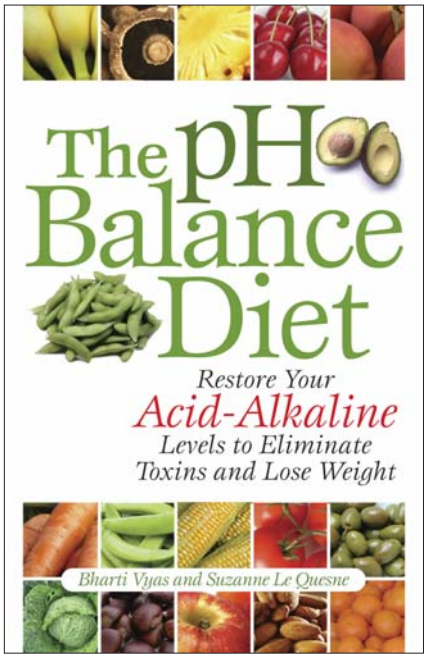
Restore Your Acid-Alkaline Levels to Eliminate Toxic Overload and Lose Weight

For Immediate Release



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Charts, tables

The pH Balance Diet

- A complete program to reverse acid buildup and gain the vital health benefits of a proper pH level
- Includes a shopper's tear-out chart of acid-forming versus alkaline-forming foods

Quick and easy yet informative and thorough, *The pH Balance Diet* tells how to pH-test one's body, correct imbalances, and eliminate toxic overload by following a dietary way of life that works.

The book details the physiological process that occurs when digested foods create a pH imbalance. Since the body is naturally alkaline, problems arise when it processes too many acid-forming foods such as meat, dairy, wheat, and sugar. The resulting excess acid waste leads to low energy levels, poor skin condition, brittle bones, and serious health issues, including weight gain.

The pH Balance Diet is a system that dramatically reverses this process. It reveals the top 80 alkaline-forming superfoods and specifies which acid-forming foods to avoid. To complete the plan there is an easy-to-follow section with over 40 recipes as well as a special section on drinks that features a "juicing-for-superhealth" program.

About the Authors

Bharti Vyas has been a practicing holistic beauty therapist for 25 years. Her wellness clinics are among the most popular in London. She has written six books and travels extensively giving lectures on holistic therapy.

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