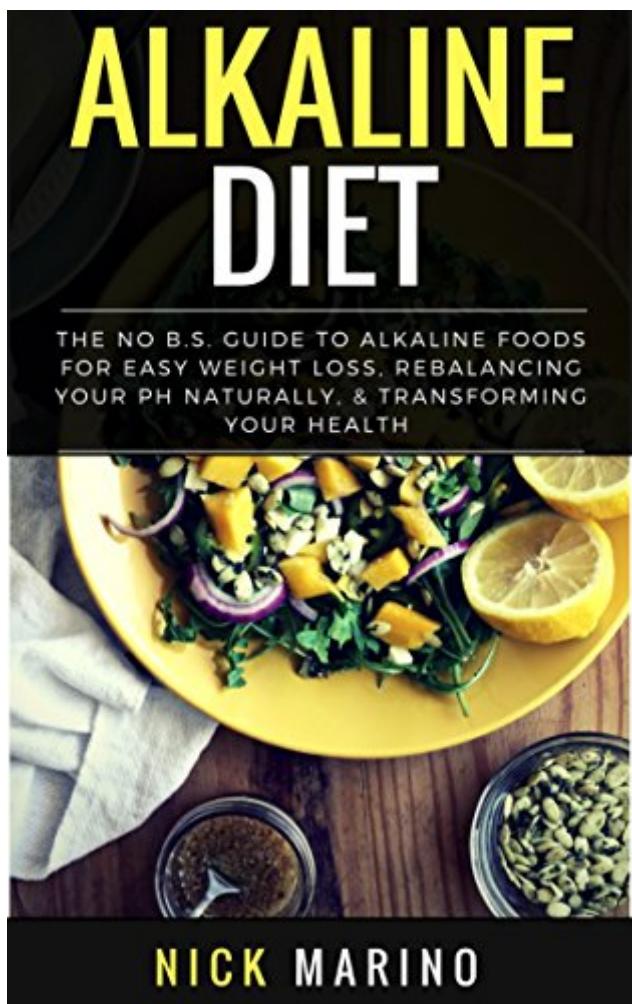


The book was found

Alkaline Diet: The No B.S. Guide To Alkaline Foods For Easy Weight Loss, Rebalancing Your PH Naturally, & Transforming Your Health - Includes Beginners 31 Day Alkaline Diet Plan (Clean Eating Series)





Synopsis

DISCOVER THE NO B.S. GUIDE TO ALKALINE FOODS FOR EASY WEIGHT LOSS, REBALANCING YOUR PH NATURALLY, & TRANSFORMING YOUR HEALTH!This book contains proven steps and strategies on how to successfully adopt the alkaline diet into your lifestyle. This guide will teach you the biology behind the alkaline diet, how acidic foods damage your cells, how the diet can heal your body, and how to shop for and cook with alkaline ingredients.Ã Here is an inescapable fact: modern eating habits deprive your body of essential nutrients that keep your immune system functioning and your muscles strong. More than eighty percent of adults are magnesium deficient, and seventy- five percent of adults are calcium deficient. When your cells are exposed to too much acid, it makes it impossible for your body to absorb these vital nutrients, resultingÃ in:Ã muscle spasms and aches, kidney stones, depression, memory loss, high blood pressure, anxiety, fatigue, insomnia, and many more disorders and diseases.Ã The alkaline diet cleanses your body of excess acid, heals your cells, and rebalances your pH levels so that you can live a happy and healthy life.Ã Inside this book, you will Learn:- What is an Alkaline Diet?- Health Benefits of the Alkaline Diet- The Complete Alkaline Shopping List and Foods to AvoidÃ - Is Your Body Too Acidic?- 31 Day AllÃ¢â€šâ€œInclusive Alkaline Diet PlanÃ - and Much, Much More!So Go Ahead! Grab Your Copy & Start Reading Today!

Book Information

File Size: 521 KB

Print Length: 48 pages

Publication Date: August 14, 2017

Sold by:Ã Digital Services LLC

Language: English

ASIN: B074TSQ5DL

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #26,427 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1

inÃ Kindle Store > Kindle eBooks > Reference > Foreign Language Study & Reference >

Customer Reviews

Awesome! If you have been wondering what the alkaline diet is all about, then this is the book you want to read and It is super exciting to rustle up new dishes everyday that not only helps you lose weight but in style and Yes, this book has amazing recipes that will tickle your taste buds and satiate your cravings easily and the high-quality photographs used in the book makes it even more attractive and noteworthy and I found this book and was surprised in a good way. The book is full of different and healthy recipes and It is written that PH is really important to our bodies and thereÃ¢â€¢s a quick way to check it, but for me it is inconvenient to count pH all the time and this diet is really good for people who are ready to control pH in their body, but I'm too lazy to do it and I canÃ¢â€¢t stop imagining how I spent all these years eating food that might have caused immense damage to my body. However, now I am on a cleansing mode without compromising on taste and it is better late than never I say!

