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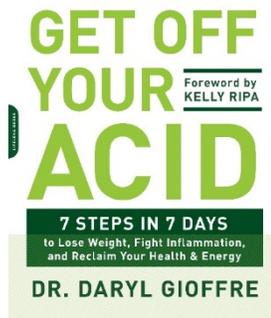
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"In all my years, I've never met anyone who didn't have some level of acid-related health issues."—Dr. Daryl Gioffre

GET OFF YOUR ACID!

Let's talk about the four-letter word that's sneakily destroying your health: acid. An acidic lifestyle—consuming sugar, dairy, excess animal proteins, processed food, alcohol, preservatives, artificial sweeteners, refined grains; along with lack of exercise, food allergies, and food sensitivities—causes inflammation. And inflammation is the culprit behind many of our current ailments, as well as causing weight gain and preventing weight loss. It's a vicious cycle: being acidic and inflamed makes you fat, and being fat encourages inflammation.

Get Off Your Acid, by celebrity nutritionist and alkaline diet expert Dr. Daryl Gioffre, will rid your diet of the acidic foods that cause inflammation and wreak havoc on your health. There is no deprivation, fasting, or eating strange food combos. Dr. Gioffre's "7 Steps in 7 Days" plan gives your body clean, nutrient-dense, alkaline-forming foods that gently cleanse from the inside out. And the recipes are made with accessible ingredients.



Dr. Gioffre's research into excess acidity and the alkaline diet is a culmination of his work with his patients and own personal experiences with acid, from his lifelong struggles with an addiction to sugar to his father's diagnosis with one of the most aggressive forms of cancer.

"As someone who battled my own health issues for a good portion of my life, I had to become a health detective to find the true cause of my problems, and I followed the evidence, and it led me to acid," says Dr. Gioffre. If you have trouble losing weight, migraine headaches, problems sleeping, low energy, digestive issues, skin issues, or excessively crave sugar, he will show you that "there is *always* a specific cause." And usually the hidden factor is acid.

With chapters on how to turn your body into a fat burning machine, the most acidic foods and why they are bad, and the most alkaline foods, ***Get Off Your Acid*** provides the tools to help you determine the specific type of acid that is the root of a particular health issue and how to transform your body into a more alkaline environment.

The 7 Steps, or Lifestyle Changes: Oxygenate, Alkaline hydration, Chlorophyll, Adding Mineral Salts and Supplements, Lymphatic System Drainage, Daily Detox, and Alkaline Exercise. **Recipes include:** Macadamia Chai Nut Milk, Carrot Cake Protein Smoothie; Baked Zucchini Chips; Watercress Grapefruit Salad; Red Lentil and Kale Soup; Collard Green Banh Mi; Vanilla Coconut Chia Pudding.

Dr. Daryl Gioffre is a celebrity nutritionist and longevity expert who specializes in the alkaline diet. A former sugar addict turned health machine, Dr. Gioffre knows firsthand what it takes to overcome adversity and challenges in your health. His specialty is uncovering the root causes of inflammation and chronic illness, using a comprehensive, yet simple, seven-step plan to make healthy changes more convenient and sustainable. His approach is one of moderation, not deprivation. Dr. Gioffre uses cutting-edge nutrition to help you achieve and maintain an optimal level of health and energy. He is also a chiropractor, health coach, certified raw food chef, ultra-marathoner, and a passionate speaker and educator.

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