



# **The Acid-Alkaline Food Guide - Second Edition: A Quick Reference to Foods & Their Effect on pH Levels**

*Dr. Susan E. Brown*

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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 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.

*The Acid-Alkaline Food Guide* begins by explaining how the acid-alkaline environment of the body is influenced by foods. 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 combination 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.

The first book of its kind—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.



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