

FEEL HAPPIER

by eating these mood-boosting vegetables!

LOSE 22 GUZEA

AGE-PROOF YOUR METABOLISM

with vitamin D!

Eat *peaches* for

PAIN-FREE JOINTS!

This energy-boosting iced tea

BEATS FATIGUE!

Sniff this to CALM ANXIETY!

SECRET SAVINGS on Amazon, Netflix and more!



STOP

with berries!

tor women

HAIR LOSS

Lose 22 lbs a week with KELLY RIPA'S health-boosting pH detox!

People are buzzing about an exciting new way to get slim, and it's no wonder: All you have to do is cut the acid in your diet—and watch pounds melt away . . .

ost experts blame our spare pounds on overeating or lack of exercise. But nutritionist-tothe-stars Daryl Gioffre, D.C., says there's another culprit one that's far easier to deal with. That culprit is . . . acid. "Acid from the food we eat, from pollutants we absorb, even from our own stress hormones. The modern world is highly acidic, and a key way our bodies protect us is by using fat as a buffer," he says. "Reduce the acid in your body, and fat is quickly released." There's science backing him up: A University of Texas study found that folks with the most acid in their systems had BMIs 52% higher than those with the least. Meanwhile, Dr. Gioffre's patients—including Kelly Ripa and a host of Real Housewives—report using his anti-acid strategies to shed up to 22 pounds in a single week. "This approach will likely be different than anything else you've tried, and that's why it gets results that other diets don't," says the author of the new book Get Off Your Acid. "We track all our patients and see a 98% success rate." Here's how to test it for yourself . . .

Your quick-start guide What you eat

You'll start by replacing foods that build up acid in your system (coffee, most fruit, sugar, grains, most animal products)

> with foods that neutralize or "alkalize" acid. Your main diet staples will be

veggies (especially leafy greens) and plant-based fat. You'll also enjoy moderate amounts of plant protein (quinoa, beans) and alkalizing fish (wild-caught salmon, trout) plus smaller servings of alkalizing starch (sweet potatoes, sprouted-grain bread). The surprising and fun part: "Alkaline eating has such a powerful impact, you Gentle walks are only have to do it 80% of the time an easy way to lower

to see amazing results," says Dr. Gioffre. So 20% of the time (that's one sitting, every other day) you can have whatever you likeand it's not cheating! "You don't have to give up anything. Just balance out the acid with alkaliz-

ing options."

Why it slims

"If your blood becomes too acidic, you actually die—so your body does whatever it takes to neutralize excess acid," notes Dr. Gioffre. To handle floods of acid—includ-

ing lactic acid from sugar, nitric acid from red meat, sulfuric acid from wheat-alkaline minerals are leeched from the rest of your system. "Magnesium is pulled out of your muscles, calcium is pulled from your bones and cartilage, sodium bicarbonate is taken from your mouth," the expert notes. As a result, teeth decay, bones weaken, joints ache, muscles shrink. "Muscle loss particularly impacts weight since it not only leaves us weak, it slows metabolism," he says.

It doesn't stop there. Even after minerals have been plundered, there may still be too much acid—and that's when our bodies accelerate fat storage to create a generous acid waste dump. Acidic fat tissue can then trigger thyroid-dampening inflammation

and other hormonal problems. "It's a very complicated problem with a surprisingly simple solution," says Dr. Gioffre. "Give your body an abundance of alkalizing foods. You'll feel like a high-energy, fat-burning machine in as little as seven days!"

Real-world wow!

After hearing that Dr. Gioffre's

plan made Kelly Ripa feel stress hormones that amazing, Stephanie Zarra will otherwise raise acid gave it a try. "In one week, I lost eight pounds and had so much energy. Even when I began to incorporate foods like meat, cheese and pasta 20% of the time, kept losing," says the New Jersey nurse, 23. "In a month, I lost two sizes—and I've been maintaining for three years!" Meanwhile,

just two weeks after Jackie Alvarez tried Dr. Gioffre's approach, she was already down 17 pounds. "I started making alkalizing food for my whole family. I wanted them to feel as good as me," says the New York mom, 54. "Now we all eat this way!" Jackie has lost 40 pounds; her husband shed 100 pounds. "This diet is life-changing!"

Enjoy chocolate mousse for dessert!

This treat is so rich and creamy, you won't believe it's made from good-for-you ingredients. Add it to any lunch or dinner . . .

☐ 1 1/2 avocados ☐ 2/3 cup coconut water

levels in the body.

- ☐ 1 Tbs. vanilla ☐ 2 Tbs. raw cacao
- 3 pitted dates or more for sweetness ☐ 1 1/2 tsp.

sea salt



Blitz all ingredients in a blender or food processor, divide into two portions and refrigerate until firm.



