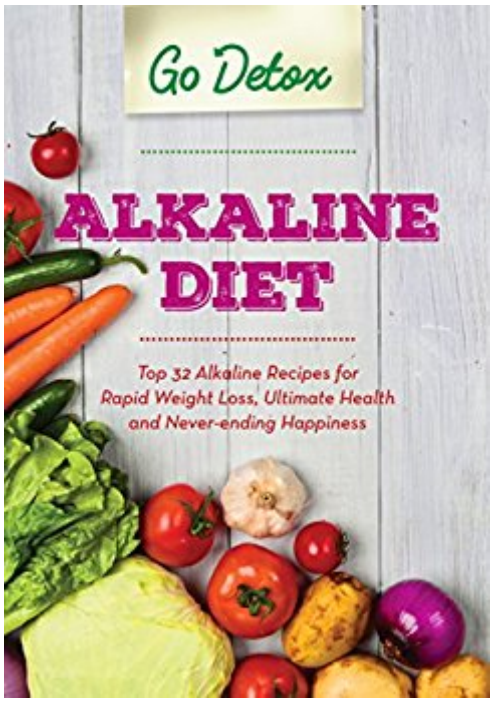
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# Alkaline Diet: Top 32 Alkaline Recipes For Rapid Weight Loss, Ultimate Health And Never-ending Happiness




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## Synopsis

Want to Get Healthy? More Energy? Feel Great?Then do not miss this Ã¢â ¬Ëœall-you-need-to-knowÃ¢â ¬â„¢ book aboutÃ¢â ¬Â¦The Alkaline DietThe Alkaline Diet focuses on balancing out the pH level of the fluids in your body.Bodily fluids need to maintain a slightly alkaline pH level.Eating foods that have an alkaline effect can lead toÃ¢â ¬Â¦Healthy WeightBetter DigestionClearer SkinMore EnergyReducing Your Risk of Developing DiseasesThis book will allow you to identify the pH level of all the main foodstuffs and teaches:The Alkaline Diet PrincipleWhy You Should Adopt The Alkaline DietFoods to Eat and Foods to AvoidYummy Breakfast RecipesDelicious Lunch RecipesEasy-to-make Dinner RecipesSnacks and DessertsAnd Much, Much More Ã¢â ¬Â¨DonÃ¢â ¬â„¢t waitÃ¢â ¬Â¦Get this book now & enjoy the benefits for yourself!

## Book Information

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## Customer Reviews

Very educational book....I really learned a lot of new information on Detoxing the body and eating for

rapid weight loss. Highly Recommend.

Very good book! It is full of alkaline recipes that will balance your PH! After one week of cooking these recipese I realized that my skin is much more cleaner and vibrant I also noticed that my energy level has moved to a higher level !

I am new to learn about alkaline diet. I found the book pretty informative about the why's and how's to do an alkaline diet. I think with this book I'm going to try it out and see how the diet changes make me feel

I had no idea what an alkaline diet was until reading this book.This book describes the alkaline diet and how it can help keep you healthy. All the recipes included in the book are low-sodium, low-sugar, low-fat, high fiber, antioxidant rich and taste great.

This is a great intro level book for Alkaline Diet users. I like that its very easy to follow and you don't have to starve yourself to have more energy and lose weight.

If you are new to the alkaline diet this is a good book for you to begin with. You first get some basic information about this diet and after there are 32 recipes that are easy to prepare and they all have good directions to prepare them. Today I tried my first alkaline recipe and I enjoyed it.

The alkaline diet, also known as the alkaline ash or alkaline acid diet, is based on the premise that if you eat a diet that is full of alkaline-promoting foods you can shed pounds and improve your health. If you want to give the alkaline diet a try, follow these general principles. The truth is that shedding pounds is easy. If you feel uneasy, uncomfortable and even embarrassed being seen in a bathing suit then chances are that dropping extra pounds this summer would make a huge difference in your life. Alkaline foods can help keep your healthy body in balance. An acidic diet can lead to a variety of health problems including weight gain, poor circulation, heart problems along with fatigue, achy joints, memory loss, a lack of libido, constipation, bloating and respiratory problems.

I have health problems and I'm looking for a good diet which will help me to avoid stomachache. Consuming a diet that is high in acid-forming foods and low in alkaline foods is a contributing factor in many common health problems and degenerative diseases. Without the presence alkaline in our

body we will be prone to many kinds of diseases. This book has all the information you need to follow a good alkaline diet. This is a great guide book for learning what to and not to eat.

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