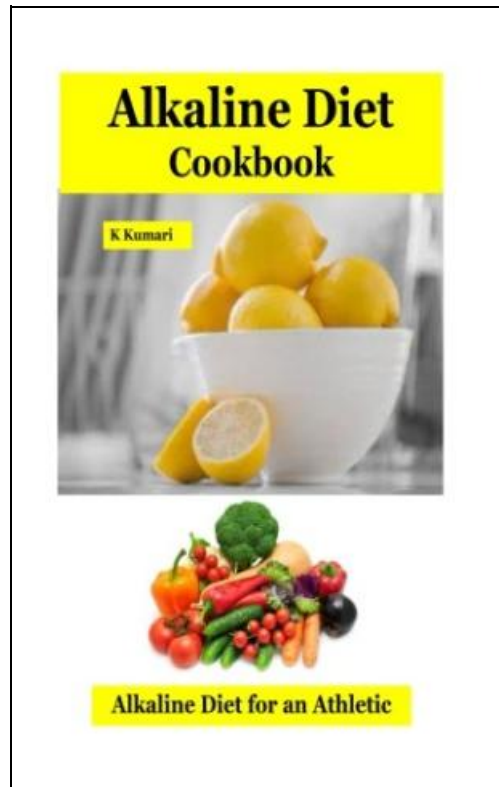


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What is the Alkaline Diet? The Alkaline Diet Program is solid foods includes eating generally antacid foods so as to keep pH level of our body somewhere around 7.35 and 7.45. A definitive point of this diet is to eat 80 alkaline foods and 20 acidic foods. This diet is also called Alkaline Ash Diet or Acid-Alkaline Diet. How does it work? It depends on the idea that foods we eat can adjust the alkalinity or acidity (the pH quality) of our body. The hypothesis behind this diet is that a few foods, for example, meat, refined sugar, wheat, and prepared foods, cause our body to create acids, which are bad for us. Then again, eating particular foods, for example, products of the soil, that make our body more antacid, can ensure us against those conditions and help us shed pounds also. The pH (power of hydrogen) is a measure of how alkaline or acidic a fluid is. The pH esteem ranges from 0-14, with 0 being totally acidic and 14 totally basic. A pH of 7 is considered as unbiased (neither basic nor corrosive). -0-7 is acidic -7 is neutral -7-14 is alkaline When we metabolize foods and concentrat vitality from them, we really burn the foods in a moderate and controlled way. When we burn foods, they actually leave ash deposits. This ash remains can be alkaline or acidic (or neutral) and supporters of this diet guarantee that this powder specifically influences the acidity of our body. So in the event that we eat foods that desert acidic ash, it will make our body more acidic. On the off chance that we eat foods with antacid ash, it will make...



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