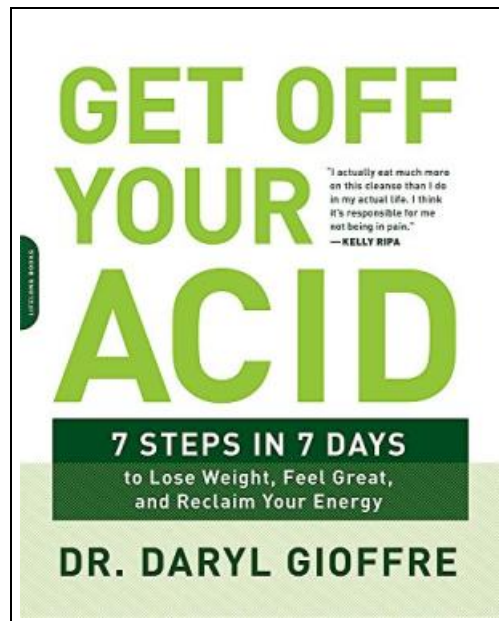


## Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy (Paperback)



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INGRAM PUBLISHER SERVICES US, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. An acidic lifestyle-consuming sugar, dairy, excess animal proteins, processed food, alcohol, preservatives, artificial sweeteners, refined grains - along with lack of exercise, food allergies, and food sensitivities-causes inflammation. And inflammation is the culprit behind many of our current ailments, as well as causing weight gain and preventing weight loss. It s a vicious cycle-being acidic and inflamed makes you fat, and being fat encourages inflammation. Modern diets are so acidic that our bodies must work overtime to neutralize the excess acid. Darryl Gioffre is a chiropractor and raw foods chef who discovered the healing power of foods after his own battle with sugar addiction and highly acidic foods. Now, his chief passion is getting people to remove these toxic foods from their diet-and that s exactly what he does in *Get Off Your Acid*. Dr. Gioffre s signature program shows you how to alkalize your diet and balance your pH, which frees up your body s resources to not only fight the bad stuff, but promote the good stuff that happens naturally once your body is in balance. You ll find that you have more energy, less pain, a stronger immune system, better focus, deeper sleep, improved digestion, your skin begins to glow, and-bonus-the fat literally melts off of your body.



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