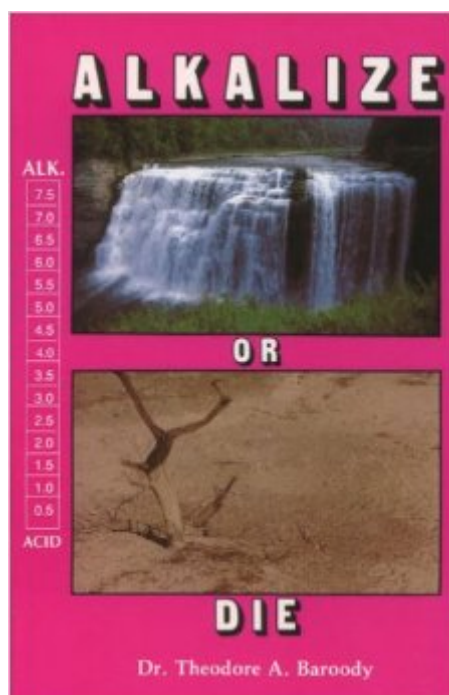


The book was found

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



Synopsis

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.

Book Information

Paperback: 242 pages

Publisher: Holographic Health Inc; 1st edition (December 1, 1991)

Language: English

ISBN-10: 0961959533

ISBN-13: 978-0961959531

Product Dimensions: 0.5 x 5.8 x 8.8 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (194 customer reviews)

Best Sellers Rank: #37,061 in Books (See Top 100 in Books) #6 inÂ Books > Textbooks >

Medicine & Health Sciences > Alternative Medicine > Diet Therapy #12 inÂ Books > Medical

Books > Allied Health Professions > Diet Therapy #428 inÂ Books > Health, Fitness & Dieting >

Nutrition

Customer Reviews

I am reviewing the ninth edition (2006) of Dr. Baroody's book, Alkalize or Die. Dr. Baroody's book has helped me understand the relationship between acid-forming foods and alkaline-forming foods, yet I must say it required some level of discernment to sift the wheat from the chaff. One of the positive features to Dr. Baroody's approach to healthful living is his recognition of each person's unique biochemistry. Throughout this book he continues to remind his readers that each person is an individual and therefore might experience variant results when compared to other people. It is important to understand that Dr. Baroody's theories and principals are based as largely on his personal alternative health experiences (trial and error) as they are on any demonstrable medical science. It is also important to know that Dr. Baroody gives much credence to the metaphysical teachings of eastern spiritualism, which may be a detractor to some readers. In the book's introduction, Dr. Baroody writes, "My viewpoint is founded on ancient Hindu, Chinese, Tibetan, and Greco-European healing philosophies and on several great modern men in the field of health." One of these "great modern men" is Edgar Cayce, who is referenced as an authority many times

throughout the book. So long as the reader is a proponent of New Age and/or Eastern spiritualism, this book should be quite acceptable. For those of us who are more Western in their worldview, the book requires discernment to pick and choose what you care to take from it. An example of how Dr. Baroody's metaphysical beliefs influence his dietary advice can be seen in his counsel for reducing the consumption of red meat: "The destructive emotion of slaughter is assimilated by the person who eats flesh." (pg. 63).

[Download to continue reading...](#)

Alkalize or Die: Superior Health Through Proper Alkaline-Acid Balance Alkaline Juicing:
Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic
Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Alkaline Diet Cookbook:
Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing
(Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) Alkaline Diet: The Best Alkaline
Meal Plan to Reduce Body Acid Clinical Physiology of Acid-Base and Electrolyte Disorders (Clinical
Physiology of Acid Base & Electrolyte Disorders) Balance Your Hormones, Balance Your Life:
Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science
The Complete Strength Training Workout Program for Cross Fit: Develop More Power, Speed,
Agility, and Flexibility Through Strength Training and Proper Nutrition Eat Better, Live Better, Feel
Better: Alkalize Your Life...One Delicious Recipe at a Time The Healthy Green Drink Diet: Advice
and Recipes to Energize, Alkalize, Lose Weight, and Feel Great The Doctor's Guide to
Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome,
Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more Balance and Calm: Adult
Coloring Book Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm
Coloring Book) (Volume 1) Off Balance: Getting Beyond the Work-Life Balance Myth to Personal
and Professional Satisfaction Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive
Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet,
Anti-Inflammatory Diet) (Volume 1) Juicing To Lose Weight: Fat Burning Juices & Weight Loss
Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing
Paleo The Proper Care and Feeding of Husbands The Proper Care and Feeding of Zombies: A
Completely Scientific Guide to the Lives of the Undead Beauty and the Clockwork Beast: The
Steampunk Proper Romances, Book 1 Proper Confidence: Faith, Doubt, and Certainty in Christian
Discipleship Dorothy Must Die Stories: No Place Like Oz, The Witch Must Burn, The Wizard
Returns (Dorothy Must Die Novella) Dorothy Must Die Stories Volume 2: Heart of Tin, The Straw
King, Ruler of Beasts (Dorothy Must Die Novella)

