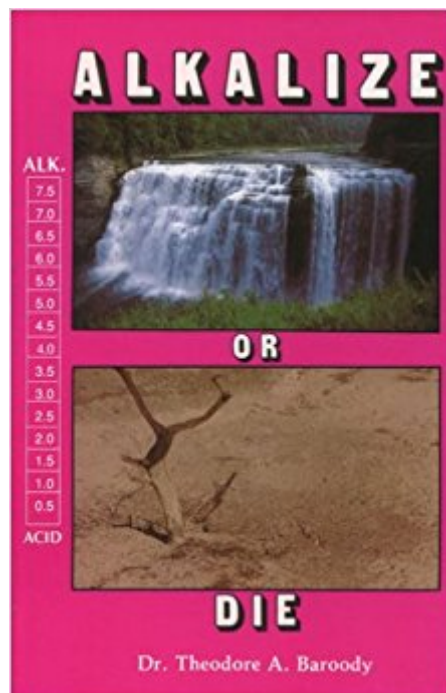




The book was found

Alkalize Or Die: Superior Health Through Proper Alkaline-Acid Balance



Synopsis

Dr. Baroody's comprehensive research and clinical findings indicate that illness and disease are directly linked to overacidity in the system. By following the guidelines in this book you can evaluate your alkaline/acid situation, determine a course of correction, and achieve a high level of vitality and strength. Includes a 21 day meal plan.

Book Information

Paperback: 242 pages

Publisher: Holographic Health Inc; 1st edition (December 1, 1991)

Language: English

ISBN-10: 0961959533

ISBN-13: 978-0961959531

Product Dimensions: 0.5 x 5.8 x 8.8 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.3 out of 5 stars 226 customer reviews

Best Sellers Rank: #61,507 in Books (See Top 100 in Books) #23 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy](#) #39 in [Books > Medical Books > Allied Health Professions > Diet Therapy](#) #645 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

Dr. Baroody's comprehensive research and clinical findings indicate that illness and disease are directly linked to overacidity in the system. By following the guidelines in this book you can evaluate your alkaline/acid situation, determine a course of correction, and achieve a high level of vitality and strength. Includes a 21 day meal plan.

Very helpful to understand the concept of alkalizing your body. I have cancer and it appears I am in remission using this as a first step in learning about fighting cancer. I have lymphoma (26/26 lymph nodes positive). I use a program COWS - Chlorophyll (leafy greens), Oils (Omega - Chia, Flax, Water - Alkaline Water, Salt (No Sugar; Salt Yes). My lymph nodes are producing lymph white blood cells now within normal ranges. As a new vegetarian, this book helped me throughout. Format is easy but could be improved.

Probably the ABSOLUTELY best book on controlling weight that's out there. A few years ago I had

a secretary who was around 270 and big enough she didn't show it much. She came to me and asked if I knew anything she could do so I loaned her this book. She lost 100 pounds in less than 7 months and didn't have to stop eating etc. It just explains what to eat in the first two chapters or so. Here is a hint: I eat a salad after breakfast to neutralize the acidic foods usually eaten for breakfast.

For me, I have always loved junk foods (ice cream and cupcakes), white flour that kind of thing. If it was a junk food, I ate it. Then I noticed that I put on a few pounds, got tired easily and seemed to catch colds easily etc. So I have a friend who suggested this book and I bought it. It has inspired me and changed my life. When I realized the harm I was doing to my body by foods that produce acid, I was shocked. So after I began to follow the advice in the book on the more alkaline foods, I began to eat them and much less of the acid forming foods. Then I ordered some Alkaline test strips online and they showed me just how far gone I was with my alkaline, it started at 5.8 (not good). But after taking the advice of this book and eating more alkaline forming foods, my number is now a healthy 6.8 to 7.0, which is a great number. The best thing that has happened is that I feel great now. Highly recommend this book!

