

FALL EDITION

your free e-book

ACID/ALKALINE *balance*

C H A N G E Y O U R W A T E R - C H A N G E Y O U R L I F E



✕ How to achieve health ✕

We'll take a look in this eBook at what foods, lifestyles and just which supplements contribute to a 'clean house' within; where our metabolism can operate as it is supposed to instead of acting as a continual janitor in an increasingly overloaded toxic warehouse.

AN ACIDIC BODY CORRODES FROM THE INSIDE

Excess acidity is a condition that weakens all body systems. Excess acidity forces the body to borrow minerals – including calcium, sodium, potassium and magnesium – from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. As a result, the body can suffer severe and prolonged 'corrosion' due to high acidity – a condition that may go undetected for years.

It affects virtually every person in our society because of the way we live, the way we eat, and the environment we live in. The result is an internal

environment where disease can easily manifest, as opposed to a pH-balanced environment, which allows normal body function necessary for the body to resist disease.

It is true that if we have a healthy body we will maintain sufficient alkaline reserves to meet emergency demands. However when excess acids must be continually neutralized, our alkaline reserves are depleted, leaving the body in a weakened, disease-prone condition.

Did You Know?

Very few if any of us are physically capable of ridding our bodies of all the acids we create from food, stress and our own metabolism.





Evolution of Diet and the Unbalanced Results

Unfortunately, there are still many practitioners who believe that the body can somehow miraculously and ‘naturally’ balance its pH – as if we are still living in the woods, eating raw foods and herbs. The truth is so far beyond this ideal.



In fact the truth - according to Dr. Lynda Frassetto, acid/alkaline researcher from the University of California, is that we have turned an evolutionary corner. We do not handle acid waste the way we used to.

Her research showed the sheer volume of acid waste our body has to handle has forced it to take drastic ‘war’ style action to preserve its ‘strategic reserves’ –and to protect the kidney and liver, our major essential detox organs. In her study of almost 1,000 aging subjects, she found that we are now ‘stockpiling’ acid in fatty deposits rather than eliminating it via kidney and liver.

Infinite Wisdom

In its infinite wisdom, the body has chosen to save the kidney and liver from degradation by excess acid. Of course, there is a cost. It’s called obesity, lowered immunity, lack of energy and the whole host of acid related diseases we are subject to including cancer, diabetes, osteo-arthritis and more - much more.



Acid Alkaline History

The concept of acid/alkaline imbalance as the cause of disease isn't a new one. One of the first people who talked about the need to alkalize the body was the great "Sleeping Prophet," Edgar Cayce. He always referred to body detoxification with herbs, colonics, fasting, massage, steam baths and diet modification with the aim of alkalizing the body.



Way back in 1933, Dr. William Howard Hay published a ground-breaking book, "A New Health Era," in which he maintained that all disease is caused by 'auto-toxication' (or "self poisoning") due to acid accumulation in the body:

"Now, we depart from health in just the proportion to which we have allowed our alkalis to be dissipated by introduction of acid forming food in too great amount. It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so."

Dr. Theodore Baroody, author of "Alkalize or Die" says:

"The countless names of illnesses do not really matter. What does matter is that they all come from the same basic root cause...too much acid tissue waste in the body!"

Unfortunately,

according to Sang Whang, author of "Reverse Aging," even if we eat the best of organic fruit and vegetables, 97% of our food still consists of carbon, nitrogen, hydrogen and oxygen, which will still be reduced to acid waste. He says that it is not what we put into our bodies...it's what stays in our bodies as waste that creates our over-acidic condition and causes us to age prematurely.



He says that in terms of acid/alkaline balance, the only difference between 'good' food and 'bad food' is that 'good' food will have less acid waste and more acid neutralizing result.

"Your pH balance depends on what is left after metabolism"

Leftover Acid Waste



Very few if any of us are physically capable of ridding our bodies of all the acids we create from food, stress and our own metabolism.

These acid wastes move around the body via the blood and lymphatic system until our overloaded kidneys decide to dump them or, as we have mentioned, they can be stored in fat. Cholesterol and crystallized uric acid are solidified acids that have been dumped within the body for 'later' removal- the 'later' that never comes.

