



The Alkaline Cure: Lose Weight, Gain Energy and Feel Young

Dr. Stephan Domenig

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A clinically tested 14-day plan to help you lose weight, look younger and enhance your overall health.

Our bodies can be classified as either acid or alkaline. To be healthy, feeling good and functioning well, our pH reading should be either neutral or slightly alkaline, between 7.3 and 7.5. Unfortunately, the Western diet tends to result in much lower (acidic) pH readings, which are likely to leave us feeling tired, sluggish, bloated and generally unhealthy. Additionally, as we age, our bodies are likely to become more acidic, which can contribute to all kinds of issues, from osteoporosis to cancer.

For more than 100 years the nutritional and lifestyle principles established by the Austrian physician F.X. Mayr, and presented here in *The Alkaline Cure*, have helped tens of thousands of people to lose weight, regain control over what they eat and feel better about themselves. There are no calorie counters or diet gimmicks—it's just a simple way of revitalizing your life by eating a healthier, less acidic diet, and establishing a positive balance between exercise and rest.

In *The Alkaline Cure*, you will learn the process of establishing your current acid–alkaline balance, discover a healthier approach to eating in general, learn which foods will bring about optimal acid–alkaline balance and follow a 14-day alkaline plan, including daily menus and a wide range of alkaline recipes to use both within the 14-day plan and beyond.

A medically proven route to improved health, *The Alkaline Cure* contains everything you need to achieve and maintain more balance and vitality in your life.

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