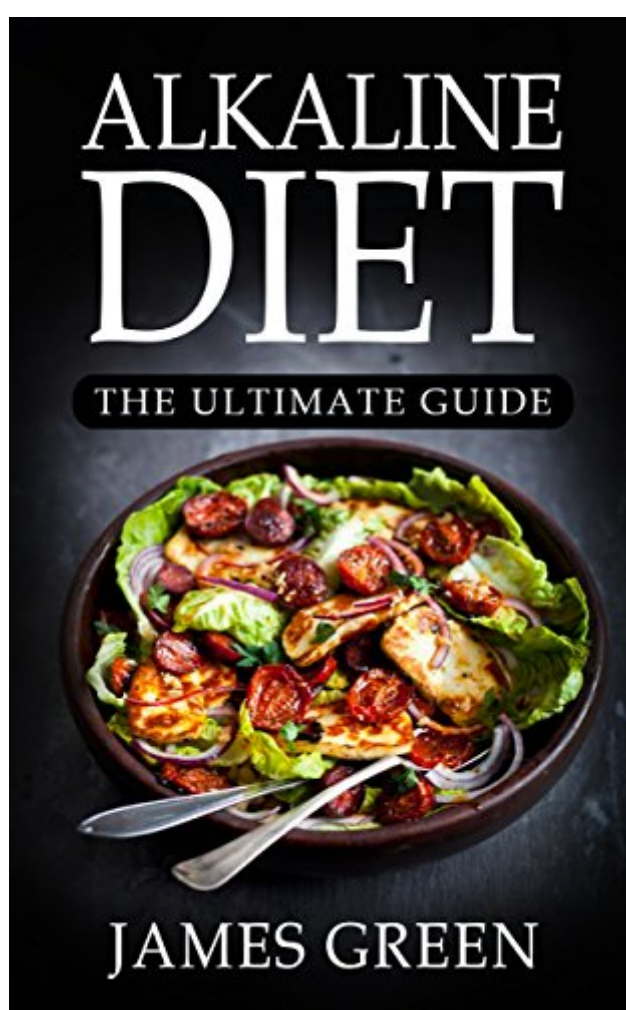


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# **Alkaline Diet: Your Essential PH Guide™ With Over 320+ Recipes For Health & Rapid Weight Loss (Lose Weight Effortlessly With Alkaline Foods)**



## Synopsis

If Creative Alkaline Recipes are What You Seek, then Look No Further. Follow the ONLY nutritional approach that works with your body to get rid of Acidification, helping your Energy levels to Sky-Rocket and Shed Unwanted Fat Effortlessly! The 320+ Authentic, Original Alkaline recipes with 1 FULL Month Meal Plan found in this book will get you excited to be in the kitchen, re-creating your favourite dishes with new ingredients that will tempt your palate. Alkaline Diet: Your Essential pH Guide ©, Provides a complete Framework for Self-managing your Alkaline Health and the acid-alkaline balance in your body. This book will use a step-wise approach to take you through the Alkaline Diet and further beyond into the practical application of making healthy and super tasty recipes. Eating Alkaline foods as part of a pH Balanced Alkaline diet is an Essential part of achieving Optimal Long-Term health. With this comes vigor, energy, improved well-being, overall reduction of Chronic illness and Longevity. This lifestyle expounds on a Practical and Sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness by ditching the processed. Take a Look Inside... The Acid-Alkaline Balance Explained Introducing the Alkaline Diet The Alkaline Diet Unchained Alkaline Diet Rules Alkaline & Alkaline Food Chart by Degree Cleansing and Detoxifying The All Natural Way 1 FULL Month Meal Plan The Alkaline Diet Lifestyle Changes Some of the Profound Benefits You will Experience: Increase Energy Levels & Vitality Accelerated Fat Loss Improved Mental Focus Lower Blood Sugar & Cholesterol Hormonal Balance Reduced Inflammation & Pain Normalized Sleeping Patterns Reduced Anxiety and Stress Think of the Alkaline Diet like pushing the reset button with your overall health and Relationship with your Food habits. Here Is A Preview Of The Alkalising recipes you will find in this book: Blueberry Tortilla Strawberry Coconut Pudding Apple & Sweet Potato Pancakes Warm Grain Free Cereal Raw Beet Granola The Green Devil! Peanut Butter & Berry Smoothie Cooked Wheat Berries Wheat Berry and Bean Chili Fresh Zucchini Noodles Banana Almond Chia Pudding Steak and Veggie Kabobs Asian Lettuce Wraps Lobster Salad with Citrus Vinaigrette Zesty Chicken Bites Green Bean Salad with Walnuts Chipotle Chicken Stuffed Sweet Potatoes Thai Stir Fry Caribbean Salmon Fresh and Light Vegetable Medley Vegetarian Gyros Rosemary and Garlic Infused Nutty Cheese Classic Tomato and Basil Pasta Quick-Cook Coco-Curry Asian Steamy Pot Couscous with Spicy Veggie Tagine Join Thousands of Insiders that use the Alkaline Diet and THRIVE

## Book Information

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## Customer Reviews

I honestly have no idea on alkaline diet before and this book gave me a good introduction to it. I was advised to try this diet as weight loss program and I did enjoyed it with this guide. So I am giving this diet book 5stars! It explained to me everything that I needed to know about the acid-alkaline balance that we need to maintain. I never knew all these before. This book also provides rules to follow if you are on alkaline diet as well as 1 month meal plan. I am now on the 1st week and I can already feel the good effect it has on me. :) awesome diet book. effective and informative!

Iâ™m really happy to know about the Alkaline food by reading this detailed e-book. Eating Alkaline foods as part of a pH Balanced Alkaline diet is an Essential part of achieving Optimal Long-Term health. This book has discussed a step-wise approach to take one through the Alkaline Diet and further beyond into the practical application of making healthy and super tasty recipes. It also explains the best ways how to detoxify the body. This guide is full of recipes with ingredients, period and directions which are really helpful to make the food by oneself .

Many people do not know what an alkaline diet truly is. Fortunately, James has written an effective guide that teaches you what an alkaline diet is, its health benefits, and how to implement it properly

in your daily life. Additionally, there are loads of recipes that are easy to make, healthy, and of course delicious. You can't go wrong with this guide.

My only complain about this book, is that you need a kindle app before you can be able to read it. Apart from that, this book was really nice. i had to read it in a kindle app and i saw that this book contains wonderful recipes to help me stay healthy and strong. I am really happy to have gone through it using a friends device

This is a solid representation of the Alkaline Diet that covers all aspects. I'm always looking for new foods to cook and new ideas for meals that are healthy. Alkaline is a concept new to me and this book was a great introduction for me. I highly recommend if you want to know more about an alkaline diet.

The book is pivotal and essential to know the methods for enhancing the solid ans physiology of the body framework by presenting the soluble eating regimen, this book will help in the presenting the methods for decreasing the sharpness of the body liquids by utilizing the sound eating routine formulas as the book depicts.

Alkaline feeding will mostly involve the foods that will reduce the acidity tendency in the body fluids caused by the processed and unclean foods consumed on daily basis. The information in gthis book seeks to help us know the foods to create a conducive body physiology and harsh to the micro-organism.

The book is crucial and important to know the ways of improving the healthy ans physiology of the body system by introducing the alkaline diet, this book will help in the introducing the ways of reducing the acidity of the body fluids by using the healthy diet recipes as the book describes.

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