

Secrets to Great Health!



The Alkaline Diet Newsletter #1

www.TheAlkalineDiet.org



ENJOYING LIFE WITH ALKALINE LIFESTYLE

I'm going to tell you the truth about the common health issues in today's globalized and competitive world.

Most people have been living a lifestyle that will eventually lead to serious health problems and diseases in a matter of time.

For years, they have been damaging their organs and destroying their own body without them knowing!

That's precisely why they always go to work with terribly low energy, get sick rather easily, are pale and gain weight very fast!

Do you want to know the secret to feel younger, more

energetic, and fit in all ways possible?

In other words, to live a long, happy and healthy life.



Tell Me the Secret!

The first issue lies with the amount of **toxic acid wastes** in your body.

This is something you do not even know you have. In fact, majority of the entire human population suffer from too much accumulated toxic acids and very low pH levels in their body.

I'm not just talking about the acidity of your stomach acid, your urine or your body chemicals -- I'm referring to your body's blood and fluids.

That's saying as lot, in as much as your body is 75% liquid.

Your blood, for instance, has access to all the organs in your body.

In other words, your pH level affects just about everything in your body's health.

These toxic acids are invading your body bit by bit... with your deliberate consent!



[**Find Out More About The Acid Alkaline Balance Diet HERE**](#)

Consequences of pH Imbalance Revealed

Before you know it, your body is more than just too acidic; it will have also been seriously ill!

When the fluids inside your body are in an acidic state, it becomes prone to all forms of sickness.

This can usually be determined by a saliva pH of below 7.0. If it is, this means that your body is moving towards acidosis and your health condition will ultimately suffer.



pH Tester to measure level of acidity in the body



Acidity and Your Health

How exactly will being acidic affect your health?

The perfect human body is in a naturally slightly alkaline state (pH 7.35 - pH 7.45).

This is important, as many alkaline minerals are necessary to offset your body's acidic chemicals, support the immune system and keep your

body processes efficiently running.

Health Bites!

Offsetting the Acidic Imbalance

When your body ends up having too much acid wastes, it will find ways to offset the imbalance.

One way is by *taking calcium* from your teeth and bones, which are then weakened.

Another is by solidifying them and depositing them in the tissues, letting them accumulate until your organs finally stop functioning.

Both ways may provide temporary solutions, but make no mistake, they will cause serious health problems over time.



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You don't have to wait for long to know if your body is acidic.

Here are some of the immediate effects of too much acid in the body:

- **Chronic Fatigue**
- Aching Muscles
- **Lack of energy**
- Dry skin
- **Easily irritated skin**
- Chronic headache
- **Low body temperature**
- Rapid weight gain
- **Inflamed gums**
- Dry lips
- **Dull hair**
- Leg spasms
- **Constipation**
- Nausea



That's not the worst it. In fact, if you continue with your highly acidic diet and emotionally stressful lifestyle, you will end up with the following serious health problems:

Cardiovascular problems

The heart works best in an alkaline state. In an acidic environment, the oxygenation of the blood is impaired and blood with acid wastes is carried to different parts of the body. The problematic circulation of blood will eventually take its toll and result in stroke or heart attacks.

Arthritis

Acid wastes can also accumulate in the body's joints. Not only are your body's joints and cartilage irritated, it can also result in arthritis.

Cancer

Believe it or not, once your body becomes too acidic to handle, the immune system is invaded by pathogens--bacteria, fungi, or viruses--that thrive in an acidic environment. The effort and inability of the white blood cells to fight these pathogens will result in mutations that can lead to various types of cancer.

These are only three of a whole list of diseases you might have, such as Parkinson's Disease, Alzheimer's, Lupus, Liver and kidney problems, osteoporosis, and premature ageing. Indeed, being acidic covers all fronts -- so to speak.

How do I save my body from its acidic state?

By now, you should be seriously asking yourself how to move your body to its original slightly alkaline state.

Because the chances are your body is already acidic as it is, what you should do is to adopt an alkaline diet.



[Find Out More About The Acid Alkaline Balance Diet HERE](#)

What is an Alkaline Diet?

Contrary to what you might be thinking, this diet is neither expensive nor hard to maintain.

I'm not expecting you to change what you eat and how you live all at once. I'm going to tell you how to slowly but surely get there step by step.

Shifting to an alkaline diet, in fact, involves tips that you are probably already familiar with. Here are some of the easy and simple tips to include in your new alkaline diet:



Include more fruits and vegetables in your every meal

Most fruits and vegetables are alkaline-forming, which is

exactly what you need to combat the acids in your body.

Highly alkalizing foods include bananas, watermelon, lemons, apples and oranges. Green leafy vegetables like spinach and celery will also restore the alkaline state of your body. Go on, take a bite of one or two of these!



Measure the acid-alkaline proportion of your meal

It's simply not enough for you to take in more alkaline substances. You also have to watch the acid-forming substances that you eat. At the top of the list are meat, eggs and artificial sweeteners.

There are many dairy products, like butter and cheese, that you can eat less of.

While at it, perhaps you can also order less from your nearby fast food restaurant! Eat more of home-cooked food and avoid canned food!

What are you waiting for? Prepare a hearty meal with fruits and vegetables and you might be surprised at its sudden positive effects in your body!

Eating well and living long is certainly a lot better than having a highly acidic diet, living with health problems, and finally dying from them!

Can't Wait To Give Alkaline Diet a Go?

“I'm not surprised at your enthusiasm. In fact, I expect more of it in the following days. I'll be sharing to you more practical and specific steps on how you can have a healthy body free of illnesses and stress!”

[Click HERE to find out more about the Acid Alkaline Diet!](#)

Warmest Regards,

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