



# Alkalize or Die: Superior Health Through Proper Alkaline-Acid Balance

*By Theodore A. Baroody*

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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.

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