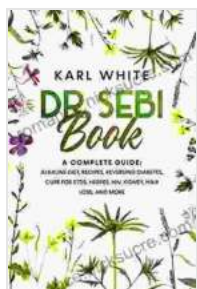


# The Alkaline Diet: A Cure for Diabetes, STDs, Herpes, HIV, Kidney Disease, and Hair Loss?

## What is the alkaline diet?

The alkaline diet is a fad diet that claims to have a number of health benefits, including curing diabetes, STDs, herpes, HIV, kidney disease, and hair loss. The diet is based on the belief that the body's pH balance is important for overall health. Proponents of the alkaline diet believe that eating alkaline foods can help to neutralize the body's acidity and improve health.



**DR. SEBI BOOK: A Complete Guide: Alkaline Diet, Recipes, Reversing Diabetes, Cure for STDs, Herpes, HIV, Kidney, Hair Loss, and More (Help Yourself Heal ... DIABETES TYPE 2 AND DR. SEBI'S CURES)** by KARL WHITE

★★★★☆ 4.5 out of 5

Language : English  
File size : 2539 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 132 pages  
Lending : Enabled



**Is there any scientific evidence to support the claims of the alkaline diet?**

No, there is no scientific evidence to support the claims of the alkaline diet. In fact, some studies have shown that the alkaline diet can actually be harmful to your health.

One study, published in the journal "Nutrition and Metabolism," found that people who followed the alkaline diet had higher levels of calcium in their urine. This can lead to kidney stones and other health problems.

Another study, published in the journal "PLoS One," found that people who followed the alkaline diet had lower levels of vitamin D. Vitamin D is important for bone health and immune function.

### **What are the risks of the alkaline diet?**

The alkaline diet can have a number of risks, including:

\* Kidney stones \* Vitamin D deficiency \* Electrolyte imbalance \*  
Dehydration

### **Is the alkaline diet right for you?**

The alkaline diet is not right for everyone. If you are considering trying the alkaline diet, talk to your doctor first. They can help you determine if the diet is right for you and can help you avoid any potential risks.

The alkaline diet is a popular fad diet that claims to have a number of health benefits. However, there is no scientific evidence to support these claims. In fact, some studies have shown that the alkaline diet can actually be harmful to your health. If you are considering trying the alkaline diet, talk to your doctor first.



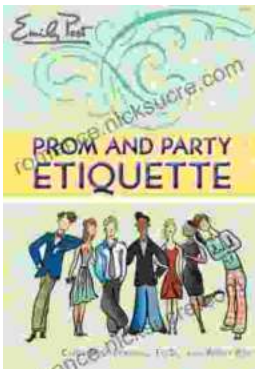
## **DR. SEBI BOOK: A Complete Guide: Alkaline Diet, Recipes, Reversing Diabetes, Cure for STDs, Herpes, HIV, Kidney, Hair Loss, and More (Help Yourself Heal ... DIABETES TYPE 2 AND DR. SEBI'S CURES)** by KARL WHITE

★★★★☆ 4.5 out of 5

Language : English  
File size : 2539 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 132 pages  
Lending : Enabled

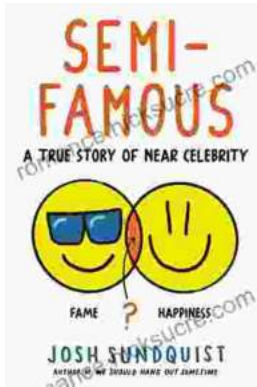
FREE

DOWNLOAD E-BOOK



## **Prom and Party Etiquette: A Guide to Impeccable Behavior and Gracious Manners by Cindy Post Senning**

Prom and other formal parties are momentous occasions that call for impeccable behavior and gracious manners. Embracing proper etiquette ensures a memorable and enjoyable...



## The Semi-Famous: True Stories of Near Celebrity

The Case of the Almost Star John Doe was a talented actor with a promising career. He had starred in a few small roles in films and television shows, and he was on the verge of...