

**Alkamind**  
GET OFF YOUR ACID

**OK!**

## **OK! Columnist Aviva Drescher Shares Her Fit Mommy Secrets**

**Find out how she keeps her amazing figure!**



Hello and welcome to my weekly column! I have been passionate about health, diet and lifestyle for 11 years and want to share my tips with you. Here's the thing — I am not about spending a lot of time exercising and I like to keep all diet and health plans very simple. Who has the time? Let's get started.

I TRY and follow an alkaline diet. There are studies that show that disease cells (like cancer) thrive in an acidic environment and die in an alkaline one. Acidic diets also make you feel crappy and put on weight. What is acidic (bad) and what is alkaline (good)? Our western diet is very acidic. Think sugar, white flour, meat, alcohol, and dairy. Alkaline foods are vegetables, fruits, seeds, nuts, beans. It sounds dismal but it's not!!! It's delicious! Just eat healthy foods most of the time and when you cheat — cheat HARD! Life IS short. You will feel amazing and look awesome — I promise...



One of the things I do everyday is first thing in the morning, I drink a cup of freshly squeezed grapefruit juice with a scoop of green powder (filled with amazing organic greens, wheat grass and a gazillion amazing ingredients) that tastes peachy. By taking this powder, I know that I have gotten my daily serving of vegetables and chlorophyll. This is one of my favorite treats of the day and I know that I am giving myself major health benefits as well as great skin and hair. I also feel amazing from it. This magic nutrient powder can be bought at [Getoffyouracid.com](http://Getoffyouracid.com) where you can also learn everything about the alkaline way of life. This website also has recipes and a ton of information including amazing cleanses that can last for 3 days to 7 days. And these cleanses — have you eating more food than you normally eat! They are not fasting cleanses or difficult in any way. Just healthy food... Btw — Elle McPherson, Tom Brady and Giselle, Kelly Ripa, Victoria Beckham, Kate Hudson, Gwyneth Paltrow, Kirsten Dunst all follow an alkaline diet . Their stakes are a lot higher than mine !! I don't do the alkaline diet perfectly. Believe me I love my prosecco, bread and sweets! But knowing that I am stacking the odds in my favor and feeling and looking my best eating well MOST of the time feels fantastic and makes the eating cheating all the more fun.

Xoxo,

Aviva

P.s.

This has been my summer goto dress. It's by a French model named Jeanne Damas. Her line is called rouje. I am obsessed with these adorable sexy bloggers with fabulous taste and pictures!

