

IAN JACKLIN'S ALKALINE LIFE HACKS

Simple Steps to Detox, Energize & Heal Naturally

Start your
day with
lemon water

Avoid sugar,
dairy, alcohol &
processed foods

Drink distilled
water with
minerals

Sweat daily –
sauna, walk,
stretch or workout

Breathe deep
& get sun
on your skin

Use baking soda
or pH drops
to alkalize

Question the
system.

Question the
system. Trust
your body