

## Anti-stress: Recipes for Acid-alkaline Balance (Powerfoods Series)



Filled with nutritional information, practical tips, recipes and colour illustrations, this guide to a natural way to weight loss contains low fat, energising recipes that are full of essential vitamins and minerals to keep the body fit and healthy.

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by Dagmar Anti-Stress: Recipes for Acid-Alkaline Balance (Powerfoods Series). **Dagmar Von Cramm Friedrich**

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The alkaline foods list contains many high alkaline foods that make great alkaline diet recipes. Acid Alkaline Balance

Pie Chart One of the keys to cancer prevention is eating an anti-cancer diet, also referred to as the Acid Alkaline Diet.

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