



ALKAMIND 2 DAY DETOX

by Claudine Desola

I have been a believer in this for about a year + I have my pH test strips



and I use them often — I have been on calls with Dr. Daryl Gioffre and really believe in his methods – I not been good recently so this was the perfect time to get to the program – I have been slacking on the health side a bit – rose / ice cream / steak / frites / too much fruit... so I need to get to it.

When my friends at Rubenstein PR got in touch and asked would I be interested in taking this challenge I was all in – it took a bit because I have been running around between work and prepping for a fashion show in September and running the studio sometimes I get a little too busy to take care of me and that doesn't make sense.

So to start let's talk about the founder of this 2 day detox I am about to share with you :

<http://www.getoffyouracid.com/about-dr-daryl/>



Dr. Daryl Gioffre is a chiropractor, alkaline lifestyle expert, health coach, certified raw food chef, triathlete, ultra-marathoner, author, and lecturer who uses innovative technology and cutting-edge nutrition to achieve and maintain an OPTIMAL level of health and energy. Dr. Daryl's dedication began when his own athletic career was restored through the power of chiropractic following a serious injury he sustained while playing soccer for the United States Under 20 Men's National Soccer Team. Passionate about his work, Dr. Daryl's ultimate reward is helping people breakthrough barriers and plateaus in their health that have been holding them back from living a life filled with energy and vitality. A former sugar addict turned health machine, Dr. Daryl knows firsthand what it takes to overcome adversity and challenges in your health. His approach is one of moderation, not deprivation, and is an inspiration to his patients as he 'walks the talk' everyday to higher levels of health, fitness, and energy. His specialty is uncovering the root causes of chronic illness, using a comprehensive yet simple set of steps, making healthy changes more convenient and sustainable.



Dr. Daryl has been practicing chiropractic for 14 years, and opened the Gioffre Chiropractic Wellness Center on the Upper East Side of Manhattan in 2004. In 2013, he founded AlkaMind, with the goal of optimizing individual's health and energy by simplifying the pursuit of an alkaline lifestyle. AlkaMind's focus is on the ONE UNIVERSAL CONSTANT regarding health: the more alkaline your body THE BETTER, the more acidic THE WORSE.

90% of the American diet is ACIDIC. Eating high-sugar snacks, caffeinated drinks, and processed foods – especially when you're stressed out – traps your body in a daily vicious cycle of too much acid. It's draining your energy and literally making you sick!

Acid is so corrosive it can burn a hole through metal. If it can do that to metal, think about what that's doing inside your body, to your digestive system, your joints and muscles, and your cardiovascular system (not good!). And your body spends massive amounts of energy and resources to keep that from happening. GET OFF YOUR ACID!

So how does one do this detox super early you have to get some of the packets from ALKAMIND to have your daily drinks + you have to follow the recipes – so you will be going to the supermarket and getting things like Kale, Cucumbers, Lemons and more...

The Doctor says Remember, detoxing and cleansing is a LIFESTYLE, and it is something that we need to do often...The bottom line is that the food we eat becomes our cells, our blood, our organs, our bones – every single part of us.

The detox includes a special combination of alkaline supplements, AlkaMind Daily Greens and Daily Minerals



The 2-Day Detox was developed to help you quickly **detoxify, reset your body's chemistry, and jump-start your metabolism.**

Why minerals?

Because minerals are the fastest and most effective way to neutralize acids and toxins in your body, period. And if you're not getting them from the food you eat and the things you drink, your body will find a way to get them...

From your bones, muscles, and organs. From your blood and your mouth....



The [Akamind 2-Day Detox](#) (\$34.99) is the perfect solution.

The 2-Day Detox **jump starts your metabolism** and allows you to **drop 3-4 pounds in just two days**. This program is perfect for use after a weekend of indulging, to get ready for summer, before a vacation, or to get your health back on track. The Alkamind 2-Day Detox is available for purchase at www.getoffyouracid.com

2-Day Detox Kit Includes:

- Daily Greens Superfood
- Daily Minerals
- The 2-Day Detox Welcome Guidebook
- Daily Protocol Guide
- Recipes, Shopping List, and 2-Day Meal Plan
- The Complete Guide of How to Use Alkamind Daily Greens & Daily Minerals
- Pre-Detox Kick Off Call and Post-Detox Transition Call with Dr. Daryl, celebrity nutritionist and founder of Alkamind

Many of the toxins in our bodies are self-inflicted from the foods we KNOW are not good for us – Things like sugar, gluten, processed foods, dairy, sodas, coffee, carbonated water, artificial sweeteners, and the list goes on and on.. especially for me because with ice cream sometimes I am having Sugar, Dairy, and even artificial sweeteners in there BOO!

The MOST important number in your body is the pH of your blood, which is tightly regulated at 7.365 (how you remember that – 7 days a week, 365 days a year your blood is slightly alkaline).

Included in your 2-Day Detox is your Daily Protocol Guide and your Recipes and Detox Protocol Guide.

So what happened after I did this 2 – Day Detox that I am about to embark on again in a few weeks because I loved the results so much

Increased Energy !! I felt like my hand that sometimes hurt in joint area did not hurt any longer! A bit of weight loss and I just felt great! Coming from a beauty prospective I think my skin was GLOWING !