



Nourishing Wellness

Good health is a choice you can make today!

Dump the Junk Detox Class Two Worksheet

1. _____ is considered to be “nutritional life insurance”.
2. This week I replace _____ meal with a smoothie.
3. For healthy elimination my transit time should be between ____ - ____ hours.
4. Linda’s definition of pH is _____.
5. My body buffers _____ by leaching minerals from my bones, teeth, and tissues.
6. Eating too few _____ forming foods contributes to over acidity.
7. My pH reading should become more _____ by bedtime.

To improve my pH I’ll want to:

8. Have _____% of my diet to be alkaline forming for a therapeutic effect.
9. Increase my intake of _____ (especially) and enjoy green drinks too.
10. Eliminate _____ completely and check the pH of my water supply.
11. Make my own salad dressings with _____, extra virgin olive oil, and herbs and spices.
12. Reduce _____ and practice deep _____.