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The Alkaline Cure: Lose Weight, Gain Energy and Feel Young

Dr. Stephan Domenig

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The Alkaline Cure: Lose Weight, Gain Energy and Feel Young Dr. Stephan Domenig
A clinically tested 14-day plan to help you lose weight, look younger and enhance your overall health.

Our bodies can be classified as either acid or alkaline. To be healthy, feeling good and functioning well, our pH reading should be either neutral or slightly alkaline, between 7.3 and 7.5. Unfortunately, the Western diet tends to result in much lower (acidic) pH readings, which are likely to leave us feeling tired, sluggish, bloated and generally unhealthy. Additionally, as we age, our bodies are likely to become more acidic, which can contribute to all kinds of issues, from osteoporosis to cancer.

For more than 100 years the nutritional and lifestyle principles established by the Austrian physician F.X. Mayr, and presented here in *The Alkaline Cure,* **have helped tens of thousands of people to lose weight, regain control over what they eat and feel better about themselves. There are no calorie counters or diet gimmicks—it's just a simple way of revitalizing your life by eating a healthier, less acidic diet, and establishing a positive balance between exercise and rest.**

In *The Alkaline Cure,* **you will learn the process of establishing your current acid–alkaline balance, discover a healthier approach to eating in general, learn which foods will bring about optimal acid–alkaline balance and follow a 14-day alkaline plan, including daily menus and a wide range of alkaline recipes to use both within the 14-day plan and beyond.**

A medically proven route to improved health, *The Alkaline Cure* **contains everything you need to achieve and maintain more balance and vitality in your life.**

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From reader reviews:

Eric Frances:

Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or their very own friends. Usually they carrying out activity like watching television, about to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book can be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try look for book, may be the guide untitled The Alkaline Cure: Lose Weight, Gain Energy and Feel Young can be great book to read. May be it is usually best activity to you.

Hubert Macarthur:

Many people spending their time period by playing outside using friends, fun activity along with family or just watching TV 24 hours a day. You can have new activity to shell out your whole day by examining a book. Ugh, think reading a book can actually hard because you have to bring the book everywhere? It ok you can have the e-book, bringing everywhere you want in your Mobile phone. Like The Alkaline Cure: Lose Weight, Gain Energy and Feel Young which is getting the e-book version. So , why not try out this book? Let's notice.

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