



# **The Alkaline Cure: Lose Weight, Gain Energy, Feel Young and Stay Healthy for the Rest of Your Life**

*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.

## **The Alkaline Cure: Lose Weight, Gain Energy, Feel Young and Stay Healthy for the Rest of Your Life Details**

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## **From Reader Review The Alkaline Cure: Lose Weight, Gain Energy, Feel Young and Stay Healthy for the Rest of Your Life for online ebook**

### **Thomas says**

I've heard about this in different forums. I read through it, and it's very concise without becoming too techie. I looked at one site that got into the chemistry of digestion: not for me.

This book is to the point. It includes a list of foods (and food types) that will help you work your way to a healthy lifestyle. It also has a 14 day crash course (menus and recipes included) to get you there faster.

There are some minor grammatical problems, but for the most part they don't detract from what you are reading.

We are going to try out some of the recipes. I doubt I can stick to the 14-day plan, especially if I'm the only one trying. I may be able to later in summer.

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### **Lyree Robson says**

Well written and easy to read book. Current lifestyles and eating habits impact hugely on our digestive system and overall health, a little change to the way we eat as outlined in this book can and will make a difference. I'll be including more alkaline foods in my meals... Well worth the read.

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### **Beyond the Pages says**

The Alkaline Cure is a great intro level dietary lifestyle change resource. It was simple, informative (without being overwhelming), and easy to follow with regard to the acid-alkaline relationship and the body's processes. The 14-day plan will likely appeal to those interested in making an easy transition from the SAD to a detoxed body. The included recipes were a bonus.

An e-copy of this title was made available via the publisher in exchange for an honest critique.

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### **Sandra Beck says**

From the time I received this book ,which I won on Goodreads..(whoopee) I could not put it down...One of the best diet and weight loss books I have read and or come across. You learn so much from the way it is written and explained to you..I recommend this book to anyone who is looking for a good diet an easy to follow system they will understand and enjoy ....Thanks, Dr. Stephan Domenig for writing this book for those of us in need..

Thanks Goodread..

Sandra Beck...

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### **Shannon Schmelz says**

The Alkaline Cure is by far one of the most informative books that I have read this far. Each step is clearly explained as to why your body needs a "cure". I can honestly say that this is not a feasible cure for me with a family of young children and the time it would take to prepare meals for myself and my family separately. I have definitely picked up a few good suggestions from the book though, such as chewing my food at least 30 times and not drinking while i am having a meal. Can't say I was impressed with some of the typos, but that is an editing issue. Overall, this was a pretty good read.

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### **Karla Franklin says**

I thought that this book was pretty interesting. I didn't sit down and read every word in the book but I skimmed over the parts that interested me and was able to learn some things. I didn't participate in the cleanse because I don't do those things but I did learn a lot about the foods that I eat and the foods that I should eat. There are some ph testing strips in the back of the book so you can test yourself if you choose to do the cleanse or you just want to know your ph levels.

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### **Mindy says**

I was looking for some good alkaline recipes as I have had a hard time on Pinterest. I liked a couple from the book and jotted them down. I liked the explanation of being more alkaline. I know I eat healthier than a lot of other Americans, but I needed to find more options for comfort foods that I don't want to give up. This gave me a good start.

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### **GONZA says**

Another magic diet based on some medical assumption, not particularly difficult to follow as long as you are a vegetarian, which is not my problem as a matter of fact. Interesting way to define some physical problems anyway.

Altra magica dieta basata su qualche assioma medico, non particolarmente difficile da seguire a patto di essere vegetariani, che non è uno dei miei problemi fortunatamente.

Alcune modalità interessanti di spiegare problemi di tipo fisico.

THANKS TO NETGALLEY AND HARLEQUIN FOR THE PREVIEW!

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### **Jo says**

Thank you goodreads for sending me this book. I thought it was interesting but I already know I'm not disciplined enough to follow the 14 day cleanse and I'm not going to collect yarrow and nettles to make tea. As far as I know North Dakota grocery stores don't sell them. I will try to drink more water a peppermint tea and chew my food more thoroughly. I think illustrations for some of the exercises would have been a benefit and I'm going to try a baking soda bath. Interestingly enough, even though my chiropracter tells me I should eat less meat - and I have cut back - my urine tests alkaline already.

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### **Vykki says**

This was a book I so wanted to win on Good reads It had all the information I was looking for. I was really thrilled with the great information and the how too and I can't wait to try the recipes.

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### **Arow says**

A very informative book which was straightforward and easy to understand. I feel that I have a better understanding of my digestive system and have some good tips to improve my health.

I have to agree with others though, the 14 day cure just doesn't seem realistic for my life style. I will try and balance my meals and improve the ratio as recommended.

Very happy I read it, nice morning read to start 2017 off right.

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### **Amanda says**

The introduction to the Alkaline Diet in the first half of the book is wonderfully written and easy to understand. The 14 day meal plan and lifestyle guide falters, however, with dull, complex to make meals and a shortage of exercise tips.

