



Alkaline Food Test for pH Balance Now at Online Health Food Store

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The alkaline food test is attracting numerous visitors to this online health food store as customers discover easier ways to maintain pH balance. The free test is for those who desire a better understanding of the ratio of alkaline foods to acid forming foods in their daily diet.

PR9.NET January 28, 2008 - Mesa, Arizona – An alkaline food test is now at BestHealthFoodStore.net, the online health food store with alkaline foods for customers who are serious about maintaining proper pH balance. As public awareness grows regarding pH balance and health, this test provides a simple way to gauge the ratio of alkaline foods to acid forming foods in the typical diet. Anyone taking the test receives a free, detailed report on their personal alkaline/acid food percentages along with a full list of alkaline foods to choose and acid forming foods to avoid.

The nutrition coach at BestHealthFoodStore.net, Jane Wakefield says, "Our customers are so well informed about the benefits of a healthy pH balance that the alkaline foods section of our online health food store draws the most traffic". Since diet is a major fitness factor it is a good idea to be aware of the alkaline foods that help build a body up and the acid forming foods that tend to tear the body down. Wakefield adds, "We developed the alkaline food test to create a better understanding about how daily diet affects pH balance." Awareness is growing as the stores owners report, "an impressive early response" from customers.

Experts recommend a ratio of 80% alkaline foods to 20% acid forming foods for a healthy pH balance, but most people have this ratio upside down. One of the many ways that excessive acid forming foods are harmful is that they cause the body to retain fluid. For those who are trying to lose belly fat, reach ideal weight or maintain a weight loss control program, knowledge of this nutrition fact can be especially helpful. Wakefield injects, "Being aware of which acid foods to avoid and which alkaline foods will tip pH balance in your favor is an important first step in gaining control of your overall health, especially weight control".

There is no charge and no obligation to take the alkaline food test. An E-mail response is provided by the online health food store for free. For the alkaline food test please visit <http://BestHealthFoodStore.net>.

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About BestHealthFoodStore.net

This online health food store introduces consumers to all natural foods and health drinks not found in retail stores. BestHealthFoodStore.net features free nutrition facts and free health podcasts on topics such as pH balance, alkaline foods and pregnancy nutrition. Products are offered in categories including low carb foods, high fiber foods, vegetarian food, and nutrition for athletes.

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