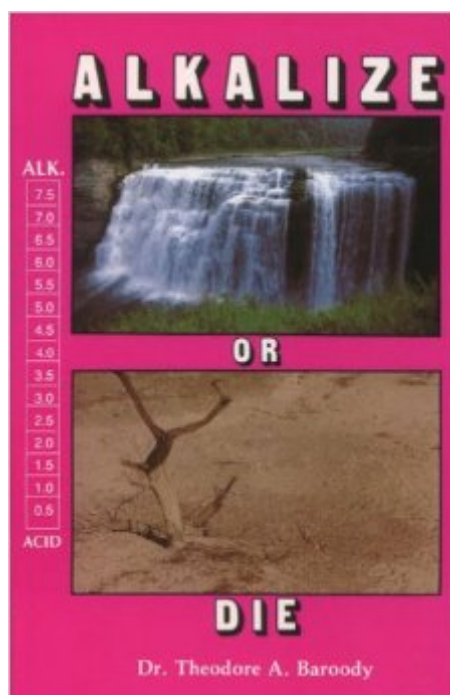


The book was found

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

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Product Dimensions: 0.5 x 5.8 x 8.8 inches

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (194 customer reviews)

Best Sellers Rank: #37,061 in Books (See Top 100 in Books) #6 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy](#) #12 in [Books > Medical Books > Allied Health Professions > Diet Therapy](#) #428 in [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).

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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
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