



Stop Aging, Start Living: The Revolutionary 2-Week pH Diet That Erases Wrinkles, Beautifies Skin, and Makes You Feel Fantastic

Jeannette Graf M.D., Alisa Bowman

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Get Gorgeous Skin and a Healthy Glow Now!

Based on the scientifically groundbreaking premise that our cells—and consequently our skin—can only function best when the pH balance of our bodies is at its proper level, renowned dermatologist Jeannette Graf's four-part plan focuses on changing your body's ratio of acids to alkalines.

Most of us tend to eat three acidic-building foods (like sugar, refined carbs, meat, and dairy) for every one alkalinizing food (dark green leafy vegetables, garlic, onions, olive oil, lemon, fruit, nuts and seeds, and whole grains)—the reverse of the ideal ratio. And while changing your diet is important, food is not the only way to shift this ratio or reverse the cell aging that's affecting your skin. *Stop Aging, Start Living* also includes detailed information on:

- Daily alkalinizing “cocktails”
- Nutrients in foods that enhance cell energy production and cell signaling
- Choosing the right cleansers, moisturizers, and treatments that will give you the most noticeable results (hint: many of these products line the shelves of your local drugstore)
- Activities that can add exhilaration and laughter to your life and increase the neuropeptides in the brain that actually rejuvenate skin cells

Whether you want to see results fast (with the twenty-four-hour kick-start plan), ease into it (with the two-week prescription), or just incorporate a few *Stop Aging, Start Living* strategies into your life as they suit you, you'll come away looking and feeling incredibly younger.

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