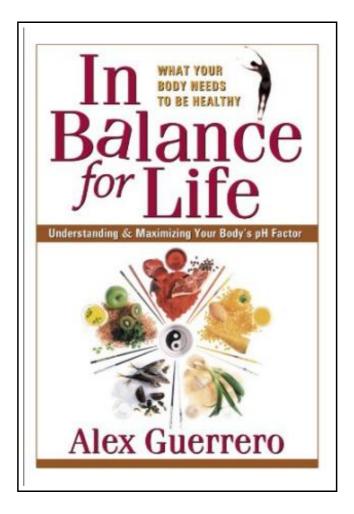
In Balance for Life: Understanding and Maximizing Your Body s pH Factor (Paperback)



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This pdf might be really worth a go through, and far better than other. It can be packed with wisdom and knowledge Its been written in an exceedingly straightforward way and is particularly only soon after i finished reading through this pdf by which basically changed me, modify the way in my opinion.

(Earnestine Blanda)

IN BALANCE FOR LIFE: UNDERSTANDING AND MAXIMIZING YOUR BODY S PH FACTOR (PAPERBACK)



Square One Publishers, United States, 2005. Paperback. Book Condition: New. 228 x 148 mm. Language: English . Brand New Book. The principle of balance is not new. It forms the foundation of both Eastern and Western philosophies, fromAristotle to Confucius. As it relates to health, it has been around just as long, from the development of traditional Chinese medicine to the treatments used by Hippocrates and Galen. What is new, however, is a scientifically based application that can improve numerous disorders and maximize your health. Imagine that the human body has an internal mechanism that keeps two basic types of chemicals acid and alkali in balance. When your body becomes either too acidic or too alkaline, you become susceptible to a host of disorders. When balance is restored, however, so is your health. In this brilliant book, renowned health expert Alex Guerrero explains how you can become well now and for an extended lifetime by restoring your pH balance. The author first describes how you can assess your health. He then provides a plan, including a fourteen-day diet and a simple program of supplements, that will bring your body back into balance. You ll even find a selection of recipes that will tempt your taste buds as you reclaim your health and well-being. Here is a book that will quickly capture the imagination of all those looking for a drug-free way to feel better. In Balance for Life offers an effective, easy-to-follow program that is bound to shake up your beliefs about your own body, and about the steps you can take to maintain or regain your well-being.

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