



The pH Balance Diet: Restore Your Acid-Alkaline Levels to Eliminate Toxins and Lose Weight

Bharti Vyas, Suzanne Le Quesne

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ELIMINATE TOXINS, LOSE WEIGHT AND INCREASE ENERGY

When naturally balanced, your body is alkaline. But a diet high in meat, dairy and sugar overwhelms your body with acidic waste, resulting in weight gain, low energy, poor skin and brittle bones.

The pH Balance Diet explains how to correct imbalances, eliminate toxic overload and reverse acid buildup. It offers a gradual, healthy approach to restoring your body's natural acid-alkaline balance, including:

Easy-to-follow, three-phase program

Tips on how to eat fewer acid-forming foods

A handy quick list of the top 80 alkaline-forming foods

Information on free radicals and antioxidants

Includes over 40 quick and delicious recipes feature alkaline-forming ingredients such as **avocados, cantaloupe, eggplant, kiwis, lentils, mushrooms, peppers, rye bread, salmon, soymilk, turkey and wild rice.**

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Yvonne Casey:

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