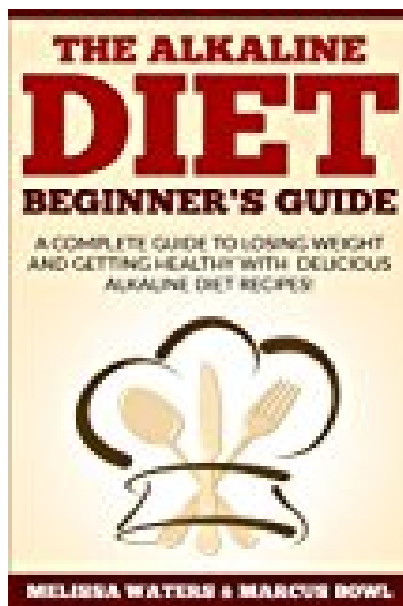


Alkaline Diet The Alkaline Diet Beginners Guide A Complete Guide To Losing Weight And Getting Healthy With Delicious Alkaline Diet Recipes!



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BOOK SYNOPSIS

Are you looking for a way to lose weight and still be healthy? Do you wish you had an easy way to detox your body? Do you wish you were more energetic and youthful? Then the Alkaline diet is for you! Alkaline diet is perhaps one of the best ways to lose weight and become fit and active without intensive exercise routines. You can lose weight quickly and in a healthy and holistic manner. This diet helps cleanse your body of the harmful effects of an acidic diet. Alkalinity is the worst foe of acidity and this is just basic chemistry. In this book, you will learn how to counter acidity and excessive acidic environment present in the body with simple, yet very tasty recipes. In the course of the book, you will learn: The difference between Acidic and Alkaline food Harmful effects of acidic diet What the alkaline diet is? The benefits of alkaline diet such as weight loss, youthful glow, good sleeping patterns, mental well being etc List of alkaline and acidic food Top alkaline foods to add to your diet Tips on the Diet Side effects or things to keep in mind regarding alkaline diet. A wide plethora of tasty yet easy to cook alkaline recipes. All these tips and recipes presented in this book will help you to become an alkaline diet champ by the end of this book. You will learn all the health benefits and learn how to make tasty alkaline recipes. So what are you waiting, let us get started!

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