



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

Alex Guererro

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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, so is your health.

In this brilliant book, renowned sports doctor Alex Guerrero explains how you can become well—now and for an extended lifetime—by restoring your pH balance. He first describes how you can assess your health, and 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. *In Balance for Life* presents a revolutionary look at why we become ill, and offers the simple steps you can follow—each and every day—to enjoy boundless vitality and optimal health.

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