



RUBENSTEIN
PUBLIC RELATIONS, INC.

That Girl At The Party

March 12, 2018

BEAUTY, HEALTH AND WELLNESS

THAT GIRL AT THE PARTY ◇ MARCH 12, 2018

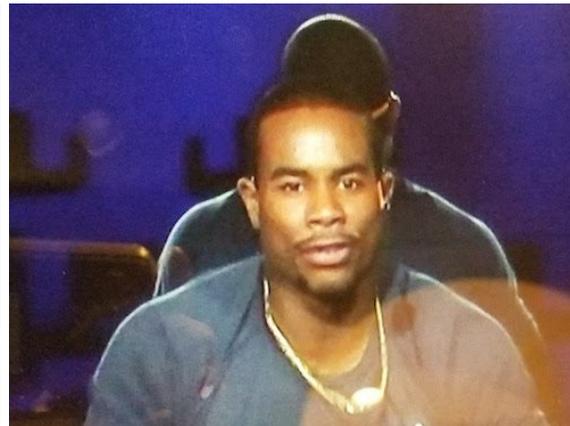
Dr Gioffre Says Get Off Your Acid



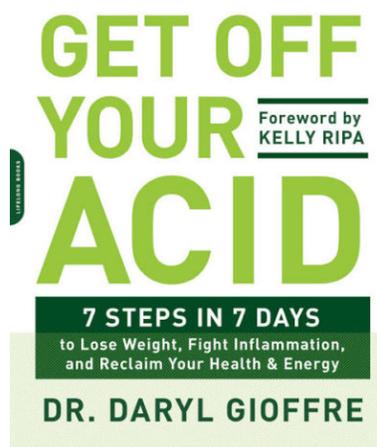
On Thursday night, I got to meet and chat with the incredible **Dr. Daryl Gioffre** at a wonderful event at the **Peleton Store** on 84th and Madison. The event celebrated the

launch of his new book, ***“Get Off Your Acid: 7 Steps In 7 Days to Lose Weight, Fight Inflammation and Reclaim Your Health & Energy.”***

Dr. Gioffre is just who I need in my Life right now. A prolonged period of extreme stress due to running multiple businesses, an apartment crisis and my father’s Alzheimer’s has packed an extra 25 lbs on to my already chubby frame, mostly around the middle! Having beat every other vice – alcohol and smoking, I am now addicted to food, especially sugar! Dr Gioffre hipped me to the vital importance of keeping the body alkaline to avoid illnesses such as weight gain, diabetes, cancers and Alzheimer’s. I have known about this for years. But the exact steps we need to take and tests we need to do, I was unaware of.



He also explained the difference between good Omegas and bad ones. I always thought that we needed Omega 3s, 6s and 9s. But the good Doc explained that next to blood PH, the Omega-6 to Omega-3 fatty acid ratio is the most important one in our bodies. Also known as the AA/EPA ratio, the ratio should ideally not be more than 1:1 and definitely not more than 4:1. Yet the average American has a more than 19:1 AA/EPA ratio! Thus, we only really need to supplement with 3s. Dr. Gioffre conducts a blood test on his patients that allows him to determine that ratio to assist them in getting it back into proper alignment.



Dr. Gioffre's research into excess acidity and the alkaline diet is a culmination of his years long work with his patients and his 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 with 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. I followed the evidence and it led me to acid."* states Dr Gioffre.

His book is lifesaving 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 readers with the tools to help determine the specific type of acid that are at the root of our particular health issues and how to transform our bodies into more healthy alkaline environments.

The 7 Steps include:

- *Oxygenate*
- *Alkaline Hydration*
- *Chlorophyll*
- *Adding Mineral Salts and Supplements*
- *Lymphatic System Drainage*
- *Daily Detox*
- *Alkaline Exercise*



It was a magical evening. I fell in lust with Peleton video trainer **Alex Toussaint** – a lean drink of hot chocolate with a deep velvety voice. I want to buy a bike just to have him in my house every day. Back in the saddle, indeed! I was happy to see my fav former RHOHYs, **Jill Zarin** and **Aviva Drescher** with her hubby. It was also a blessing to meet **Marissa and Chris Cook** and their magical little one **Charlotte**. She is an eight-month old living doll of a baby, who was the life of the soiree. Sista animal lover **Chelsea Gioffre**, who is Dr. Gioffre's wife, was also a joy and it's always great to catch up with **Shay** from **Rubenstein PR**. Shay is one of the most professional and gracious PR people in NYC.

I am looking forward to working with Dr. Gioffre on some additional stories to help me and all TGATP readers to *"get off their acid!"*

<http://thatgirlattheparty.com/dr-gioffre-get-off-your-acid/>