



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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