



In Balance for Life: Understanding & Maximizing Your Body's pH Factor

Alex Guerrero

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The principle of balance is not new. It forms the foundation of both Eastern and Western philosophies, from Aristotle to Confucius. As it relates to health, it has been around just as long, from the development of traditional Chinese medicine to the treatments used by Hippocrates and Galen. What is new, however, is a scientifically based application that can improve numerous disorders and maximize your health.

Imagine that the human body has an internal mechanism that keeps two basic types of chemicals – acid and alkali – in balance. When your body becomes either too acidic or too alkaline, you become susceptible to a host of disorders. When balance is restored, however, so is your health. In this brilliant book, renowned health expert Alex Guerrero explains how you can become well – now and for an extended lifetime – by restoring your pH balance. The author first describes how you can assess your health. He then provides a plan, including a fourteen-day diet and a simple program of supplements, that will bring your body back into balance. You'll even find a selection of recipes that will tempt your taste buds as you reclaim your health and well-being.

Here is a book that will quickly capture the imagination of all those looking for a drug-free way to feel better. *In Balance for Life* offers an effective, easy-to-follow program that is bound to shake up your beliefs about your own body, and about the steps you can take to maintain or regain your well-being.

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