



Eat Papayas Naked: The pH-Balanced Diet for Super Health & Glowing Beauty

Susan M Lark M.D.

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Nearly two-thirds of American women are overweight and unhealthy! Why? Because they eat too much processed sugars, empty calories, and saturated fats, and not enough fresh fruits and vegetables. In other words, their pH balance is totally out of wack. World renowned physician and author of the popular "Lark Letter" newsletter, Dr. Lark's latest book Eat Papayas Naked provides an easy plan for women to bring their bodies into proper pH balance. Starting out with an informative overview of what overly acidic or a high-alkaline producer means and how your body reacts to different kinds of foods, Dr. Lark then provides an easy way for you to learn what your metabolic type is. After showing each of us how important all of these factors are in contributing to our overall health and pH balance, including the effects on skin, nails, hair, weight loss, and detoxification, Eat Papayas Naked provides more than 60 delicious, wholesome recipes designed to counteract excessive acid and help you achieve radiance and increased energy through diet. Eat Papayas Naked is something truly healthy and tasty to sink your teeth into!

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