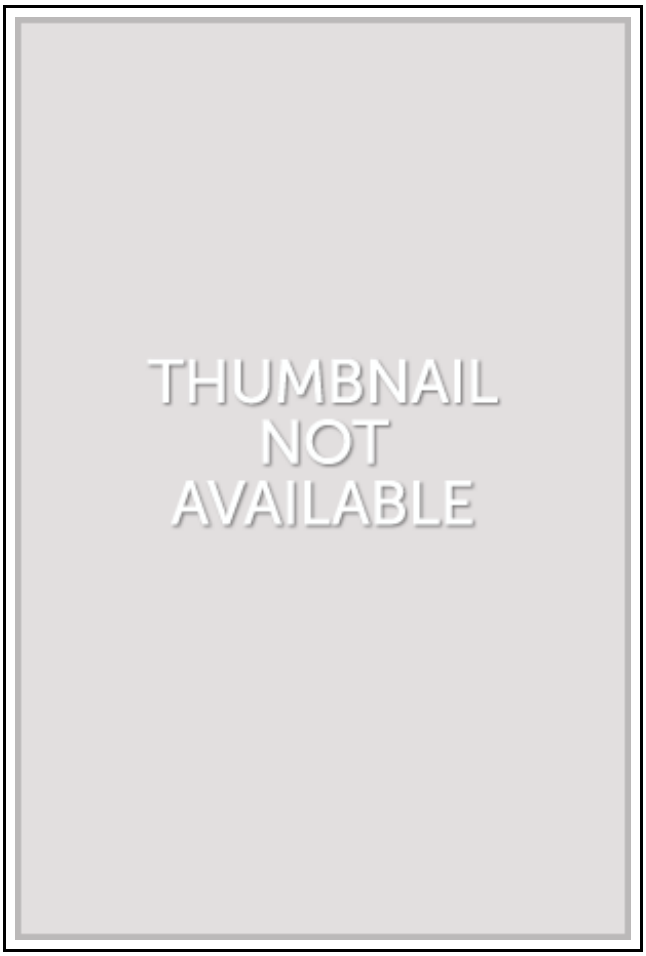
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Square One Publishers, United States, 2013. Paperback. Book Condition: New. 2nd Revised edition. 170 x 107 mm. Language: English . Brand New Book. In the last few years, researchers around the world have increasingly reported the importance of acid-alkaline balance. A perennial bestseller, The Acid Alkaline Food Guide was designed as an easy-to-follow guide to the most common foods that influence your body s pH level. This second edition has been expanded to include dozens of additional foods. Updated information, also, explores (and refutes) the myths about pH balance and diet and guides the reader to supplements that can help the body achieve a healthy pH level.

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