

The 3 Dangers Of The Alkaline Diet

The alkaline diet is becoming more popular than even the South Beach diet and other trendy ways of losing weight. It might be because it is highly effective, and besides letting you return to your optimal weight, following an alkalizing diet will boost your energy levels and overall feelings of well-being. Like all things in life, there are dangers in following the alkaline diet, and you should pay attention to avoid the three biggest pitfalls. First, never eat just alkaline foods. The body has some need for acidic foods, and if you were to go extreme, and consume only foods that become alkaline in your body, you might deprive your body of some essentials. Second, the alkalizing diets do not address essential nutrients. If you are following an alkaline system strictly, you might be failing to pay attention to things like Omega 3 (DHA), and other essential fatty acids. You absolutely need good nutrition, and should make sure you have a balanced diet that includes foods from all the major food groups (cutting down on meats and dairies, of course). Third, do not poison yourself! This might sound extreme, but that is what is happening when you drink water from plastic bottles and even from the kitchen tap. You need to pay attention to the toxins around you, and to minimize your intake of things that are not good for you. That includes some of the alkalizing products you find on the web, too. Make sure you buy from a reputable source, and get yourself a Ph test kit, to make sure you can measure the impact of any products you decide to try. Going alkaline is an exciting way to add energy to your life, and to bring back those feelings of youth. Avoid these pitfalls, and you might experience the tremendous results others are having.

About the Author

With Medifast, you can lose weight quickly and easily, up to 20 lbs. in 30 days. Medifast low calorie foods taste great and fit into your busy lifestyle.

Source: <http://www.productsherbal.com>