The Harmful Acid Effects

Acid coagulates blood. Blood has major problems flowing around fatty acids. Capillaries clog up and die. The skin, deprived of life-giving healthy blood, loses elasticity and begins to wrinkle. Even with a face-lift or liposuction, the acid remains and continues its relentless advance.

Without a basic acid/alkaline balancing plan, every part of your body works ever harder to maintain health - because every system; all the organs, the lungs, even the skin – are involved in the maintenance of correct blood pH.



The War Within Your Body

Within your body, your organs and cells are totally subservient to your blood. All organs work to keep your blood at a balanced pH, to the point where your body is willing to inflict major damage on organs if they appear to stand in the way of correct blood pH.

THE OPTIMUM PH LEVEL

If your blood's pH dips from its optimum pH 7.36 down to pH 7, you will lapse into a coma and die.

That's why you get such a charge from a can of Cola. Its pH 2.5 acidity sets alarm bells ringing all over your body. Alkaline chemical stores that should be used elsewhere are sacrificed to the call of the needed adrenalin that floods your system.

The "high" you have learned to expect is no different to the high a drug user gets as he experiences his artificial sensory elevation. It is your body screaming "Help," and you, enjoying the thrill of the fear. It's "The Real thing."

It's not just a glass of Cola that causes such effect. (32 glasses of neutral pH water are needed to balance one glass of Cola) Most of us already have a running battle within, as our body struggles to counteract acid-producing foods, acid-producing pollution and acid producing stress.

In fact - of all acidifying factors - stress is the greatest. It can neutralize and acidify an alkaline diet with one surge of adrenalin.

LONG-TERM ACIDITY IS LIKE RUST

It corrodes our tissue, eating into our 96,000 kilometers of veins and arteries.

Left unchecked, it eventually interrupts all cellular activities and functions, from the beating of our heart to the neural firing of our brain.

In summary, over-acidification interferes with life itself leading to virtually all sickness and disease! Finally, it ages us...then kills us. When we die, it celebrates by turning the whole body acid, inviting foreign antagonistic organisms to the party!



Dr. Baroody expresses it very well:

"Too much acidity in the body is like having too little oil in the car. It just grinds to a halt one lazy Sunday afternoon. There you are - stuck. The body does the same thing. It starts creaking to a stop along the byways of life and you find yourself in some kind of discomfort. I watch with great concern as people of all classes and lifestyles suffer from this excess."

He attributes no less than 68 major health conditions to a prior existent acidic inner terrain.

Why are Westerners Prone to Obesity?

Is it just food? Of course, the food we eat, its quantity and quality has a large effect on our waist measurement. But because the body has made a habit of its "last chance" solution (pirating calcium from the bones and teeth) of what to do with excess toxic acid waste, there is another reason we deposit fat.

FAT IS SAVING OUR LIVES

As Dr. Frassetto discovered, when we are faced with shortage of options due to an acid- besieged inner terrain, we dump toxic wastes in fatty deposits as far away from the organs and heart as possible; on the buttocks, the chest, the thighs and the belly.

Another theory is that sugar is an acid and the reason we are so fat, but not quite as we have been taught. The body has to protect itself from the excess sugar we consume, and so it creates fat - to encase it and protect us from it. So you could say that fat is actually saving our lives!

ALKALINITY AND ENERGY LEVELS

Acidity or alkalinity of our internal fluids has a profound effect even at the individual cellular level in our bodies. Our entire metabolic process is dependent upon balance, right down to the cellular level.

Our 75 trillion cells are slightly acidic within, dependent on our inner sea - the surrounding alkaline interstitial fluid to surround them.

Without this relationship, no useful chemical or energy interchange will occur because no pH balance exists. pH opposites - acid and alkaline - in the body are the chemical method for electricity to flow.

Without sufficient "polarity" between the interior of the cell and the fluid surrounding it, the energy of the cell has difficulty flowing into the surrounding tissues.

Weight loss and the regaining of energy occurs more easily when we take the first steps toward an Alkaline "re-balance."



Understanding Alkalinity

ALKALINITY AND BLOOD

Blood is always slightly alkaline (or at least it should be!) As the only transport system for nutrients to every part of your body, blood cannot afford to be acidic. It needs to stay within a pH range that will maintain resistance to decay or putrefaction, and growth of malevolent organisms.



Therefore, pH 7.365 is the ideal environment in which microorganisms remain in co-existent or symbiotic harmony with the body.