This is a pretty extreme book but I gift it to anybody that's battling sickness (esp cancer). I believe in this concept 100% (think of your body's blood like water in a fish tank...if the water isn't the right pH, the fish will die...if your blood isn't the right pH, you will get/stay sick or worse). If you need want to learn more about this idea or you need to know EXACTLY what the pH levels of tons of different foods/ingredients are, buy this book.

I benefited from reading 'Alkalize or Die.' The book is well-written for one of its type, with a good, simple, no-frills format. Also, the author presents the information in a very humble and open-ended manner, merely passing along his experiences and observations rather than imposing a rigid dogma, as to make for a "gentle" read. As for the information itself, I found it to be logical, generally well-supported, and interesting. I plan to try out several of the book's suggestions, as it were. My thanks goes out to this book's author and publisher. I am grateful for your work.

I bought this book because it was recommended by a good friend, advisor and personal trainer. Baroody's plan has different rules than any other food plan I've tried before. After following it for about one week I was able to eat the right foods without the ever-present cravings. By following the

80/20 rule in the book, which changes the PH in the body, I starting losing an average of two pounds a week and was never hungry. After several months I eventually lost 30 lbs and I am still going. So I definitely recommend this book!

This is a good book to help you alkalize your body. Too many people are acidic. I say this because I have tested over 300 people and 90% are too acidic. According to Dr Otto Warburg who won the Nobel for Medicine in 1931, states that if your saliva is acidic you have a greater chance of coming down with over 150 fatal diseases.

This book took its time arriving, but it is a book that needs to be read and shared, and I am sharing it with family. It is an easy read and balances well with Mark Sircus' "Sodium Bicarbonate" book. Boy, the more we understand the effects of pH on the body, the better chance we have to survive in this stressful, acidifying world.

[Download to continue reading...](#)

Alkalize or Die: Superior Health Through Proper Alkaline-Acid Balance Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Alkaline diet: Step By Step Guide to adopt Alkaline Diet immediately & Keep Your Acidity Levels balanced: A Complete List of Alkaline Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) The Alkaline Diet Cookbook: Get the Advantage of Alkaline Food List and 25 Alkaline Recipes - Easy Acid Alkaline Diet Cookbook Alkaline Diet: 2 manuscripts: A Complete Guide For Alkaline Diet, Alkaline Diet Cookbook: Balance Your Acidity Levels & Learn 40 New Amazing Alkaline Diet ... Eating, Optimal Health, Lose Weight Book 3) Alkaline Smoothies: High Alkaline Smoothie Cleanse Recipes; 30 Day Acid Alkaline Diet Challenge to Balance your pH, Lose Weight, and Feel Great; Photos and Nutrition Info for Every Recipe Alkaline Smoothies: Drink Your Way to Vibrant Health, Massive Energy and Natural Weight Loss (Alkaline Diet Lifestyle: Alkaline Recipes, Alkaline Foods) (Volume 6) Alkaline Cookbook: 50+ Delicious Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) The Alkaline Diet Cookbook: The Alkaline Meal Plan to Balance your pH, Reduce Body Acid, Lose Weight and Have Amazing Health Alkaline Diet: A Complete Guide For Alkaline Diet, Health Benefits of the Alkaline Diet: What To Eat & What To Avoid and How to Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight

Book 1) Alkaline Diet: The No B.S. Guide to Alkaline Foods for Easy Weight Loss, Rebalancing Your pH Naturally, & Transforming Your Health - Includes Beginners 31 Day Alkaline Diet Plan (Clean Eating Series) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Alkaline Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) LSD: The Truth About Acid: The Ultimate Beginner's Guide to Lysergic Acid Diethylamide And Its Full Effects (LSD, Acid, Psychotherapy, Lucid Dreaming, Psychedelics) Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally in 3 Week Step by Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion) Alkaline Diet: Top 32 Alkaline Recipes for Rapid Weight Loss, Ultimate Health and Never-ending Happiness Alkaline Smoothies: Drink Your Way to Vibrant Health, Massive Energy and Natural Weight Loss (Plant Based, Alkaline Diet Book 6)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)