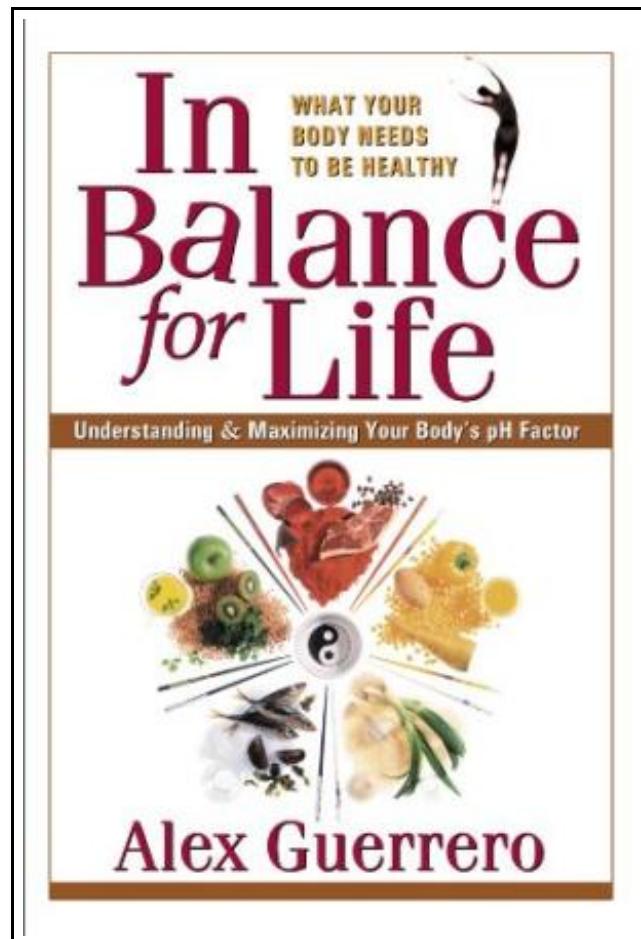


In Balance for Life: Understanding and Maximizing Your Body's pH Factor (Paperback)



Filesize: 6.54 MB

Reviews

Here is the finest publication i have read through until now. I am quite late in start reading this one, but better then never. I am just easily can get a pleasure of studying a created publication.
(Morgan Bashirian)

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

[DOWNLOAD](#)

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, from Aristotle 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.

- [Read In Balance for Life: Understanding and Maximizing Your Body's pH Factor \(Paperback\) Online](#)
- [Download PDF In Balance for Life: Understanding and Maximizing Your Body's pH Factor \(Paperback\)](#)

Other eBooks



Tales from Little Ness - Book One: Book 1 (Paperback)

Lulu.com, United Kingdom, 2015. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****. Two of a series of short Bedtime Stories for 3 to 5 year...

[Read ePUB »](#)



Readers Clubhouse Set B Time to Open (Paperback)

Barron's Educational Series, United States, 2006. Paperback. Book Condition: New. 222 x 148 mm. Language: English . Brand New Book. This is volume nine, Reading Level 2, in a comprehensive program (Reading Levels 1...

[Read ePUB »](#)



Readers Clubhouse Set a Too Too Hot (Paperback)

Barron's Educational Series, United States, 2006. Paperback. Book Condition: New. Karol Kaminski (illustrator). 220 x 148 mm. Language: English . Brand New Book. This is volume four, Reading Level 1, in a comprehensive program...

[Read ePUB »](#)



Penelope's English Experiences (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author...

[Read ePUB »](#)



Music for Children with Hearing Loss: A Resource for Parents and Teachers (Paperback)

Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Written by an expert in the field who is both a teacher and a...

[Read ePUB »](#)