Allow the blood to shift slightly either way and results will be felt in every part of the body. Beneficial microforms die, and aggressive microforms sustained by an acidic environment begin to multiply and mutate, taking the form of aggressive, parasitic and pathogenic agents.

Scientists studying live blood using dark field microscopy can see the changes in the blood taking place and correlate it with the progression of the disease process. They witness a repetitive pattern unfolding that has prompted them to state that the over-acidification of the body, caused by improper eating and living, causes a proliferation of those antagonistic microforms which debilitate the body and, if not corrected, may ultimately cause our demise.

THE REAL POWER OF PH

The pH scale is logarithmic and as a result, each whole pH value below 7 is ten times more acidic than the next higher value. If any substance changes from pH 7 to pH 8, it has become ten times more alkaline. Conversely, if it has changes from neutral pH 7 to pH 6, it is 10 times more acidic.



As an example, a popular Cola, at pH 2.5 is almost 50,000 times more acidic than neutral water, and needs 32 glasses of neutral (pH 7) water to counteract the consumption of one glass of Cola. (Active ingredient: Phosphoric Acid)

You can now see that a change from the normal level of pH in the blood of pH 7.365 to pH 7 would mean that your blood would suddenly be around 4 times as acid as it should be. You would die from poisoning by your own blood. This is why every body system is used to support the correct blood pH.

You can also understand from this that our blood pH can be affected at any time of the day by a myriad of events; food, drink, stress, pollution, exercise, or beneficially, by meditation, by drinking alkaline water, by deep breathing, even by being happy!

Understanding Alkalinity

ALKALINITY AND PARASITES

Today more and more doctors and researchers (including most forms of alternative therapists) believe most disease is caused by unbalance in the body. Unbalance occurs in a nutritional, electrical, structural, toxicological or biological equation, allowing germs to flourish.

Imbalance first...germs second. They believe you need to re-establish balance in your body by working with your body, not against it. They say that the healing of chronic illness takes place only when and if the blood is consistently maintained at a normal, slightly alkaline pH.

It's not an understatement to say that we live in a world plague of "microforms." These include more than simple germs. Yeasts, fungi, viruses and molds are all microforms that exist within our bodies.

It's not just their presence within us, but the excretions they deposit within us. These toxic wastes are produced when microforms digest glucose, fats and proteins in our body. They steal our food, turn it to poison, and dump it inside us.



ALKALINITY AND MINERAL ASSIMILATION

If only people were aware of what causes minerals to be assimilated or rejected, we could save hundreds of millions in wasted supplement consumption every year. pH balance determines - and limits - mineral assimilation. Every mineral has its own 'signature' pH level that permits assimilation by your body.



If we look at an atomic scale chart of elements, those at the lower end are capable of assimilation over a broader pH range. Those 'higher' on the chart need a progressively narrower pH range to be assimilated.

Summarizing, if you are not balanced, your body will simply reject most minerals.

Why is this relevant?

Let's look at iodine as an example. High up on the atomic scale, it requires near perfect pH for its assimilation into the body. Iodine is required for a healthy thyroid gland. But our thyroid will receive no iodine unless the body pH is almost perfect. Thyroid deterioration has been connected to arthritis, heart attacks, diabetes, cancer, depression, obesity, and fatigue.

Understanding Alkalinity

Today, inadequate mineral supply to the body is extremely common due to the depletion of minerals in our agricultural land. The supply and absorption of adequate minerals determines our health and well-being because it determines the conductivity of electricity in our bodies.

Electrical conductivity is the basis of an effective nervous system, which in turn monitors and reports on how well our various organs and sub-systems are performing.

The effectiveness with which our nervous system can operate, therefore, is subject to a correct pH, just like every biochemical process we perform.

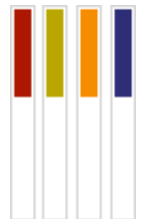
By eating and living in a way that causes imbalances to our internal pH, we actually 'kill the messenger'; the nervous system that updates us on how our body is fulfilling its many tasks.



ALKALINITY AND MERCURY

Dr. W.R. Kellas, Ph.D., co-author of numerous books including "Surviving in a Toxic World" says that the pH factor plays an important part in ridding the body of mercury and other toxins. He says, "the best pH is around 7.35 because the more acidic the body is (below 6.5) the more it holds on to (heavy) metals. Heavy metals in turn create a high oxidative stress that acidifies the body."

