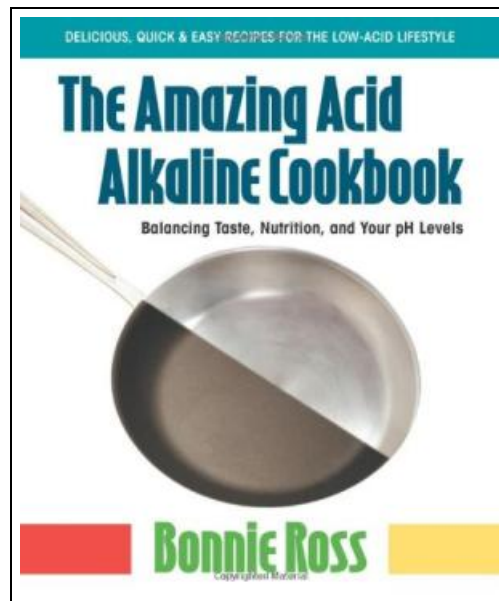


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Reviews

Very good e-book and beneficial one. I am quite late in start reading this one, but better then never. I am effortlessly could get a pleasure of looking at a written book.

(Alphonso Beahan)

THE AMAZING ACID ALKALINE COOKBOOK: BALANCING TASTE, NUTRITION, AND YOUR PH LEVELS (PAPERBACK)



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Square One Publishers, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. It s no secret that the foods we eat have a direct impact on our health. But did you know that for optimum wellness, the body needs the proper pH balance of acid and alkaline compounds, which are influenced by diet? The problem is that as a society, we tend to consume highly processed foods that produce acid. This makes us prone to a variety of health problems, from minor skin irritations to osteoporosis. Bonnie Ross offers a solution with The Amazing Acid-Alkaline Cookbook. The book opens with pH basics, including an explanation of how an overly acidic body wreaks havoc on health. The author then presents ten chapters packed with over 140 kitchen-tested recipes for perfectly balanced dishes that are both satisfying and delicious. Choose from taste-tempting breakfast favorites, soups, salads, snacks, and sides, as well as delectable entrees, baked goods, and desserts. With The Amazing Acid-Alkaline Cookbook, you ll learn how easy it is to make delicious meals that will naturally correct your body s pH balance, helping you regain vigor and well-being.



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