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The Richardson Cancer Prevention Diet is an affective, easy, and safe way to help your body resist modern diseases. The Richardson Cancer Prevention Diet will help you restore your health, gain energy, and purify your body, mind, and spirit. Please check this site out:

<http://tinyurl.com/The-Alternative-Cancer-Treatme>

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As a result of the epidemic of cancer that has broken out in recent years, there have been great strides made in where cancer originated, how it grows in the body and how effective alkaline diet and cancer regime has become. The definition of cancer allows the patient to have some control in the prevention and battle of cancer cells. By sticking to a primarily alkaline diet, this reduces, and actually quenches, the production of cancer and other diseases. Because of this, an alkaline diet has been found to prevent disease, while an acidic diet encourages disease and cancer to grow.

When you take the definition of cancer simply, it is 'a malformed cell.' This malformed cell can only reproduce malformed cells, and since the human body reproduces tens of thousands of cells daily, the answer is to stop that reproduction. The best defense then is a good offense, and that is what an alkaline diet does as it feeds the good cells, while choking out the disease.

The foods that are taken into the body typically come from two categories - foods that produce an acidic environment and foods that produce an alkaline environment. If you are taking a large quantity of medicines, this might cause your system to lean more towards the acidic, but it can be counteracted by consuming more alkaline-producing foods.

An alkaline diet is generally made up of alkaline-producing foods, so that the pH level is brought to a level of around 7.4. If you search online there are alkaline/acidic charts of all the foods. If you are just beginning this diet, make a copy of the chart and carry it with you when you shop or go out to eat. In general, stay away from processed foods, fast foods fried in trans fat, any food made with white sugar or white flour, and all foods with chemicals and steroids. These foods all feed cancer cells. If this is what your diet is made up of, check the alkaline food list and see what to be eating now.

Foods on that are alkaline-producing are vegetables, seeds, most fruits, brown rice and other grains, and fish. These foods can be mixed and matched to your own preference for at least 80% of your total diet, and then you add 20% of the acidic-producing foods, and the acidic foods are not all "bad". Foods on the acidic side are whole grain breads, lean meats, milk and milk products, butter and eggs, and this adds up to make an 100% alkaline diet.

To monitor your pH level once you have gotten started on an alkaline diet and cancer fighting way of eating, check any health food store for pH strips or litmus paper. There will be a color chart included to use and determine what your pH blood level is. For an alkaline system, it should register between 7.2 - 7.8. No two people are alike, so test your pH level about once a day as you get started. Then continue to check once a week. If you need to raise your pH level, eat more alkaline foods and use green supplements. An alkaline diet will prevent disease naturally.

Find out the 3 simple alkalizing steps you can use right now to instantly gain more vibrant health, energy and optimal weight - FAST...

Discover how the alkaline cancer diet works & why the alkaline diet recipes are highly recommended for your health. Including free alkaline food chart, food combining chart, recipes, acidity test and the steps you need to take next.

Article Source:

http://EzineArticles.com/?expert=Anthony_S_Sparks

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