



# **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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### **From reader reviews:**

#### **Christina Moss:**

Spent a free time for you to be fun activity to complete! A lot of people spent their leisure time with their family, or their particular friends. Usually they performing activity like watching television, about to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Might be reading a book may be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled ABC Water and the Number Crunch Diet: a step by step solution to Alkaline Deficiency and with a New & Unique approach to weight control can be fine book to read. May be it might be best activity to you.

#### **Kathryn Sheffield:**

Playing with family within a park, coming to see the coastal world or hanging out with close friends is thing that usually you may have done when you have spare time, and then why you don't try point that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love ABC Water and the Number Crunch Diet: a step by step solution to Alkaline Deficiency and with a New & Unique approach to weight control, you may enjoy both. It is very good combination right, you still wish to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't get it, oh come on its called reading friends.

#### **Gilbert Kimmel:**

Are you kind of occupied person, only have 10 or even 15 minute in your day time to upgrading your mind skill or thinking skill perhaps analytical thinking? Then you have problem with the book compared to can satisfy your short period of time to read it because pretty much everything time you only find e-book that need more time to be go through. ABC Water and the Number Crunch Diet: a step by step solution to Alkaline Deficiency and with a New & Unique approach to weight control can be your answer mainly because it can be read by anyone who have those short extra time problems.

#### **Joyce Hazel:**

Is it anyone who having spare time subsequently spend it whole day by simply watching television programs or just resting on the bed? Do you need something new? This ABC Water and the Number Crunch Diet: a step by step solution to Alkaline Deficiency and with a New & Unique approach to weight control can be the answer, oh how comes? A book you know. You are and so out of date, spending your extra time by reading in this brand-new era is common not a geek activity. So what these books have than the others?

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