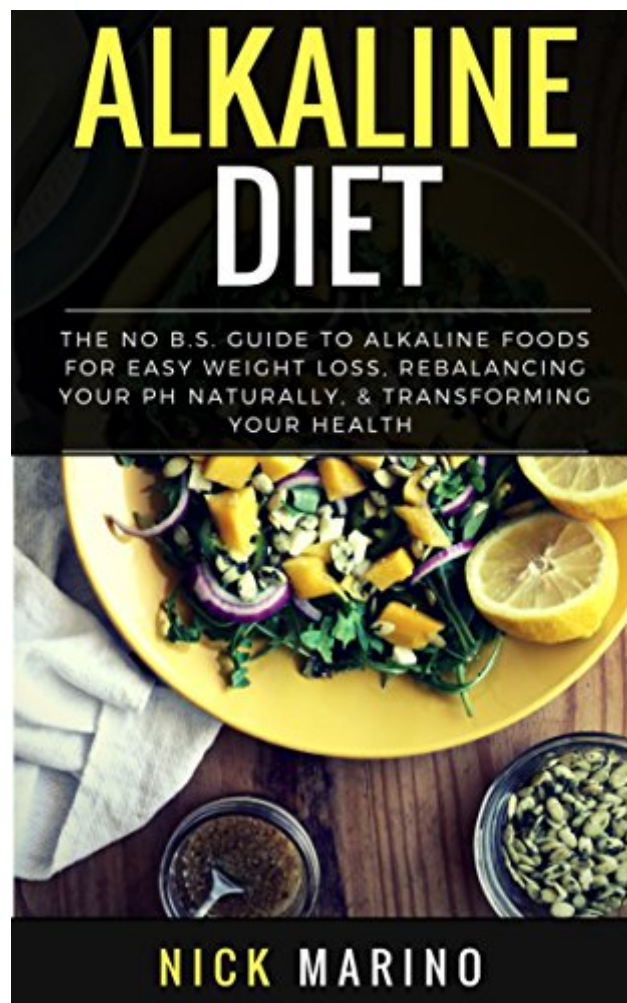


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# **Alkaline Diet: The No B.S. Guide To Alkaline Foods For Easy Weight Loss, Rebalancing Your PH Naturally, & Transforming Your Health - Includes Beginners 31 Day Alkaline Diet Plan (Clean Eating Series)**





## 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. 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, resulting in: muscle spasms and aches, kidney stones, depression, memory loss, high blood pressure, anxiety, fatigue, insomnia, and many more disorders and diseases. 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. 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 Avoid - Is Your Body Too Acidic?- 31 Day Alkaline Diet Plan - and Much, Much More! So Go Ahead! Grab Your Copy & Start Reading Today!

## Book Information

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## 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 there'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 can'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 very 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 alkaline for simple weight reduction, rebalancing pH naturally, and enhancing well-being are aspects of now included and elegantly composed inside. This book shows how to replace foods that are acidic 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 ratiegies on how to success 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 your 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 loosing weight. So perfect read.

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