The Amazing Acid-Alkaline Cookbook: Balancing Taste, Nutrition, And Your pH Levels

by Bonnie Ross

The acid-alkaline balance indicates the balance between acids and non-acids (alkalis) in your body. You can test your urine or saliva to find out your current pH level. Even though lemons have an acidic taste, they are alkaline forming in the body. Our body is truly amazing! Cooking

Cooking Book Review: The Amazing Acid Alkaline Cookbook

This is the summary of The Amazing Acid Alkaline Cookbook: Balancing Taste, Nutrition, and Your pH Levels.

This alkaline diet recipe book contains over 350 gourmet recipes that are With this amazing cookbook, specializing in alkaline salad recipes, you get healthy, eat tasty and develop a good pH balance in your blood with...