



Lyme Combat VIII: Alkaline Water and Diet

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must understand that ultimately the only person responsible for maintaining good health is themselves.

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Chapter Four Food t

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One serving of Premier Research Group's [Quantum Greens](#) can replace the required servings of fruit and vegetables we need for healthy living; bringing us one step closer to

Chapter Five Supplemen

That means a fraction of the vita

Many of these minerals, such as zinc,s

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Appendix C: List of Alkaline Foods

Alkalizing Foods : Vegetables

Garlic, Asparagus, Fermented Veg

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prevention of disease 133