Dr. Kellas's clinic in California sends out pH strips along with their medical treatment and products, similar to those supplies we use with Enagic, to measure body pH. They have consistently seen better results when the pH factor is incorporated in their detoxification program.



Many people who have embarked on an alkaline water regime have found that immediate detoxification occurs, bowel movements normalize after years of malfunction, and energy returns. They also experience classic symptoms of detoxification including headaches, body aches, itching etc. as the toxic, acidic minerals are washed out of the body.

The latest worldwide survey of all current Alzheimer's research has identified mercury as the prime suspect as causative factor.

Alkalizing With Food

Within this eBook you'll find a list of the acid and alkaline residual properties of many foods. To achieve a balance, health practitioners recommend an 80/20 mix of alkaline and acid foods.

As you'll discover, unless you are like 'Popeye' and just love spinach, silver beet, and broccoli, you may find this rule rather hard to keep.



We have one client who has progressed from diet to alkaline powders, to volcanic water with drops, and at last he has found alkaline water. In his words, he just couldn't beat his acidity with food. However, some dedicated "green food people" do manage, but most enlist the help of alkaline supplements or alkaline water.



Green Supplements

There are many formulations of alkalizing green food on the market. They all work, and are a workable answer for a busy parent or business person because you need only down it once a day. Ingredients may include barley grass, wheat grass and all manner of green vegetables and alkalizing herbs. Few are organic so take care in selection.

Calcium and Magnesium

We all see many ads on TV and in magazines for calcium supplements. Calcium will certainly replace lost alkalinity, and it is constantly being raided in the acidic body. After talking to literally thousands of acidic people, we agree that calcium is a viable method for rebalancing, but the question remains about whether it is, as some would say, not actually a cure, but a palliative.

An unbalanced acidic system will always hunger for calcium but unless the cause is corrected, the hunger may continue forever. Be sure to choose a calcium that has the correct ratio of calcium and magnesium in an ionic form for fast assimilation and the vital 2:1 ratio.

Alkalizing With Food



By following the 80/20 rule (80% of your food chosen from alkaline-forming group, and 20% from the acid-producing group) and avoiding STRESS – you can create a healthy and fulfilling lifestyle and change your pH. The foods listed below relate to their potential to form alkaline or acid-residual minerals in the body and therefore, affect your acid/alkaline balance.

Alkaline Foods

<i>Vegetables</i>	Asparagus, Fermented Veggies, Watercress, Beets, Broccoli, Brussel sprouts, Cabbage, Carrot, Cauliflower, Celery, Chard Chlorella, Collard Greens, Cucumber, Eggplant, Garlic, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Dulce, Dandelions, Edible Flowers, Onions, Parsnips (high glycemic), Peas, Peppers, Pumpkin, Rutabaga, Sea Veggies, Spirulina, Sprouts, Squashes, Alfalfa, Barley Grass, Wheat Grass, Wild Greens, Nightshade Veggies Oriental Vegetables Daikon, Dandelion Root, Shitake, Kombu, Maitake, Reishi, Nori, Umeboshi, Wakame
<i>Fruits</i>	Apple, Apricot, Avocado, Banana (high glycemic), Cantaloupe, Cherries, Currants, Dates/Figs, Grapes, Grapefruit, Lime, Honeydew Melon, Nectarine, Orange, Lemon, Peach, Pear, Pineapple, All Berries, Tangerine, Tomato, Tropical Fruits, Watermelon
<i>Protein</i>	Almonds, Chestnuts, Chicken Breast, Cottage Cheese, Eggs, Flax Seeds, Millet Nuts, Pumpkin Seeds, Sprouted Seeds, Squash Seeds. Sunflower Seeds, Tempeh (fermented), Tofu (fermented), Whey Protein Powder, Yogurt
<i>Sweeteners & Spices</i>	All Herbs, Chili Pepper, Cinnamon, Curry, Ginger, Miso, Mustard, Sea Salt, Stevia, Tamari, Xylitol
<i>Other</i>	Apple Cider Vinegar, Banchi Tea, Bee Pollen, Dandelion Tea, Fresh Fruit Juice Ginseng Tea, Green Juices, Green Tea, Herbal Tea, Kombucha, Lecithin, Granules, Probiotic Cultures, Organic Milk (unpasteurized) Veggies Juices

