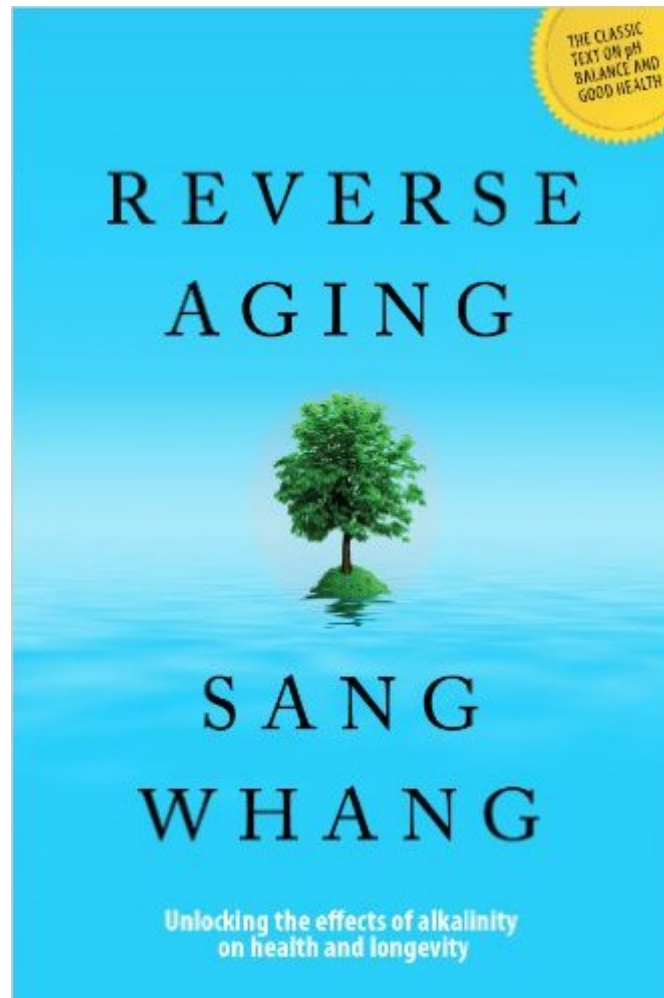


The book was found

# Reverse Aging



## Synopsis

Not science fiction, but a scientific fact! This book is the first common sense scientific explanation of the aging process and "how to" reverse it. The nutrients that we deliver to our cells burn with oxygen and become acidic wastes after giving energy to our body. The body tries its best to get rid of these acidic wastes through urine and perspiration. Unfortunately, our lifestyle, diet and environment prevent our body to get rid of all the wastes that it generates. Gradually, these leftover acidic wastes accumulate somewhere within our body. Since acid coagulates blood, the blood circulation near the waste areas becomes poor, causing all kinds of degenerative diseases to develop. The author defines the aging process as the accumulation of non-disposed acidic wastes within the body. According to this theory, the reduction of accumulated wastes is reverse aging. This book explains how some of the adult degenerative diseases are caused by too much acidic wastes, and describes the various scientific devices and methods to reduce these wastes without any harmful side effects. These devices and methods are being widely used in Japan. Alkaline water makers (water ionizers) have been in existence in Japan for more than 40 years. Many in the alternative health industry of water ionizers, magnet and far-infrared devices regard this book as the most comprehensive and up-to-date reference book of its kind in the English language. It is a "must read" for all who are health-conscious.

## Book Information

Paperback: 123 pages

Publisher: JSP Publishing (March 1991)

Language: English

ISBN-10: 0966236319

ISBN-13: 978-0966236316

Product Dimensions: 8.4 x 5.4 x 0.4 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (63 customer reviews)

Best Sellers Rank: #76,733 in Books (See Top 100 in Books) #68 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #104 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) #229 in [Books > Health, Fitness & Dieting > Aging](#)

## Customer Reviews

This was one of the first books I picked up after reading Dr. Young's "The pH Miracle", which had left me with more questions than answers. What I loved about this book was the way Mr. Whang

explains - in plain English anyone can understand - the chemical and physical science that makes alkaline diets work. If you're looking to understand the science behind alkaline diets, this book is a must-read. Mr. Whang doesn't approach alkaline balance like most other authors who just tell you to eat this and not eat that. In the first few chapters of the book, he gives the reader the essential understanding of how the human body works - from a chemical perspective. He doesn't make assumptions or rely on anecdotal data - he shows the reader how the laws of physics and chemistry affect the chemical reactions inside the human body. Armed with this information, he then tells the reader how the basic elements of foods (minerals, calcium, phosphorus, etc.) affect the pH of the body. This is the key understanding when it comes to figuring out which foods are acidifying and which ones are alkalizing. His approach is very straight forward, clear, and matter-of-fact. He then goes on to show how an acidic lifestyle and diet affects the body, how the body tries to maintain its chemical integrity, and what the resulting strain does, in terms of reactions, diseases, etc. Mr. Whang's description of diseases and how they come to be is also very interesting. He goes through a long list of diseases, gives specific reasons for each of them (from an alkaline diet point of view) and tells the reader how to reverse them.

[Download to continue reading...](#)

Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever (Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Naturally Reverse The Aging Process: Look 10 Years Younger Using These Anti Aging Secrets Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook, type 2 diabetes) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Reverse Your Diabetes NOW! How To Take Control of Your Blood

Sugar Easy and Fast!: Reverse Diabetes Forever (Type 2 Diabetes Cure Book 1) Diabetes:  
Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and  
gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes)  
Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes  
Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) The DNA Restart: ã Æ Unlock  
Your Personal Genetic Code to Eat for Your Genes, Lose Weight, and Reverse Aging Younger Next  
Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and  
Sexy Antioxidants: A Simple Method to Increase Brain Power, Strengthen Your Immune System  
and Reverse the Aging Process (Macrobiotics, Superfoods, Antioxidants) Turning Back Time: The  
Science and Secrets to Anti Aging (Age Reverse) The Face of the Future: Look Natural, Not Plastic:  
A Less-Invasive Approach to Enhance Your Beauty and Reverse Facial Aging Younger (Thinner)  
You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging,  
and Fight Disease The Schwarzbein Principle II, The "Transition": A Regeneration Program to  
Prevent and Reverse Accelerated Aging Reverse Aging

[Dmca](#)