



ECODIET: Alkalize Your Internal Environment and Create a Healthy Vibrant Life

Toni Toney, Lorne Label

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Could what you are about to learn save your life? It did for author Toni Toney on one fateful day after collapsing to the floor, being rushed to the hospital, and told by the doctors that she could die. What had she been doing that caused her to become sick? More importantly, what could she do differently? The critical answers to these questions lie within this book. EcoDiet Special Edition not only clearly describes how the body becomes sick, it tells you exactly what you need to do to restore balance and harmony, and regain health in as little as 90 days. Our body is an intricate ecosystem of interdependent organisms relying upon one another and the health of our planet to thrive. Factors such as unsuitable foods and chemical toxicity can damage and destroy our body's delicate balance and lead to disease. This new way of living and eating can save us and the planet!

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