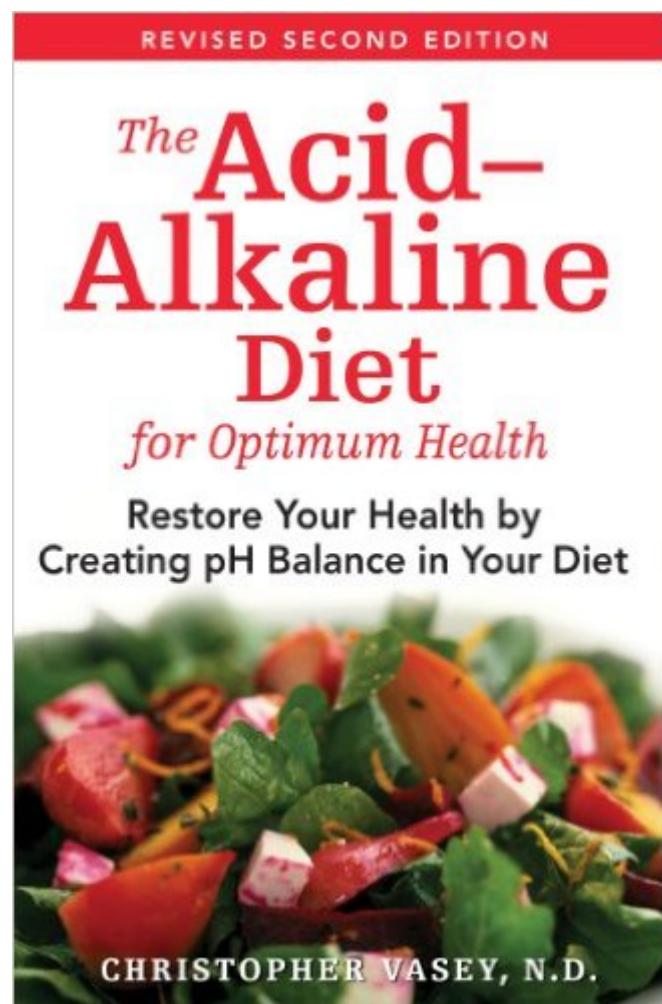


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# The Acid-Alkaline Diet For Optimum Health: Restore Your Health By Creating PH Balance In Your Diet



## Synopsis

This expanded second edition provides the latest information on restoring your body's acid-alkaline balance. Discusses the role of enzyme supplements, prebiotic and probiotic complexes, and antioxidants in neutralizing and eliminating acids. Addresses the relationship of proper hydration to essential enzyme activity and acid elimination. Outlines a sample alkaline detoxification diet. Most people consume an abundance of highly processed foods that acidify the body. As a result, they are afflicted with health problems ranging from minor skin irritations, chronic fatigue, back pain, and depression to arthritis, ulcers, and osteoporosis. To enjoy optimum health, the body needs balanced quantities of alkaline and acid substances. In *The Acid-Alkaline Diet for Optimum Health*, naturopath and detoxification expert Christopher Vasey shows how a simple change in diet to restore your acid-alkaline balance can result in vast improvements in health. With two new chapters, this updated and expanded second edition provides the latest information on proper hydration and deacidification, important alkalizing supplements, and how to eliminate the body's accumulated acids through intestinal cleansing. It also includes a new, detailed example of an alkaline detoxifying diet. Rather than organizing alkaline and acid foods based on their chemical composition, Vasey categorizes foods by their effect on the body, explaining that some foods, such as fruits, can have either an alkalizing or an acidifying effect, depending on who eats them. He describes how to determine your acid levels and how to design a diet best suited for your particular health needs.

## Book Information

Paperback: 208 pages

Publisher: Healing Arts Press; 2nd edition (July 10, 2006)

Language: English

ISBN-10: 1594771545

ISBN-13: 978-1594771545

Product Dimensions: 5.4 x 0.5 x 8.2 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars (See all reviews) (71 customer reviews)

Best Sellers Rank: #261,310 in Books (See Top 100 in Books) #185 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #222 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #2761 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

The Acid Alkaline Diet for Optimum Health by Christopher Vasey is an informative book on the need to reduce acid pH in the body by eliminating junk food, highly processed foods and eating more leafy green vegetables and beets. Vasey discusses the role of enzymes, supplements, prebiotic and probiotic complexes, and antioxidants in neutralizing excess acids. The author explains that most consumers eat too many highly processed foods that acidify the body. The result is a range of health problems like chronic fatigue, ulcers and greater sensitivity to arthritis and related diseases of the skeleton. Optimum health requires that the body have a proper balance of alkaline and acid substances. The problem is that Vasey doesn't support these statements with authoritative research findings from places like The Lancet. Scientists know inferentially that the body decays and becomes more acidic after death occurs. Generally, a pH up to 6.9 is acidic. A pH of 7 is amphoteric and beyond 7 is the alkaline state. Vasey defines the acid/alkaline measurement statistics properly with various urine tests to measure the pH. The problem is that the author needs to relate these measurements to authoritative medical journals either in the USA or overseas. Much of the book is dedicated to eliminating excess acid through diet, supplements and all natural remedies like reducing the overconsumption of red meat. In addition, a sedentary life style with little exercise is cited as a contributor to excess acidity. The converse or rigorous exercise is associated with alkalinity which contributes to the desired body chemistry balance.

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