Alkalizing With Food



Acidic Foods

<i>Protein</i>	Beef, Carp, Clams, Fish, Lamb, Lobster, Mussels, Oyster, Pork, Rabbit, Salmon, Shrimp, Scallops, Tuna, Turkey, Venison
<i>Fats & Oils</i>	Avocado Oil, Canola Oil, Corn Oil, Hemp Seed Oil, Flax Oil, Lard, Olive Oil, Safflower Oil, Sesame Oil, Sunflower Oil
<i>Protein</i>	Barley , Bran (oat and wheat), Bread, Corn, Crackers, Flour (wheat and white), Hemp Seed Flour, Kamut, Oats (rolled), Rice (all), Rice Cakes, Rye, Spelt, Wheat
<i>Nuts & Butters</i>	Brazil Nuts , Cashews, Peanuts, Peanut Butter, Pecans, Tahini, Walnuts
<i>Beans & Legumes</i>	Black Beans, Chick Peas, Green Peas, Kidney Beans, Lentils, Lima Beans, Pinto Beans, Red Beans, Rice Milk, Soy Beans, Soy Milk, White Beans
<i>Dairy</i>	Cheese (cow, sheep, processed and goat), milk, butter
<i>Beverages</i>	Beer, Distilled water, Hard Liquor, Reverse Osmosis water, Spirits, Wine
<i>Fruit & Vegetables</i>	Blueberries, Canned or glazed fruits, cranberries, currants, plums, prunes. Corn, lentils, olives, winter squash
<i>Other</i>	Distilled Vinegar, Drugs (Medicinal and Psychedelic), Herbicides, Pesticides, Potatoes, Wheat Germ

Alkaline Water

Sang Whang, scientist, inventor, and a drinker of alkaline water for 17 years, says the problem with trying to alkalize using food is that unless you can afford organic, you will metabolize a large amount of pesticides, herbicides, fungicides, and other chemical residues.

He adds that if you 'overdose' by drinking too much alkaline water, it will simply pass through the kidneys and flush away any germs that may have taken up residence as it passes through.

Alkaline water is used by millions of Japanese and Korean families, and has been a part of their culture since the 1980's. Alkaline water is used in hospitals, in sanatoriums, and in clinics all over these countries.



The Benefits of a Water Ionizer

Note that your tap water may already be slightly alkaline, but Japanese scientists at Shiga University say that you should have water at pH 8.5 or above.

A home Water Ionizer attached to your tap or to your cold water line filters your water of all major impurities including chlorine and then separates and removes acid minerals, giving an unlimited stream of purified and powerful alkaline water.

The magnetic process it employs gives a number of important side benefits. The water molecules are greatly reduced in size, offering far greater hydrative ability. The minerals in the water are negatively charged, making them far more effectively absorbed.

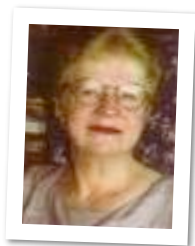
The water is also loaded with bound oxygen, plus negative hydrogen ions that are nature's original antioxidant.

What the Experts Say About Alkaline Water



Dr. Theodore Baroody - Author, "Alkalize or Die"

"I have administered over 5000 gallons of this water for about every health situation imaginable. I feel that restructured alkaline water can benefit everyone."



Felicia Drury Climent - Author, "The Acid Alkaline balance Diet,"

Adjunct Professor, City College, New York

"After years of a very positive continuous clinical experiment that I am conducting - with hundreds of clients using electronically restructured alkaline water - it is my opinion that this exciting technology will change the way in which all health providers and the public will approach their health in the coming years....My suggestion is to drink restructured alkaline water whenever possible."



Dr. Susan Lark - Author of "The Chemistry Of Success"

"Drinking four to six glasses of alkaline water a day will help to neutralize over acidity and over time will help to restore your buffering ability. Alkaline water should be used when conditions of over acidity develop, such as cold, flu or bronchitis. Like vitamins C, E and Beta Carotene, alkaline water acts as an antioxidant because of its excess supply of free electrons. This can help the body against the development of heart disease, strokes, immune dysfunctions, and other common ailments."

