



ABC Water and the Number Crunch Diet: a step by step solution to Alkaline Deficiency and with a New & Unique approach to weight control

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ALKALINE DEFICIENCY - the ABC Water is your solution to an acidic body, due to insufficient dietary fruits and vegetables, Hard Exercise, and most of all, Stress and Resentments. More important than heart disease and cancer is your body's INTERNAL ENVIRONMENT, the Root Source of many ailments, especially Fatigue. This book addresses secrets never before published, the original source book for determining your acid alkaline status and correcting it. A complete step-by-step guide, for the Selfcare Individual.

PART 2 - The Number Crunch Diet, a knowledge-based mathematical approach to weight management. When you control the numbers, you control your size. A nutrition-based plan with five key methods for food addiction, a redefining of dietary fats, protocols for plant color-nutrient consumption, fish oil "shots", resolving lactose intolerance.

Begin today on the journey to independent health through Selfcare Strategies. A urine pH of 5 is telling you about your ALKALINE RESERVES. Read about the author's personal testimony of **lowering blood pressure** using the guide in this book. The sections on food addiction could easily be applied to all addictions. This book is more accurately classified as an **INFORMATION PRODUCT**, uncommon knowledge for the elite thinker.

Your blood levels are always going to be normal as long as there are supplies elsewhere in the body to draw from. Blood samples don't tell you what's happening at the tissue and cellular level. By the time the blood levels are abnormal, the deficiency has already taken root. Any time you see a urine pH of 5, that means your body is going to the 'pantry' for supplies. When your pantry, cells and tissues, get low, because the blood has been stealing supplies from them, then things start to not work right. And this "not working right" can show up anywhere from the top of your head to the tip of your toe. That paragraph alone is worth the price of this book.

To get the effects of taking cod liver oil, you have to "Go BIG", this simply cannot be done by taking small-volume 1/2 teaspoon capsules. Follow the NCD CLO Shots for an effective dose of fish oil DHA and EPA at one-tenth the cost of what most people are paying. Can 40-million Americans really be unable to make the enzyme lactase? Read the section on lactose intolerance and the method outlined to **Wean Yourself Back on to Milk.**

Eat from the seven phytonutrient plant color groups, white, yellow, orange, red, green, leafy green and PBB, purple blue black. No excuses for not eating vegetables daily after reading these chapters. Do you know what pica is? Pica is a condition where a young developing child eats dirt. Do you think the child likes the taste of dirt? Of course not. The body's intelligence is searching for nutrients, in this case, minerals. When your body's deficient in nutrients, it has you eating weird versions of that base food. **And then you overeat the weird versions trying to get the things you're missing in the foods you're eating.** The NCD will help you overcome this.

Did you know there are two you's? There's the you you are familiar with, that can drive your car across town. But there's an inner you, a you that runs all of your internals, perfectly, unless the external you is working against it. Get to know your Divine Intelligence and begin today to allow a new driver to rule your food choices and decision making. Did you know that a urine pH of 5 is only one-half a pH number away from being the same as that of white vinegar? **Is your body's internal environment mimicking that of fermented foods?** People with chronic yeast, your answer is right there. Some say "cancer is a fungus", okay. But what's allowing the fungus to be there?

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Gary Cornejo:

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Julie Kappel:

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