



The Ultimate pH Solution: Balance Your Body Chemistry to Prevent Disease and Lose Weight

Michelle Schoffro Cook

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Control the level of acid in your body and reclaim your health with this simple, step-by-step program

Beginning a healthier lifestyle can be as easy as starting your day sipping a glass of water with a squeeze of lemon juice. Drinking this simple drink is only one of the many ways, all outlined in *The Ultimate pH Solution*, that you can change your body's pH and ward off disease. Too much acid in your blood can cause a host of health problems, but with cutting-edge, medically sound research, this indispensable guide offers an easy-to-follow plan and simple lifestyle changes that will help you kick acid and stay healthy.

The Ultimate pH Solution also includes real-life success stories of people who have overcome disease and lost weight by balancing their pH levels, along with 50 recipes for delicious pH-powerful dishes. Learn why high-protein diets may be harmful to your health, why eating dairy may not help you avoid osteoporosis, and how to lower the acid levels in your body for optimal health.

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