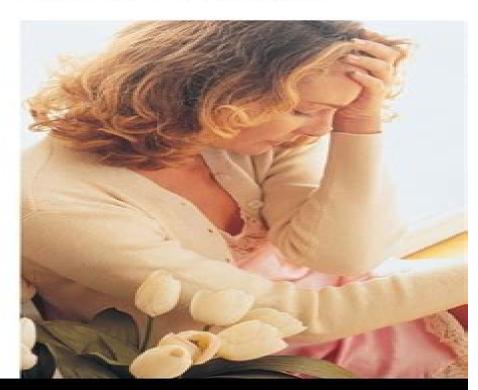
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Chronic Fatigue Fibromyalgia And Lyme Disease Alternative Medicine Guides

Mari Skelly, Andrea Helm

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Peter van Nitch, 2007 Lyme disease may affect the brain in many ways the most common of which is a disturbance in thinking Other symptoms that occur frequently include headaches mood swings irritability depression and marked fatigue This book describes important features and indications of this killer disease The Acid Alkaline Lifestyle Larry Trivieri, Neil Raff,MD,2015-04-07 The human body is a truly magnificent creation And because of its ability to regulate balance repair and protect itself the latest scientific research shows that each of us has the capacity to function well for at least one hundred and twenty years So why do most of us only make it to our seventies Why are so many of us afflicted with degenerative diseases And why are the diseases that once only plaqued the elderly heart disease diabetes osteoporosis arthritis and cancer now increasingly affecting our younger generations Why does the gift of long healthy live seem so unattainable What is it that we are missing In The Acid Alkaline Lifestyle bestselling author Larry Trivieri Ir and Dr Neil Raff provide a simple solution to that very important question For decades physicians and medical researchers have used the body s acid alkaline balance or pH levels as a way of determining a patient's overall health status. The problem is that the most accurate and commonly used test used to check acid alkaline balance the pH blood test rarely reveals a shift away from a normal pH reading until acute life threatening diseases strike And by then it is often too late to do anything While a pH blood test may read normal what the test does not show is what your body may be forced to do to keep it that way as it combats and seeks to compensate for the excess acidity that inside that afflicts the vast majority of us today Left undetected this corrosive buildup of acid set the stage for most of the disease conditions afflicting our nation today Over the years a number of books have appeared promoting ways to keep acid alkaline levels in check through diet and nutrition But to truly achieve and maintain acid alkaline balance requires far more than diet and nutrition alone And now for the first time here is a book that lays out all of the other essential elements for creating vibrant health The Acid Alkaline Lifestyle is not simply another book about diet and pH It's a book about the first and only complete and comprehensive acid alkaline balancing program of its kind one that goes far beyond diet and nutrition alone What the authors have done in this book not only explains the problems caused by excess acidity but also and more importantly spells out the proven safe and effective self care methods that anyone can use to dramatically improve their health enhance their sleep cope with stress and get the most out of exercise with a lot less effort all while providing the best nutritional eating plan for balancing pH throughout the body The Acid Alkaline Lifestyle provides all the practical information you need to restore and maintain your health and boost your energy so that you can achieve a longer healthier life the way nature intended Juice Alive Steven Bailey, ND, Larry Trivieri, 2012-05-09 The world of fresh juices offers a powerhouse of antioxidants vitamins minerals and enzymes The trick is knowing which juices can best serve your needs In this easy to use guide health experts Dr Steven Bailey and Larry Trivieri Jr tell you everything you need to know to maximize the benefits and tastes of juice The book begins with a look at the history of juicing It then examines the many components that make fresh juice truly good for you good for weight loss and so much more Next it offers practical

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In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "Chronic Fatigue Fibromyalgia And Lyme Disease Alternative Medicine Guides," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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