

The pH Balance

Health & Diet Guide

for GERD, IBS & IBD

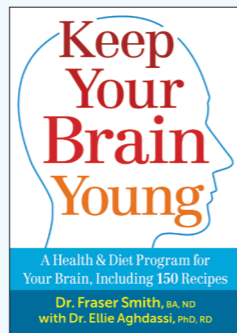
A pH-balanced diet is one of the healthiest and most therapeutic ways to treat and maintain optimal digestive health. Fortunately, a pH-balanced diet is easy to follow. This outstanding book explains just how simple it is to eat the desired ratio of alkalizing to acidifying foods in order to ensure an ideal 7.4 pH level. You'll soon begin to enjoy the benefits — increased vitality, energy, better health and the empowerment that comes from being able to manage your digestive concerns.

Restore your body's acid-alkaline balance and enjoy better health and well-being by following the 28-day meal plan and preparing the delicious recipes.

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Practical Solutions, Diet Management +175 Recipes

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