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## ***“Your Guide to Body pH”***

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*Board-Certified Clinical Nutritionist*

***Your Guide To Body pH*** is an easy-to-read, easy-to-understand, eBook designed to help you understand your acid/alkaline balance, why it is so important to your health, how to accurately measure it, and what to do to keep it in balance. Which healthy foods can make you MORE acidic? When do you measure your pH for greatest accuracy? How is stomach acidity tied to pH? Can you be too alkaline? Acidity and your bones... and more.

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