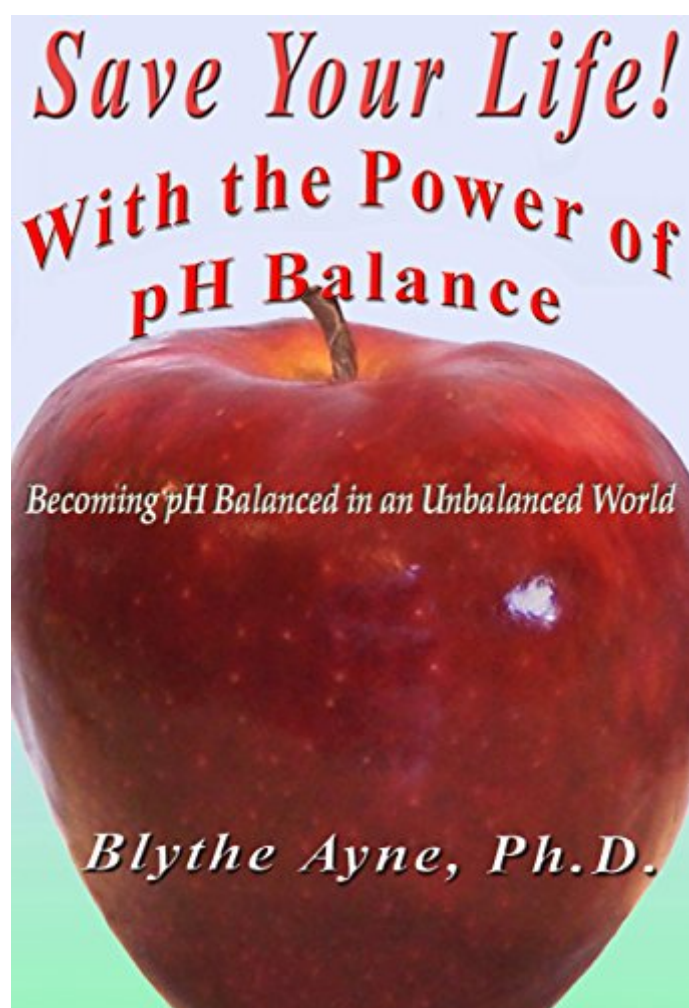


The book was found

Save Your Life With The Power Of PH Balance: Becoming PH Balanced In An Unbalanced World (How To Save Your Life Book 1)



Synopsis

Why do gorgeous, fresh, clean little babies smell sweet? Because, chemically, they are predominately composed of sweet smelling, alkaline, mineralized water, and their bodies are pH balanced. To be in optimum health, we need to aspire to keep our bodies in pH balance. *Save Your Life with the Power of pH Balance* tells you in straight-forward language the basics of acquiring and maintaining a healthy pH balance, with the result of improved physical health, heightened emotional well-being, and increased longevity. Here are just a few of the benefits of being pH balanced:

- pH Balance helps banish depression
- pH Balance stimulates brain function
- pH Balance contributes to being happier
- pH Balance stimulates creativity and productivity
- pH Balance contributes to being physically stronger
- pH Balance improves health & happiness in children
- pH Balance assists your body to cure illness/disease
- pH Balance helps weight melt off without hardly trying
- pH Balance Improves health and well-being of elderly loved ones

Save Your Life with the Power of pH Balance provides many specific, concrete, and clear actions you can take now to initiate healthy pH balance.

Book Information

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Sciences > Sociology > Medicine

Customer Reviews

Blythe Ayne's "Save Your Life with the Power of pH Balance" is one of the few health and nutrition resources I've ever read that actually motivated me to make changes in my eating and supplemental habits. The time expense of reading difficult materials is usually my obstacle to studying something new, but not so with "Save Your Life". The book is an easy read broken down into understandable chapters that convey a quick education on air, water, and nutrition as it pertains to the impact on pH in the human body and what that means to your health. I especially like the "What can I do" sections that spell out what your next step should be and the expected outcome. If you're looking to make fundamental changes in your life towards better health, changing your pH is a good start, and this book will help you properly achieve that goal.

This book is quite small but packed with important information. It could be life changing for some. If you are serious about improving your health this book is for you. Changing from an acidic diet to one more alkaline will definitely help your health in the long run and this book points that out and helps you find the right diet for you. I highly recommend it....

Looking to educate myself on WHY we need to keep our bodies in Ph Balance, I have read about 10 books in the past month. This book was loaded with very easy to understand information, as to not only the importance of, but the very hazardous conditions that occur in our bodies when our bodies are overly acidic. Certainly, gave me the knowledge I needed to commit to a more alkaline lifestyle.

THIS BOOK WAS A SHORT SIMPLE READ ON THE PH LEVEL AND HOW IT AFFECTS a person's OVERALL HEALTH. It Provides A READER WITH SIMPLE BASIC INFO AND IF THAT IS WHAT YOU ARE looking FOR THIS BOOK WILL SUFFICE. If however, you want to be inundated with info and wants lots of specifics I would recommend another title.

The idea of 'pH Balance' was unknown to me, until now. Dr. Ayne has taken a 'clinical' subject and made it readable and easy to follow. The 'What can I do' section tells us the steps to be followed and the expected outcome. I now believe that 'pH Balance' is important for our health. Read this book and literally save your life!

great

Don't waste your \$. There is nothing new here. All the info from this book is presented as though the author had read several other books and reworded everything in her own words, poorly done at that. Some of the ideas are absurd and unproven. There are much better PH Balance books out there.

I've heard of this idea for years and it never resonated with me. However, the older I get the more disenchanted I grow with western medicine. Clearly, something needs to happen nutritionally to ease the need for drug therapy and its wagon-load of side effects. I found this book compelling in its presentation of material I'd previously found dry and clinical. I prefer informative to pushy and this book followed that bent. There just may be something to all this. Thanks for sharing your research.

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