

Acid Alkaline Diet For Dummies - Julie Wilkinson

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Restore your pH balance and live a healthier life Our caveman ancestors followed a diet full of fresh fruits and vegetables, nuts, and legumes, but with time and the advent of agriculture, our diets changed drastically to include grains, dairy products, salt, and large quantities of meat. These new foods altered the level of acid in our diets, disrupting our ideal pH balance and increasing the loss of essential minerals, making us more prone to illness. This easy-to-follow guide shows you how a simple change in diet to restore your body's crucial pH balance can help you lose weight, combat aging, and keep you healthy! Acid Alkaline Diet For Dummies covers the gamut of this healthy lifestyle choice, from the symptoms of a high acid diet to the food you should have on hand to implement an acid alkaline diet and everything in between. Covers food to avoid and food with a high alkaline quality. Discusses how to lose weight with the acid alkaline diet. Offers trusted guidance on how the acid alkaline diet can prevent illnesses like brain disorders, asthma, heart disease, diabetes, arthritis, and many more. Includes 40+ healthy recipes to help balance your pH. Acid Alkaline Diet For Dummies is essential reading for the millions of people with health problems interested in combating illness with a holistic, successful lifestyle change. Author: Wilkinson, Julie Publisher: For Dummies Illustration: N Language: ENG Title: Acid Alkaline Diet For Dummies Pages: 00384 (Encrypted EPUB) On Sale: 2012-12-10 SKU-13/ISBN: 9781118414187 Category: Health & Fitness : Nutrition

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