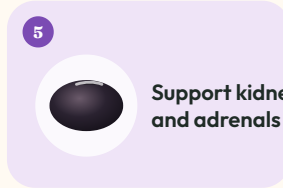
The teaching also sees the body as electric. Every cell turns chemical energy into electrical energy, the nerves carry currents, and living plants are said to carry more of that charge than cooked or animal food. A person who eats life, it says, embodies more life.

From here the teaching lists six staples of alkalinity: alkalising the body, cleansing the gut, rehydrating the cells, removing parasites, supporting the kidneys and adrenal glands, and getting the lymph moving again.

Finally, there is a strong message of personal responsibility. Nobody else will save your health. The food industry profits from habits, medicine often treats symptoms rather than causes, and so the awakening begins with one person deciding to change the plate, the glass and the day. Why has this not happened before? Because people did not know, because habits are strong, and because powerful industries prefer things as they are.

● IN SHORT

Eat mostly fresh plants, drink clean water and take responsibility for your own health, because the modern diet leaves the body tired and inflamed.



The six staples of the alkaline teaching

Try this

- ☐ For one week, make half of every plate vegetables, fruit or greens. Do not remove anything yet, only add.
- ☐ Write down three foods you eat every day out of habit rather than hunger.
- ☐ Drink one large glass of water within 30 minutes of waking.
- ☐ On day seven, rate your energy from 1 to 10 and compare it with day one.

● WORDS TO KNOW

pH — a scale from 0 to 14 showing how acidic or alkaline a liquid is; 7 is neutral.

Interstitial fluid — the thin fluid that fills the spaces between cells and carries nutrients to them.

Acidosis — a medical condition in which the blood becomes too acidic; a serious emergency, usually caused by kidney, lung or metabolic disease.

Alkaline-forming food — food whose minerals leave a less acidic load for the kidneys to excrete, mainly fruit and vegetables.

Homeostasis — the body's ability to keep its inner conditions, such as temperature and pH, steady.

Buffer — a substance that absorbs extra acid or base so that pH barely changes; blood is full of them.