



The PH Diet Explained: The Ultimate Guide to a Healthier You

By Lisa Patrick

Weight a Bit. Paperback. Book Condition: New. Paperback. 42 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. The pH Diet Explained allows the reader to have an understanding of the methods that can be used to get the body back in balance by eating the right foods. The body works best when it is neither too acid nor too alkaline and to get the body in peak form it is a bit tricky to know what to eat and how much to eat to keep that balance. The author of this text has introduced the reader to a diet that can help them to do that and more. They are not only able to get the body back in balance but also get some other benefits as well like that well needed weight loss and also have improved health as a result. It is the choice of the reader as to whether or not they want to try this diet. That is the only way that they will know if it will work for them at any rate. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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Reviews

It becomes an awesome publication that I actually have actually read. It really is written in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Talia Cormier**

I just started out reading this ebook. I could comprehend every little thing out of this written e book. I am pleased to inform you that this is actually the very best publication I have read through inside my personal life and could be the best ebook for ever.

-- **Antonia Orn IV**

Other Books



Too Old for Motor Racing: A Short Story in Case I Didn't Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



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Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



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Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



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DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...
