



# The pH Balance Diet: Restore Your Acid-Alkaline Levels to Eliminate Toxins and Lose Weight

*Bharti Vyas, Suzanne Le Quesne*

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## **ELIMINATE TOXINS, LOSE WEIGHT AND INCREASE ENERGY**

When naturally balanced, your body is alkaline. But a diet high in meat, dairy and sugar overwhelms your body with acidic waste, resulting in weight gain, low energy, poor skin and brittle bones.

*The pH Balance Diet* explains how to correct imbalances, eliminate toxic overload and reverse acid buildup. It offers a gradual, healthy approach to restoring your body's natural acid-alkaline balance, including:

**Easy-to-follow, three-phase program**

**Tips on how to eat fewer acid-forming foods**

**A handy quick list of the top 80 alkaline-forming foods**

**Information on free radicals and antioxidants**

Includes over 40 quick and delicious recipes feature alkaline-forming ingredients such as **avocados, cantaloupe, eggplant, kiwis, lentils, mushrooms, peppers, rye bread, salmon, soymilk, turkey and wild rice.**

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