For those who don't know, the Alkaline Diet basically is the idea that our bodies function best with a pH balance between 7.3 and 7.5, but modern lifestyles wreak havoc with this balance, making us too acidic. What impacts our pH balance is our food and lifestyle. Each food can be either acidic or alkaline. Stress is acidic. Meditation is alkaline. Etc... Whether or not this idea that the body should be at a certain pH balance is valid is rather irrelevant, honestly. The tips offered for creating this balance are all good, healthy ones. The book never veers into extremism, indeed cautioning that acidic foods, such as meat and processed items, do not need to be cut out of the diet entirely in order for the reader to be healthy. It encourages a 2:1 ratio. Two parts alkaline food and activities for every one part acidic food and activities. Essentially, the idea that health is not all or nothing. It is a balancing act. Indeed, balance is a theme of the book.

Your body doesn't want extremes—it wants balance. (loc 480)

The two parts alkaline it encourages are basically fresh produce, time for self-care, and low-stress exercise. So basically, eat whole foods, stress less, and move more. Fairly common fitness and health advice. The acidic parts include processed food, meat, dairy, stress, and high-stress exercise. Again, the reader is not told to stop enjoying any of these things, but simply to find a balance. The only thing I really disagree with is I think the book underemphasizes the importance of exercise for health. In fact, the book seems a bit concerned with not doing too much “high-stress” cardio or weight lifting. It seems to be more inclined toward the lower-impact, more moderate exercises. I don’t think this is an idea that could claim to have much science behind it. Indeed, high-intensity interval training (HIIT) is written about in over 200 articles on PubMed (a free biomedical database), and most of these articles are talking about the positive effects of HIIT on abilities and cardiovascular health. (List of articles) So essentially the food and lifestyle advice is mostly good but take the exercise advice with a grain of salt. Advising moderate walking and stretching every other day or so is really only appropriate for the most beginner levels of fitness.

After introducing these ideas, the book next offers a 14 day meal plan and lifestyle plan for the person new to Alkaline. The first week is basically a cleanse, and the second week is supposed to be a model of what the non-cleanse Alkaline lifestyle is like. This is the part where I became disappointed. The recipes, including the ones for the non-cleanse week, come across as bland, dull, and labor-intensive, and this is coming from a person who does an awful lot of cooking to minimize the amount of processed foods in her diet. I usually spend at least two hours prepping food for the workweek and cook a minimum of 4 meals at home a week. This plan seemed like an overwhelming amount of work to me. I can only imagine how it might seem to a reader who normally cooks processed meals or picks up fast food most days of the week. Many of the recipes were also not particularly simple. For both of these reasons, I feel the meal plan isn’t particularly appropriate for a beginner, which is odd given that the rest of the book is toned as for a beginner. I would expect an easier, more approachable meal plan from this book.

Each day also has beauty, exercise, and lifestyle suggestions. I particularly enjoyed the beauty suggestions, as they were mostly things that are easy to do at home and seemed enjoyable, such as an alkalizing foot bath or a hair mask. The lifestyle suggestions were good for beginners who maybe are new to the ideas of meditation and stress relief. The exercise sections suffered from the same issue I went into in-depth earlier.

What the book lacks is a clear idea of who its audience is. Is it a person completely new to fitness and healthy eating who is currently a beginner in every way? Is it meant for every person wherever they are on their journey to health? Is it meant for intermediates, looking to amp up their fitness and health regime? Because it lacks a focus, the content veers around between these three options, suggesting extremely beginner level exercises but rather advanced cooking and preparation ideas. For this reason, it would probably frustrate a beginner who finds the first half of the book do-able and understandable but then finds an overwhelming amount to do for an introductory 14 day plan. It would also frustrate someone who is not new to fitness and health who wants more details on how to amp up their regime and who may be a bit insulted at the idea that they will be fine if they just go for walks every few days. Recommended to those interested in a quick introduction to the ideas behind the Alkaline Diet to tweak their diet on their own but who is not so invested in using a 14 day introductory plan.

Check out my full review.

Note: I received a free copy of this book in exchange for my honest review.

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### **Lin says**

i had heard lots about the alkaline/acid balance and decided to look into it. this was an easy read, easy to follow plan but would require some BIG changes -- in the end, i am left picking and choosing which changes i can make and work best for me, and hope that that counts for something! as convincing as the argument is, circumstances won't allow for a complete switchover at this time. learning how to improve health and eating habits is always a good read for me however and never gets old, and i enjoyed this book -- nice photos too!

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### **Harlequin Books says**

Category: Health, Fitness and Diet

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### **Cameron says**

I received this book in a Goodreads giveaway. The Alkaline Cure was both interesting and informative. I had never realized how many acidic foods we put into our bodies. Although I didn't try the complete cleanse, I enjoyed the recipes in the back of the book. Also included were pH strips to measure your own body's pH.

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