When Kathy Fischer found out that Dr. Gioffre's guidelines might help with her severe acid reflux, she went to GetOffYourAcid.com and gave it a try. Though she was used to eating a lot of pasta and fast food, she found she enjoyed alkalizing smoothies, salads and stir-fries. "I wasn't hungry, my reflux was gone in a few days and I lost 10 pounds my first week!" recalls the Illinois homemaker, 55. "I stuck with this plan because it makes me feel so great. Without even trying, I lost two sizes!"

Kathy's best tip:

 Change your salt! Swap table salt for sea salt or Himalayan pink salt, which are both alkalizing options.

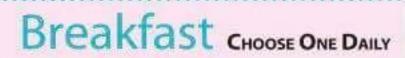
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Your Alkaline Detox menus!

ur nutrition team followed guidelines in *Get Off Your Acid* to create these meals for you to try. To get your body off to the fastest start, stick strictly to alkalizing foods for seven days. After that, you only need to do so 80% of the time. (That means one meal every other day is a total freebie!) While following this plan, there are no set portions—but do aim to make leafy greens and natural fat the main staples at most sittings. Eat until you're pleasantly full. While using this plan, be sure to drink plenty of water. Herbal tea especially dandelion, ginger, turmeric and lemon—are also great alkalizing choices. Season meals to your liking with plenty of herbs, spices, sea salt,

DR. DARYL GIOFFRE

lemon juice, apple cider vinegar, stevia and/or monk-fruit sweetener. As always, get a doctor's okay to try any new plan.



OPTION 1

Kelly Ripa's Bloody Mary

Smoothie: In blender, blitz
2 diced tomatoes, 1 handful spinach,
1/2 stalk celery, 1/4 cucumber, juice
of 1/2 lemon, cayenne, salt and
black pepper to taste

1 serving flaxseed crackers, such as Flackers

OPTION 2

Green Smoothie: In blender, blitz 1 handful spinach, juice of 1/2 lemon, 1/2 peeled cucumber, small handful cilantro and parsley, 1 cup water, 1 scoop plant-based protein powder, ice and liquid stevia and ginger and to taste Slice of sprouted bread with hummus or macadamia butter

Lunch & Dinner

CHOOSE ONE AT EACH SITTING DAILY

Option 1
Ouick-Fix Salad: Top a big bowl of greens

Quick-Fix Salad: Top a big bowl of greens and alkaline veggies (such as bell pepper, cucumber, celery, sprouts) with optional tomato, cannellini or kidney beans, cooked quinoa and walnuts or pistachios; then use guacamole

OPTION 2

Dr. Daryl's Famous Pesto Bowl:

In food processor, blitz 3 cups baby spinach, 1/4 cup basil, 2-4 cloves garlic and 1/4 cup cashews. Slowly add 1/2 cup olive oil, juice of 1/2 lemon, sea salt and pepper. Toss with 4 spiralized zucchini and 1 drained/rinsed can cannellini beans; garnish with cherry tomatoes. Serves 2.

OPTION 3

Easy Kale Soup: In soup pot, sauté 1 chopped onion in 1 Tbs. coconut oil. Add 4 minced cloves garlic, 2 chopped carrots, 2 chopped celery stalks and 2 bunches of kale cut in ribbons; sauté 2-3 minutes. Add 6 cups low-sodium vegetable broth, 1 1/2 cups rinsed red lentils, salt and pepper. Cook on medium-low until lentils are ten-

der, 20 minutes. Serves 4.

OPTION 4

Burrito Bowl: Rinse/drain a can of adzuki beans and heat with 2 sliced green onions, juice of 1 lime, 2 minced garlic cloves and 1/2 tsp. cumin; simmer. Serve over cooked quinoa with optional diced tomato, sliced avocado and chopped cilantro Leafy green side salad with olive oil, apple cider vinegar and herbs to taste

Make your own menus!

About 80% of the time, make alkalizing produce (especially leafy greens) and fats your main staples along with some protein and a little starch. Bestbet ingredients include:

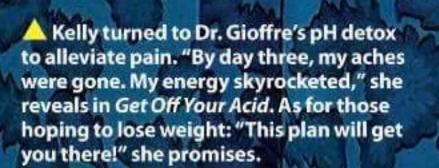
Best-bet produce All leafy greens and lettuce, avocado, artichokes, asparagus, bell pepper, celery, coconut, cruciferous veggies, cucumber, eggplant, grapefruit, green beans, lemon, lime, okra, red onion, rutabaga, snow peas, spring onion, sprouts, tomato, watermelon, zucchini

Best-bet nuts & seed Chia, hemp, flaxseed, pumpkin seeds, macadamia nuts, almonds, cashews, walnuts, pistachios

Best-bet oils
 Avocado oil, coconut
 oil, MCT oil, flax oil,
 macadamia nut oil,
 olive oil

Best-bet protein
 Quinoa, beans,
 hummus, anchovies,
 sardines, wild-caught
 salmon and trout

Best-bet starch Sweet potatoes, new potatoes, sprouted bread, sprouted tortillas





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