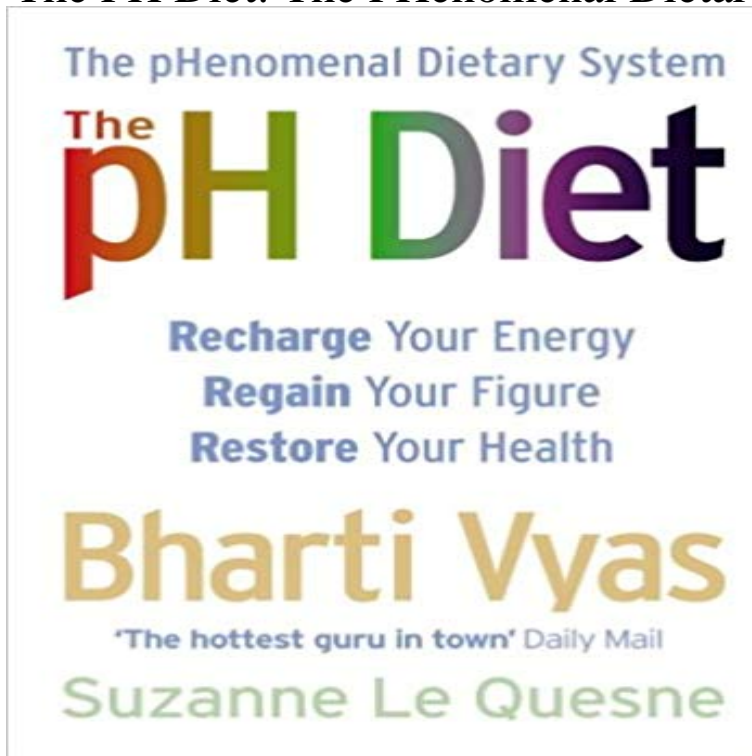


The PH Diet: The PHenomenal Dietary System



All foods are either acid- or alkaline-forming and the body's health and beauty is entirely affected by choosing the right balance. Too many acid-forming foods can lead to conditions such as low energy, lifeless skin and hair and brittle bones. This practical book provides a 3 stage plan, food lists and simple recipe ideas. Each food we eat is either acid- or alkaline-forming due to how it is metabolised at cellular level. As our body is held within a particular alkaline range, alkaline-forming foods pose no problems to the body- but if we eat too many acid-forming foods, our body does not have the mechanisms to deal with them. A diet too high in acid-forming foods, such as cheese, wheat, sugar, processed foods and meat, can result in a wide range of health problems, including low energy, weight gain, skin problems, dull hair and eyes, brittle bones and hormonal imbalances. The plan has three stages: 1) concentrates on your drinking habits, getting you to drink water on the hour and replace coffee, tea, and fizzy drinks with healthier options, bit by bit. 2) helps you decrease the wheat and dairy in your diet, increasing vegetable content to replenish your mineral store and the calcium in your bones. 3) is the alkaline diet where you are introduced to more raw or less cooked veggies. At this stage you can reintroduce more fruit and fruit juice (which are acid forming) The book contains a list of 80 alkaline forming foods to use and 20 of the better acid-forming foods and over 40 simple recipe ideas to reduce your toxic load.

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