

The alkaline cure for stubborn fat

Sylvie Michaud, 57,
Montreal, Canada

Height: 5'7"

NOW: 136 lbs

Sylvie
lost
114 lbs!

Lose 11 pounds
every week!

It worked for me

"I didn't know I could feel this

good!"

The serious look on her doctor's face as he entered the exam room made Sylvie Michaud feel uneasy. "Your blood pressure is 150/100," he told her.

"You'll need to take prescription medication and cut sodium from your diet." *It never occurred to me that anything could be seriously wrong with my health, she thought. How could I have let myself down so badly?*

Sylvie had struggled with effects of her excess pounds for years: She was constantly out of breath and suffered knee and back pain. "Sometimes I thought to myself, *If this is how I feel at 40, how will I feel when I'm 65?*" But

with evidence that weight was also impacting her health, Sylvie knew she needed to make a change.

Luckily, her friend's recommendation of the book *Eat to Live* by Joel Fuhrman M.D., gave her a place to start. On Dr. Fuhrman's advice, she eliminated most meat and dairy from her diet and started filling up on green leafy vegetables like spinach and kale, beans, nuts and citrus fruits like grapefruit and oranges. Raves Sylvie, "I used to crave chocolate but after eating this way for a few weeks, I started craving spinach!"

It didn't take long for her body to respond to the changes. The weight came off at a steady rate, and within a couple of weeks, Sylvie was able to

"Processed foods—especially those that contain high sugar and hydrogenated fats—produce more acid in the body." The process of breaking down these foods, he says, creates acidic by-products that flood the body. As shifts in the American diet have led us to consume more processed foods and as levels of acid-forming pesticides and other contaminants in our air, food and water supply rise, our systems have become increasingly acidic. In fact, experts estimate that 90 percent of women carrying extra pounds have excess levels of acid in their system.

Even a minor excess of acid stalls the body's slimming systems. "Because acid is damaging to the system and can harm the organs, when there's a high load of acid, your body diverts resources away from non-vital functions to neutralize the acid quickly," explains Daryl Gioffre, D.C., author of *Get Off Your Acid*. For example, the liver has to work overtime to filter out acid, so its other functions,

like producing enzymes that break down fat, are forced to take a back seat. What's more, acidity puts stress on the adrenal glands and depletes the pancreas, disrupting the production of blood sugar-regulating hormones. All together, these effects make it easier to gain weight and harder to lose it.

When the body becomes overloaded with acid, it

packs on fat to protect the organs. "Whenever I see someone who is carrying stubborn pounds, I immediately think it's an acid problem," asserts Gioffre. "When the body detects

high levels of acid, it will actually use fat as a buffer to neutralize that acid. It stores the acid in our fat cells so the acid won't be able to harm the body. In the short run, it's getting the damaging acidity out of your blood, but in the long run, it's causing you to feel tired and gain weight."

Despite how harmful acid overload can be, it's easy to restore pH balance and speed slimming. The key is filling up on leafy greens, citrus fruit, berries, nuts and seeds that are rich in alkaline minerals and phytonutrients. "Alkalizing foods neutralize the by-products of acidic foods, taking stress off your organs so they don't have to use up their limited resources neutralizing the acid. With the proper resources, the body will heal itself," Gioffre explains. As acidic toxins are neutralized, the liver is freed up to burn fat and the pancreas and adrenals are able to optimally regulate blood sugar. "And once your body is able to shed that extra acid, guess what goes with it? The fat that the body used to buffer itself." The result: women FIRST spoke to report losing up to 11 pounds a week!

The benefits go beyond melting a menopot. "The first thing you'll experience is your energy coming back," says Gioffre. "Then you'll see it on your skin—people will say you're glowing. You'll notice you're sleeping better and waking up more refreshed. You'll lose the belly bloat, your clothes will fit better and you'll feel more comfortable in your body overall."

The best part? Getting the benefits couldn't be easier or more delicious.

Gioffre advises avoiding most acidic foods, including grains, animal protein and dairy, but that doesn't mean you can't enjoy your

favorites. "It's not about deprivation, it's about moderation," says Gioffre, who favors an 80 percent alkaline approach. "What acidic foods can't you live without? Make them your 20 percent. Have fun with it! Even I don't eat 100 percent alkaline foods." To help you get started, the nutritionists in the FIRST test kitchen developed plenty of recipes for alkalizing green salads, dairy-free creamy treats and fruit-kissed meals to keep you satisfied as you slim!

Everything you need is right here!

FIRST's 24-page cookbook (pages 49 through 72) is loaded with alkalizing recipes that make balancing your pH a cinch. To design your perfect food formula, choose from the recipes on these pages to create flavorful meal plans like this:

Breakfast: Creamy Lime-Mint Fruit Salad (pg. 52)
Lunch: Layered Pesto Caprese (pg. 60)
Snack: Crunchy chickpeas (pg. 53)
Dinner: Halibut with Mango Salsa and Cauliflower Rice Pilaf (pg. 62)

THEN: 250 lbs

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