



The Alkaline Cure: Lose Weight, Gain Energy and Feel Young by Domenig, Dr. Stephan (2014) Hardcover

By Dr. Stephan Domenig



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Cleanse your overworked digestive system and stop premature aging inside and out. This book will show you how to balance your diet to bring about optimal pH. During the 14-day plan, you can establish your current acid-alkaline balance by using the pH strips included; start to drop the pounds in just days; have glowing skin and increased energy. With menu plans and more than 40 recipes, this book contains everything you need in order to achieve and maintain more balance and vitality in your life.

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