The book is more than just giving the basics of the diet. There are some many great recipes packed in this reading that give you a wonderful opportunity to see just how one can adjust the diet. I have to think about about the alkaline line for simple weight reduction, rebalancing pH naturally, and changing well-being. The book is now included and elegantly composed inside. This book shows how to replace acidic foods that are replaced with the alkaline ones.

This is a healthy book on Alkaline Diet. All of the things, tips and recipes that I need to know about Alkaline foods for easy weight loss, rebalancing pH naturally, & transforming health are already included and well written inside. Nick Marino has done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the "Health Benefits of the Alkaline Diet & 31 Day All-Inclusive Alkaline Diet Plan". Very informative, useful and well written. This book is really a great resource for those who want to learn more about Alkaline Diet.

Alkaline diet is not the simplest one, but if follow it right, this diet can impact on your body so well! I liked this book so much: here you will find all explanations of alkaline diet basics and also easy and effective 31-day alkaline diet meal plan. Thanks for shopping list and foods to avoid too: with this chapter it became so easier to shop!

Very informative read. I've learned quite a bit about alkalinity after reading this eBook. The recipes are an added bonus!. I recommend and thank you to the author.

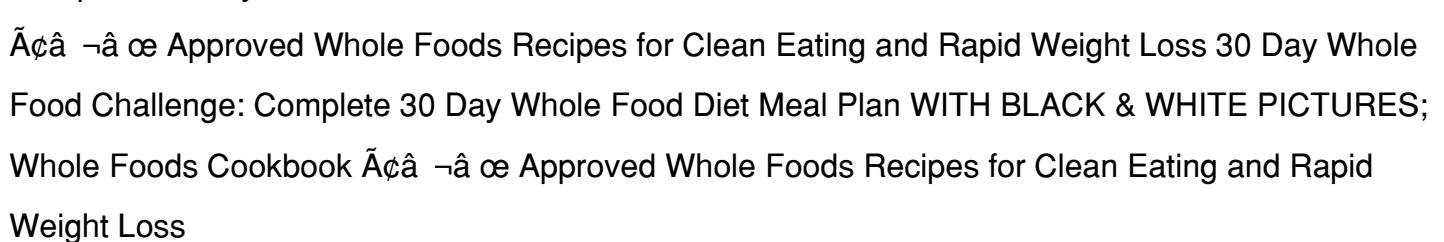
This guide will teach you the biology behind the alkaline diet, how acidic foods damage your cells, how the diet can heal your body, and how to shop for and cook with alkaline ingredients. Here is an inescapable fact: modern eating habits strategies on how to successfully adopt the alkaline diet into your lifestyle.

This book will help keep you alive and healthy. Apart from the health benefits the recipes are quick and easy, a big plus when you're on the go. This is the best alkaline book ever I will recommend to anyone who wants to have really tasty meals

This is so interesting book about Alkaline diet. I am so glad that I found this book since I know it would help me a lot specially in losing weight. So perfect read.

[Download to continue reading...](#)

Alkaline Diet: The No B.S. Guide to Alkaline Foods for Easy Weight Loss, Rebalancing Your pH Naturally, & Transforming Your Health - Includes Beginners 31 Day Alkaline Diet Plan (Clean Eating Series) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight Loss, Eat Clean Diet Book Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help You Lose Weight Naturally (Clean Eating Cookbook, Weight Watchers, Sugar Free Detox, Healthy ... Eating Cookbook, Loss Weight Fast, Eat Thin) Alkaline Diet: Step By Step Guide to Adopt Alkaline Diet Immediately & Keep Your Acidity Levels Balanced: A Complete List of Alkaline

Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1) Alkaline Diet: 2 manuscripts: A Complete Guide For Alkaline Diet, Alkaline Diet Cookbook: Balance Your Acidity Levels & Learn 40 New Amazing Alkaline Diet ... Eating, Optimal Health, Lose Weight Book 3) Alkaline Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Alkaline Smoothies: Drink Your Way to Vibrant Health, Massive Energy and Natural Weight Loss (Alkaline Diet Lifestyle: Alkaline Recipes, Alkaline Foods) (Volume 6) Alkaline Cookbook: 50+ Delicious Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) Alkaline Diet: A Complete Guide For Alkaline Diet, Health Benefits of the Alkaline Diet: What To Eat & What To Avoid and How to Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight Book 1) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook  Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help