

[ACID OR ALKALINE DIET](#)



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It's a pitch Hollywood celebs love: that the alkaline diet -- also known as the alkaline ash diet or alkaline acid diet -- can help you lose weight and avoid problems like arthritis and cancer

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Acid Alkaline Food Chart Food Combining Chart

If you're wondering how your diet stacks up, check out the table below. It includes 114 commonly consumed foods and their PRAL scores. It includes 114 commonly consumed foods and their PRAL scores. A negative PRAL score indicates the food is basic (alkaline).

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Alkaline Foods Healthy Alkaline Diet

The standard American diet is highly acid-forming, overwhelming the body's mechanisms for removing excess acid. The staples of the American diet are meat, dairy, corn, wheat, and refined sugars (all acidifying foods). At the same time, the diet is notably deficient in alkalizing fruits and vegetables. The alkaline diet greatly reduces this acid load, helping to reduce the strain on the body's acid-detoxification systems, such as the kidneys.

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The Alkaline Diet An Evidence Based Review

The alkaline diet is based on the idea that replacing acid-forming foods with alkaline foods can improve health. Proponents of this diet even claim that it can help fight serious diseases like cancer.

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Alkaline diet Wikipedia

Alkaline diet (also known as the alkaline ash diet, alkaline acid diet, acid ash diet, and acid alkaline diet) describes a group of loosely related diets based on the misconception that different types of food can have an effect on the pH balance of the body.

<http://ebookslibrary.club/Alkaline-diet-Wikipedia.pdf>

The Alkaline Diet Past to Present Dietetically Speaking

The alkaline diet is also known as: the alkaline ash or the acid-alkaline diet. This diet promotes replacing so-called acid forming foods with alkaline forming foods in order to promote better health by altering the pH of our blood.

<http://ebookslibrary.club/The-Alkaline-Diet--Past-to-Present---Dietetically-Speaking.pdf>

How the Alkaline Diet Works Verywell Fit

Although some research suggests that an alkaline diet may decrease fracture risk, a 2015 study published in Osteoporosis International followed 861 70-year-old men and women and found that dietary acid load had no significant associations with bone mineral density or with the diagnosis of osteoporosis.

<http://ebookslibrary.club/How-the-Alkaline-Diet-Works-Verywell-Fit.pdf>

Alkaline Acid Food Charts Greenopedia

A common misconception is that foods that are acidic (or alkaline) OUTSIDE the body will also be acidic (or alkaline) INSIDE the body. But this is not the case. It is how the body reacts to certain foods that determines whether that food is alkaline-forming versus acid-forming in the body.

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