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Acid-Forming diets lead to indigestion (acid indigestion) that eventually creates a condition known as 'acidosis' or 'chronic acidosis' which acidify body tissue.

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### **Susan e. brown (author of the acid- alkaline food**

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Alkaline Foods versus Acid Foods or Uric Acid Foods. If you're wondering how your diet stacks up, check out the table below. This table includes a listing of 114

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A table of foods that affect alkaline levels in the body. Learn how alkaline-forming foods affect bone health.

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