

ALKALIZE

Meaning: To alkalize means to make something more alkaline or less acidic, particularly in the context of diet or bodily pH balance.

1. Alkalize your diet by incorporating more green vegetables and fruits.
2. Drinking alkaline water may help to alkalize the body and improve overall health.
3. Many people believe that alkalizing the body can prevent various diseases.
4. To alkalize the soil, farmers often add lime or other alkaline substances.
5. Yoga and meditation are thought to help alkalize the mind and promote mental clarity.
6. The nutritionist recommended specific foods to help alkalize my system effectively.
7. Alkalizing agents are often used in industrial processes to neutralize acids.
8. Some supplements claim to alkalize the body and boost energy levels significantly.
9. The process of alkalizing the water can enhance its taste and health benefits.
10. Research suggests that an alkalized environment may inhibit the growth of certain cancer cells.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/alkalize>