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### **Juicing and the Feast | The Alkaline Sisters**

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Many of you have probably heard of the â€œalkaline dietâ€™™. There are a few different versions of the acid-alkaline theory circulating the internet, but the basic claim is that the foods we eat leave behind an â€œashâ€™™ after they are metabolized, and this ash can be acid or alkaline (alkaline meaning more basic on the pH scale).

### **The Acid-Alkaline Myth: Part 1 | Chris Kresser**

Get ready for a post that could change your life. Today I have 5 juice recipes and info for a what many Alkavorians call a â€œjuice feastâ€• that is also considered â€œjuice cleanseâ€•.

### **Green Drinks | The Alkaline Sisters**

In Part 1 of this series, I talked about why the basic premise of the acid-alkaline theory is flawed, and I showed that the evidence doesnâ€™™t support the idea that a net acid-forming diet is harmful to bone health. Now I want to look at the effect of dietary acid load on other health conditions. Can the acidity or alkalinity of your diet affect your risk for muscle loss, cancer, and more?

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