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The Amazing Acid-Alkaline Cookbook:... by Bonnie Ross

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Alkaline Foods In The Alkaline Diet is For Everyone. Our high-paced, caffeine and sugar-powered lifestyles have overburdened our bodies with an excessive acid load making our bodies feel tired, worn-out and exhausted. Often we find that our energy levels are just a bit too low to take us through the day, or worse still, sometimes we even feel tired as soon as we roll out of bed.

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Choose from taste-tempting breakfast favorites, soups, salads, snacks, and sides, as well as delectable entr es, baked goods, and desserts. With The Amazing Acid-Alkaline Cookbook, you ll learn how easy it is to make delicious meals that will naturally correct your body's pH balance, helping you regain vigor and well-being.

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9780757003165: The Amazing Acid-Alkaline Cookbook ...

Bonnie Ross offers a solution with The Amazing Acid- Alkaline Cookbook. The book opens with pH basics, including an explanation of how an overly acidic body wreaks havoc on health. The author then presents ten chapters packed with over 140 kitchen-tested recipes for perfectly balanced dishes that are both satisfying and delicious.

The Amazing Acid Alkaline Cookbook : Bonnie Ross ...

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140 kitchen-tested recipes for perfectly balanced dishes that are both satisfying and delicious.

The Amazing Acid Alkaline Cookbook - Alkaline for Life

The Amazing Acid-Alkaline Cookbook is here to get your health on track through nutritious pH-balanced eating. Happy cooking! Show More. Editorial Reviews. Debut author Ross gives an overview of the role of acid and alkaline foods in maintaining a healthy diet.

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The Amazing Acid Alkaline Cookbook

The Amazing Acid-Alkaline Cookbook is here to get your health on track through nutritious pH-balanced eating. Happy cooking! About the Author. Bonnie Ross is an inventive cook and professional illustrator. She works from her studio located in the seaside village of Petpeswick Inlet on Nova Scotia's beautiful Eastern Shore.

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