

ULTIMATE PH SOLUTION



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pH is the measurement of potential hydrogen: simplified, it's the amount of positively charged hydrogen ions (acid) and negatively charged hydroxyl ions (alkaline) we carry. Our blood is slightly alkaline and most tissues should be as well.

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Too much acid in your blood can cause a host of health problems, but with cutting-edge, medically sound research, this indispensable guide offers an easy-to-follow plan and simple lifestyle changes that will help you kick acid and stay healthy. The Ultimate pH Solution also includes real-life success stories of people who have overcome disease and lost weight by balancing their pH levels, along with 50 recipes for delicious pH-powerful dishes.

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