



# **Alkaline Foods Cookbook : Cooking for health and longevity, The best in Vegetarian Cuisines using Non-hybrid and Alkaline foods**

Keith Exum

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I was like most people when finding out about alkalinity, I wanted to know, what could I eat and how do I prepare and cook it? Being a Chef and herbalist for over 25 years, made it a lot easier for me than most to prepare, alter and come up with new cooking ideas. Some are under the impression that once you cook something that's alkaline you can destroy its alkalinity. This is far from the truth. For an example, tomatoes contain lycopene, a form of antioxidant. Raw tomatoes have a total antioxidant potential of about 80, but if you cook the tomatoes the antioxidant potential increases six-fold. This is because the raw tomato has been transformed to trans-lycopene in the cooked version due to the heat infusion, and trans-lycopene is much more readily absorbed by the body. This is the same with most foods.

Finally a book that gives you the alkaline food list and how to prepare and cook them, so you can remain healthy, energized, and vitalized.

Peace and Blessings.

Slay Alkaline!

Keith Exum, CEO  
Alkaline Foods LLC



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