



# Alkaline Foods - A Guide for Your pH Balance Diet Plan: Manage your acid alkaline diet and your alkaline health

*Jake Hargis*

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We know that eating alkaline foods as part of a pH Balanced alkaline diet is an essential part of achieving optimal long-term health. With this comes vigor, energy, improved well-being, overall reduction of chronic illness and longevity.

Alkaline Foods – A Guide for your pH Balanced Diet Plan, provides a complete framework for self-managing your alkaline health and the acid-alkaline balance in your body. This is not a weight loss guide. We do however include a bonus chapter with a collection of Alkaline Diet Recipes

Written in straight-forward layman's terms, the book reveals - how to identify acidic imbalance, how to self-manage your pH level, what the lifestyle factors are that affect pH and what alkaline cure options are available.

A key element of the book is that it addresses how to identify and select the foods that you should eat.

In a particularly useful final chapter, the book summarises

- (i) Top Ten Alkaline Foods to aim to eat (whenever you can).
- (ii) Top Ten Alkaline Food “Substitutes” (so as to not have an overly limited eating plan)
- (iii) Top Ten Actions you can take to achieve pH balance (simple lifestyle things you can do)
- (iv) Ten Worst Foods for pH balance (the ones you really must avoid).

So – just what you need to be able to understand Alkaline Foods and self-manage a pH Balance diet.....Get your copy today (includes our “Top Ten” alkaline recipes).



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