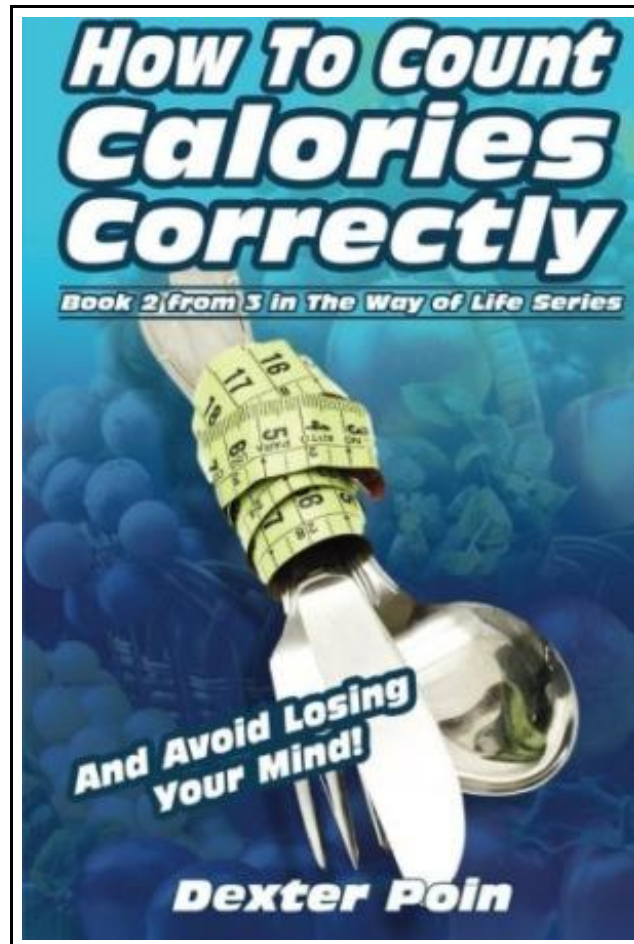


How to Count Calories Correctly: And Avoid Losing Your Mind



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Reviews

It is in a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Dr. Barney Robel Jr.)

HOW TO COUNT CALORIES CORRECTLY: AND AVOID LOSING YOUR MIND



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How to Count Calories Correctly. This book is not what you may think it is going to be. I do not write books telling people to do things that I have never tried myself. As a matter of fact, I do not write books telling anyone to do anything at all. I feel that I can best describe this book if I just leave excerpts from the actual book itself instead of the usual boring telephone book read description that you all have gotten used to seeing on here. So the remainder of the description is excerpts taken right from the book. I hope that you enjoy it. And remember, take anything that anyone ever says including things that I say with a grain of salt. Only you can find what truly works for you. Excerpts: What's more important than calorie counting? There are several things that I believe should be ahead of calorie counting when it comes to attaining optimum health. But one of the most important that very few people know or care about is the body's PH balance. Proper knowledge of one's PH levels will make everything that has to do with nutrition all fall into place. By focusing on maintaining optimum PH balance as a priority you are forcing yourself to make the absolute best choices in what you put down the hatch to be utilized as fuel. The PH balance is one of the best representations of the body's health status. When PH levels are off this can decrease the body's immune system. The PH scale starts from 0 - 14 with 7 being...



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