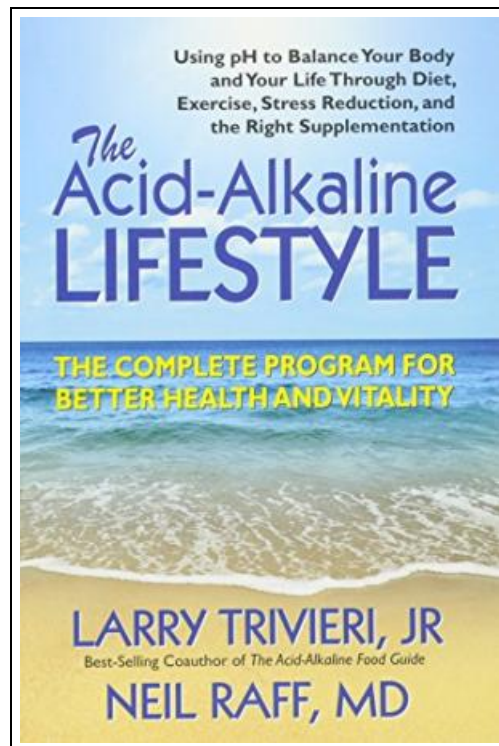


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THE ACID-ALKALINE LIFESTYLE: THE COMPLETE PROGRAM FOR BETTER HEALTH AND VITALITY (PAPERBACK)



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Square One Publishers, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. The human body is a truly magnificent creation. And because of its ability to regulate, balance, repair, and protect itself, the latest scientific research shows that each of us has the capacity to function well for at least one hundred and twenty years. So why do most of us only make it to our seventies? Why are so many of us afflicted with degenerative diseases? And why are the diseases that once only plagued the elderly--heart disease, diabetes, osteoporosis, arthritis, and cancer--now increasingly affecting our younger generations? Why does the gift of long, healthy live seem so unattainable. What is it that we are missing? In *The Acid-Alkaline Lifestyle*, bestselling author Larry Trivieri, Jr. and Dr. Neil Raff provide a simple solution to that very important question. For decades, physicians and medical researchers have used the body s acid-alkaline balance, or pH levels, as a way of determining a patient s overall health status. The problem is that the most accurate and commonly used test used to check acid-alkaline balance--the pH blood test--rarely reveals a shift away from a normal pH reading until acute, life-threatening diseases strike. And by then it is often too late to do anything. While a pH blood test may read normal, what the test does not show is what your body may be forced to do to keep it that way as it combats and seeks to compensate for the excess acidity that inside that afflicts the vast majority of us today. Left undetected, this corrosive buildup of acid set the stage for most of the disease conditions afflicting our nation today. Over the years, a number of books have appeared promoting ways to keep acid-alkaline levels in check through...



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