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Alkaline Foods - A Guide for Your pH Balance Diet Plan: Manage your acid alkaline diet and your alkaline health

Jake Hargis

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We know that eating alkaline foods as part of a pH Balanced alkaline diet is an essential part of achieving optimal long-term health. With this comes vigor, energy, improved well-being, overall reduction of chronic illness and longevity.
Alkaline Foods – A Guide for your pH Balanced Diet Plan, provides a complete framework for self-managing your alkaline health and the acid-alkaline balance in your body. This is not a weight loss guide. We do however include a bonus chapter with a collection of Alkaline Diet Recipes
Written in straight-forward layman's terms, the book reveals - how to identify acidic imbalance, how to self-manage your pH level, what the lifestyle factors are that affect pH and what alkaline cure options are available.
A key element of the book is that it addresses how to identify and select the foods that you should eat.
In a particularly useful final chapter, the book summarises
(i) Top Ten Alkaline Foods to aim to eat (whenever you can).
(ii) Top Ten Alkaline Food "Substitutes" (so as to not have an overly limited eating plan)
(iii) Top Ten Actions you can take to achieve pH balance (simple lifestyle things you can do)
(iv) Ten Worst Foods for pH balance (the ones you really must avoid).
So – just what you need to be able to understand Alkaline Foods and self-manage a pH Balance diet.....Get your copy today (includes our "Top Ten" alkaline recipes).

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People live in this new time of lifestyle always try and and must have the spare time or they will get wide range of stress from both lifestyle and work. So , if we ask do people have time, we will say absolutely without a doubt. People is human not just a robot. Then we consult again, what kind of activity do you have when the spare time coming to you actually of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative within spending your spare time, the book you have read is definitely Alkaline Foods - A Guide for Your pH Balance Diet Plan: Manage your acid alkaline diet and your alkaline health.

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