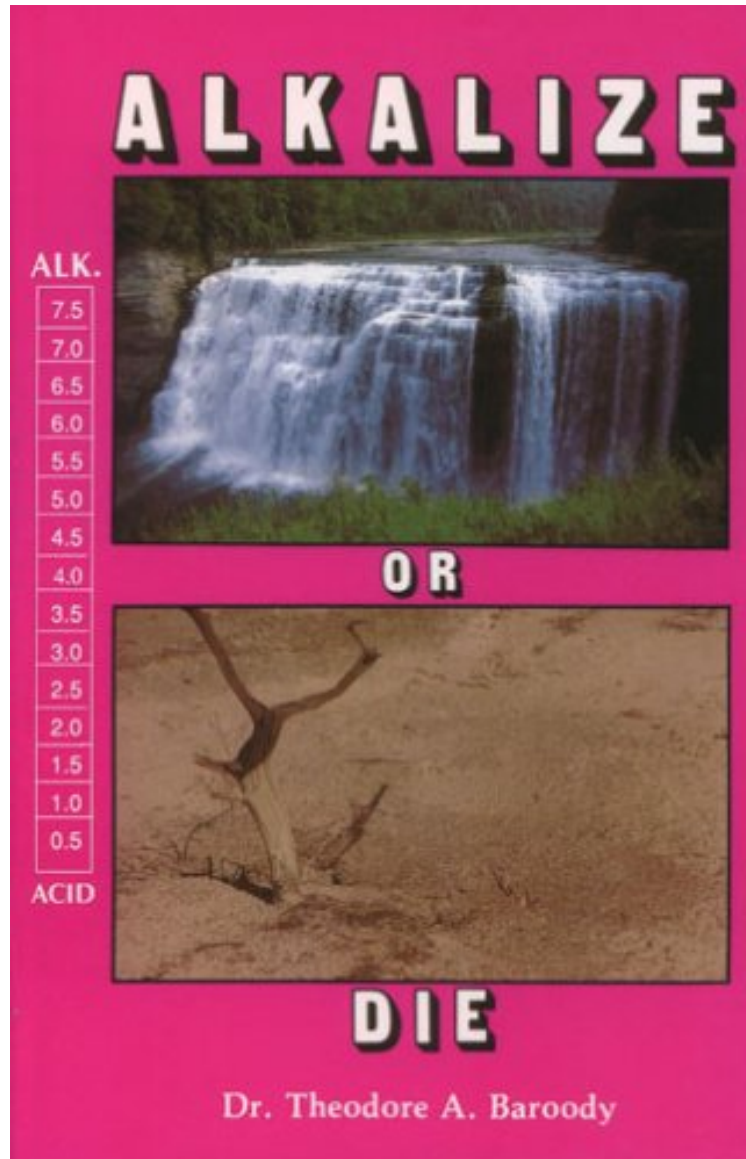


(Free and download) Alkalize or Die: Superior Health Through Proper Alkaline-Acid Balance

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

Theodore A. Baroody

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Theodore A. Baroody : Alkalize or Die: Superior Health Through Proper Alkaline-Acid Balance before purchasing it in order to gage whether or not it would be worth my time, and all praised Alkalize or Die: Superior Health Through Proper Alkaline-Acid Balance:

0 of 0 people found the following review helpful. Mixed opinions on this one.By PraiseGodIt may add a few bits of

information to your skillset, but I wonder about things like acidity in general. For example, we use a fair amount of Vitamin C (Ascorbic ACID) and drink water which is filtered with zerowater filters (great water filters btw), and that water is quite acidic. It seems the extra acidity generated here actually helps within our family - likely by eliminating some of the often-seen infections/sicknesses early on. We all have high histamine. It's just an interesting offset for this book, and something to ponder about. 1 of 1 people found the following review helpful. Great information on PH levels in your body By C Young This book was recommended to me and it is a very good book with lots of information. A good read! 4 of 4 people found the following review helpful. Outstanding By beginw I have gout. I read this book and it opened me up to a world of information. I refer to it often. It is a must read. This is my second copy as I misplaced the copy I had before. It will open your eyes.

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.