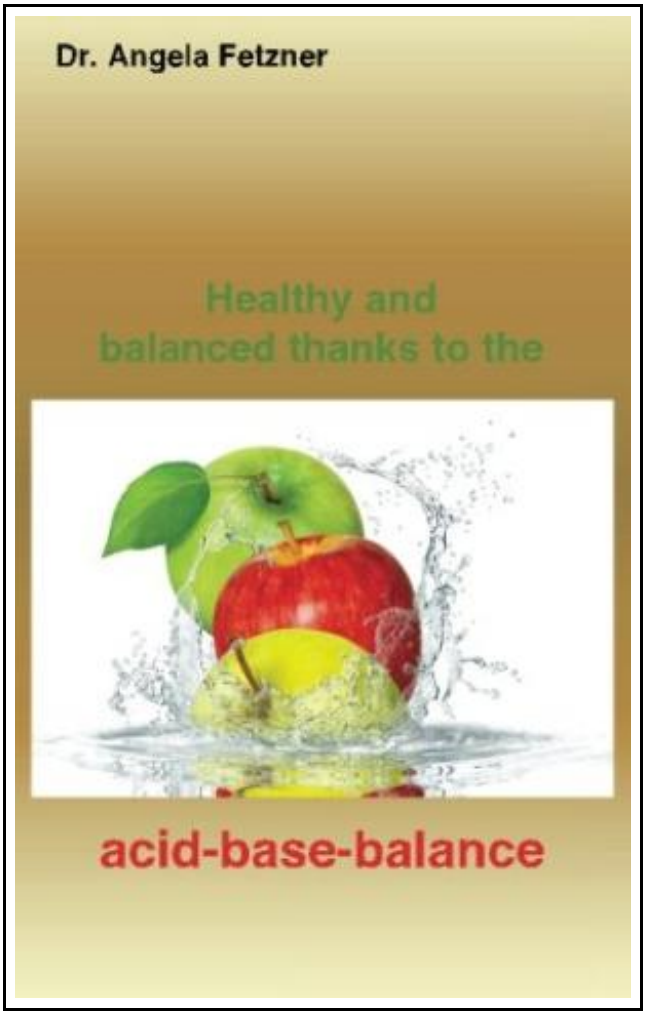
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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.We are not sick and yet not healthy. Chronically tired, colds over and over again, weak and listless. Who would have guessed that a gradual acidification could be behind these symptoms? Caused by poor diet and wrong lifestyle. Instead of taking these first warning signs seriously, we live our lives as usual - rushing from one appointment to the next, everyday stress eats us up literally - and out of frustration and apparent lack of time we stuff ourselves merrily with fast food and sweets. This inevitably leads to a fatal vicious circle, at the end of which stand common diseases such as heartburn, arthritis and depression. Dr. Angela Fetzner, a pharmacist who has been confronted for many years in daily practice with this problem, shows you how to break out of this vicious circle with the help of a healthy diet and lifestyle. In heeding the practical and simple advice in this book you will regain and maintain in an astonishingly short time health, balance and well-being.

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