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The Acid Alkaline Balance Diet EditedAppendix A – Acid Alkaline Food Charts 91 Appendix: B - Alkaline Recipes 96 TABLE OF CONTENTS. Preface Why Did I Start This Book? I Wasn't Born INTO The Alkaline Diet. Like Many Of You Out There, My Mind Was Already filled With Ideas About The 1th, 2024 There is a lot of books, user manual, or guidebook that related to Alkaline Diet

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