What the Experts Say About Alkaline Water



Dr. Sherry Rogers

"Alkaline water rids the body of acid waste... After carefully evaluating the results of my advice to hundreds of individuals, I'm convinced that toxicity in the form of acidic waste is the primary cause of degenerative disease."



Dr. Ingfreid Hobert, MD

"You do not need expensive medicine with all the negative side effects to regain health... Alkaline water has profound long term effects because it alkalizes your body and provides an effective antioxidant."



Dr. Hidemitsu Hayashi, MD - Director of the Water Institute, Tokyo,

"Bad diets such as meat and potatoes, fried foods, soft drink colas, and sugars build up acid salts in the body. Often these deposits, by having to be stored away from the blood flow, can remain in the body for decades. I recommend the consumption of ionized alkaline water, which will slowly and gently wash these salts away.

Devices to produce reduced water were introduced into our clinic in May 1985. Based on the clinical experiences obtained in the past 15 years, it can be said that introduction of naturally reduced water (using H-01 Active Hydrogen Generator) or electrolyzed-reduced water for drinking and cooking purpose for in-patients should be the very prerequisite in our daily medical practices. It is because any dietary recipe cannot be a scientific one if property of water taken by the patients is not taken into consideration."

"The Ministry of Health and Welfare in Japan announced in 1965 that the intake of reduced water is effective for restoration of intestinal flora metabolism."



Change Your Water - Change Your Life

REVOLUTIONIZE YOUR LIFESTYLE WITH WATER

Just as Kangen™ water represents the best water available, Enagic represents the best Company and products in this highly respected industry. We are proud of our 50 years in Business.

Read all about the honors and awards we've had bestowed on our Company for the phenomenal and innovative technology...creating alkaline, ionized water...that truly has the power to change your life

NOW...LET ME INTRODUCE YOU TO OUR

AWARD WINNING, # 1 SELLING

Continuous Ionized Electrolysis Water Generator!

LEVELUK K8



*Comes with a
5 year
Warranty*

*This Ionized Electrolysis Water Generator comes
with a bulletproof 5 Year Warranty!*



Powerful and Compact Design

The electrolytic cell is equipped with seven titanium anodized electrode plates, which is powerful and yet compact in design.

It is possible to produce an ample amount of electrolyzed water with the ORP value in the range of +1130mV and -800mV. This design is made possible by loading an electrolytic cell with eight electrode plates that use electrodes made of platinum plated titanium. (Depending on the choice of resulting water and original water.) The Kangen water side supplies water with a lot of hydroxide ions (OH-) and positive ions (such as calcium ions) produced by electrolysis, and it also contains hydrogen.



Fast Creation of Water

Equipped with an electrolysis enhancer tank. Strong Acidic Water and Strong Kangen Water are produced steadily and continuously. The built-in tank for the electrolysis enhancer fluid makes it easy to supply ample strong acid and strong Kangen water and allows you to produce both kinds of water steadily and continuously. The addition of electrolysis enhancing fluid (440ml) will create 30 liters of strong acidic water in 20 minutes.

Easy and Fun to use



You will be notified by a large-sized liquid crystal display (LCD) and the voice prompted guide.

The easy-to-use, one-touch control panel has easy controls for selecting your desired water type.



K8

Five Water Types

Both the LCD and the voice prompts will inform you of the 5 types of water being produced:

				
<i>Strong Kangen</i> <i>pH 11 & up</i>	<i>Kangen</i> <i>pH 8-10</i>	<i>Clean</i> <i>pH 7</i>	<i>Acidic</i> <i>pH 4-6</i>	<i>Strong Acidic</i> <i>pH 2.7 & down</i>



The Water Filter

The three-layered, high-powered water-cleaning filter creates delicious water. You will be able to use your water-cleaning filter until the total amount of water the filter has treated reaches around 3,000 gallons. That is to say, you can use it for approximately six months if you use around 16 gallons of water per day. (This period differs depending on the quality and the amount of water).

You will be notified by the LCD, voice prompts, and alarm when it is time to change the filter. This filter removes matter such as lead, chlorine (bleaching) powder, effluvium, rust, and other impurities - yet, it still keeps the minerals.



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These statements have not been evaluated by the Food and Drug Administration. Neither these products nor anything in this book is intended to diagnose, treat, cure or prevent any disease.

Always work with a qualified health professional before making any changes to your diet, prescription drug use, lifestyle or exercise activities.

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