

Dr. Robert Atkins, noted author, health and diet expert.

"The cells and fluids in most people's bodies...are overly acidic. This can cause a lot of health problems. It prevents your body from neutralizing and disposing of harmful, poisonous toxins and leaves you more susceptible to the cell-damaging free radical oxidation that leads to cancer and other diseases."

"Just about every condition I can think of, from arthritis to diabetes to cancer, is associated with acidity"