

[PDF] The Acid-Alkaline Food Guide - Second Edition: A Quick Reference To Foods & Their Effect On PH Levels

Susan E. Brown, Larry Jr. Trivieri - pdf download free book

THE ACID-ALKALINE FOOD GUIDE

In the last few years, researchers around the world have increasingly reported the importance of acid-alkaline balance. 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. Now in its Second Edition, this bestseller has been expanded to include many more domestic and international foods. Updated information also explains (and refutes) the myths about pH balance and diet, and guides you to supplements that can help your body achieve a healthy pH level.

The Acid-Alkaline Food Guide begins by explaining how the acid-alkaline environment of the body is influenced by food. It then presents a list of thousands of foods and their acid-alkaline effects. Included are not only single foods, such as fruits and vegetables, but also popular combinations and even common fast foods. In each case, you'll not only discover whether a food is acidifying or alkalizing, but also learn the degree to which that food affects the body. Informative insets guide you in choosing the food that's right for you. Now updated and expanded, The Acid-Alkaline Food Guide will quickly become the resource you turn to at home, in restaurants, and whenever you want to select a food that can help you reach your health and dietary goals.

ABOUT THE AUTHORS

Susan E. Brown, PhD, CCN, is a medical anthropologist and New York State Certified Nutritionist & dietitian, member and author. Dr. Brown currently directs the Center for Better Bones and the Better Bones Foundation in Syracuse, New York. Through the foundation, she conducts primary research, lectures widely on osteoporosis prevention, and reviews the use of a holistic, natural program for the regeneration of bone. She is also the author of Better Bones, Better Body: A Comprehensive Self-Help Program for Preventing, Treating & Reversing Osteoporosis.

Larry Trivieri, Jr. is a leading writer and editor in the field of holistic and alternative medicine. He is the author or co-author of more than a dozen books on health, including Health on the Edge: Mystery Stories of Healing in the New Millennium; The American Holistic Medical Association Guide to Holistic Health; Live Alive: Chronic Fatigue & Fibromyalgia; A Spine Disease; and The Complete Self-Care Guide to Holistic Medicine. Trivieri also served as editor and principal writer of both editions of the landmark volume Alternative Medicine: The Definitive Guide.

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