

Download The Basic Guide To Alkalizing A Healing Journey

Experience the miracle of juice fasting/feasting, as a means of detoxifying your body. Juice FAST Vs Juice FEAST. Juice FASTING and juice FEASTING, also known as “juice diet”, “juice cleanse” or “juice detox” are all ways to detoxify and nourish the body by drinking (or eating, in the case of juice feasting) plenty of fresh fruits and vegetables. Shungite came out on the new age stone-lovers scene about three years ago and made quite the big splash. I’m not sure why it suddenly became so popular but it’s not usually listed in the older, more popular crystal property books so people are often left wondering and asking me lots and lots of questions about it. Share the love! 16 16 Shares by Christopher Vasey, ND Acidification in the body comes as a result of THREE primary things: 1. Eating too many acidifying foods which create an acid ash in your body. This is where proper diet comes in. By eating a diet of 80% alkalizing foods, you’ll eliminate the production of excess acid [...] Hydrogen water contains hydrogen molecules that can act as powerful antioxidants. These molecules may help neutralize oxygen free radicals that contribute to disease development, inflammation, and aging. Read more to learn about some exciting research and the potentially miraculous benefits of hydrogen water.