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Alkalize or Die: Superior Health Through Proper Alkaline-Acid Balance 1st Edition

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Alkalize or Die--such an intense title, which of course sets itself up for mockery, but this is an excellent overview on how the food and environment we consume and are exposed to has such a dramatic effect on how we feel, think, and interact in the world.

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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.

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The world is facing the largest health crisis in recorded history. Dr. Baroody's comprehensive research and clinical findings indicate that illness and disease are directly linked to over acidity in the system. The polluted air we breathe, the chemicalized food and water we ingest are just part of the problem.

### **Alkalize or Die by Theodore A. Baroody - Proper Alkaline ...**

Excerpts from "Alkalize or Die", by Dr. T.A. Baroody, Jr.

ACIDOSIS is the basic foundation of all disease. We need to understand the simple process of alkalizing our body and the important role a properly alkalized body plays in restoring and

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maintaining our overall health. Our glands and organs function properly in exact proportion to the amount of alkaline and acid levels in our system.

### **Dr. Barody - Alkalize or Die**

Disease does not exist in a body with the correct acid-alkaline balance. This book is a fascinating read. This powerful title carries an important message that can benefit everyone - a message destined to revolutionize health care of the future with one simple principle - ALKALIZE YOURSELF!

### **Alkalize or Die, by Dr Theodore A. Barody**

– Dr. Theodore A. Barody in his remarkable book Alkalize or Die.  
“Immune cells that are too acid or too alkaline do not produce

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antibodies or cytokines (chemical messengers to regulate other immune cells), and they have impaired phagocytosis (the ability to engulf and destroy microbes).

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way the foods you eat can alter the pH level of your blood.

### **Alkaline diet: What cancer patients should know | MD ...**

Alkalize or Die. by Dr Theodore A Baroody. Choose Foods that Create Alkalinity. Neutralize the Acidic Effects of Stress. Evaluate the Causes of Acidity in Your Life. Defines Alkalinity and Acidity and Their Effects. The authors's comprehensive research and clinical findings indicate that illness and disease are directly linked to over-acidity in the system.

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ALL forms of stress, emotional, physical, mental and even spiritual cause the body to produce excessive acid wastes - reducing our health, energy and longevity. Following the advices in this book you can discover your acid/alkaline situation, take corrective action and attain health, vitality and strength. Alkalize or Die.

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## **Alkalize or Die - healthfree.com**

Alkalize or Die: Superior Health Through Proper Alkaline-Acid Balance. Barody, Theodore A.

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## **Alkaline Diet Plan Review: Does It Work?**

Alkalize or die superior health through proper alkaline-acid balance  
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