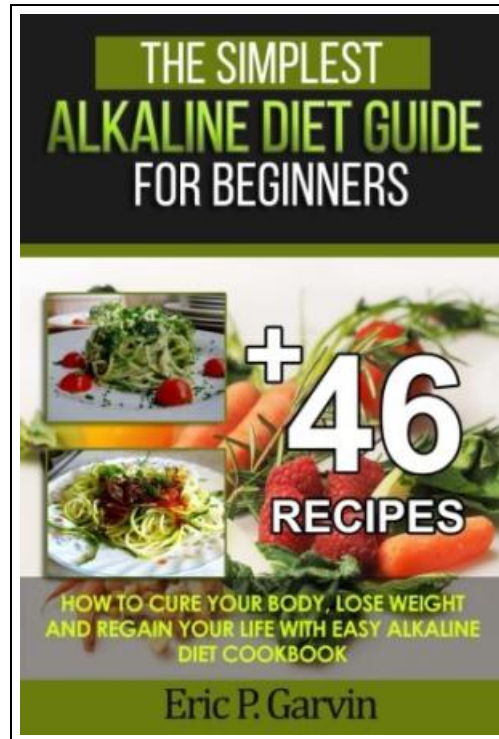


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*The book is fantastic and great. It is filled with wisdom and knowledge I am just easily will get a enjoyment of looking at a composed publication.*




***(Bradley Hahn)***

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A full-color version of The Simplest Alkaline Diet Guide for Beginners + 46 Easy Recipes. Did you know that our blood pH must stay within a very small range, otherwise death or a serious illness can occur? Our bodies have a wonderful maintenance system to keep our blood in balance which is necessary for healthy human function. This system protects our blood, despite the circumstance, even at the cost of our own tissues. When our tissues become acidic, that, in turn, can result in an improper function of some major systems, including; digestion, organ, repair from injury, and skin integrity. PH is really important to our bodies and there s a quick way to check if It s in balance and if it isn t there s also an easy way to fix it. Our body s internal system requires a pH just over 7. We call this range; alkaline. (For example, dogs have an acid pH range that is on the lower end of the scale). Since we are human, our immunologic, enzymatic, and repair systems all function at their peak in this alkaline range. However, our metabolic processes - the processes of tissue repair, living, and food metabolism, produce a great deal of acid. To be able to maintain the alkaline state in our bodies, we need to be equipped with a few tools. These tools are all around us; water, oxygen, and acid-buffering minerals. That is why this book runs about Alkaline diet which is also known as the alkaline ash or acid-alkaline diet. It is based around the idea that the foods you eat can affect the alkalinity or acidity (the pH balance) in the body. As it...

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