



# **The Anti-Aging Alkaline Diet: Eating Your Way Back to Health**

*Dr Aaron Stovall*



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Hailed a "natural breakthrough" THE ANTI-AGING ALKALINE DIET by Dr. Aaron Stovall, NMD, offers a highly effective, ancient way to reverse aging, heal pain, achieve weight loss quickly... and EAT YOUR WAY BACK TO HEALTH! The key to Dr. Stovall's revolutionary plan is simple: health = an alkaline diet plan. This alkaline diet lifestyle will increase your energy level, clear your mind, reverse diabetes, and improve your overall health. An Alkalizing diet will reduce the acid in your body by focusing on alkaline foods, thus restoring your body's pH balance.

THE ANTI-AGING ALKALINE DIET has been written with a modern alkaline food list. This easy-to-follow, nutritionally sound diet plan can help anyone shed pounds quickly -and keep them off. With a comprehensive alkaline food list, and a list of acid foods not to eat, no diet food recipes or diet meals are needed. Positive effects of the lifestyle include happiness, fulfillment, pain relief, and unconditional love.

Dr. Aaron Stovall is a Naturopathic Doctor currently serving as Chief Medical Director for Melon Guard Supplements. Dr Stovall looked to ancient cultures, such as the Essenes, people who thrived with good health and advanced enlightenment. The common theme with these cultures was their dietary and living habits. These cultures were vegetarians who lived with nature rather than against nature. He decided that if he wanted to see drastic positive changes in his body, he was going to have to make drastic positive changes in his dietary lifestyle. And so he did, and his life was revolutionized. This is his story and his diet plan.

Let today be the day you start loving yourself and others unconditionally, and begin your journey to optimum health by living an anti-aging alkaline lifestyle.

Chapter list:

- Alkaline vs Acidic pH
- How Does An Alkaline Lifestyle Improve My Health?
- What Does Detoxifying Have to Do With Alkalinity?
- How Do I Live An Alkaline Lifestyle?
- The Alkaline Mind
- The Type Of Water You Drink DOES Matter
- The Little-Known Human Kryptonite
- Listen To Your Body
- Fast Asleep, NOT Full Belly Asleep
- The Complete Alkaline Food List

Dr Stovall's website: [www.melonguard.com](http://www.melonguard.com)



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