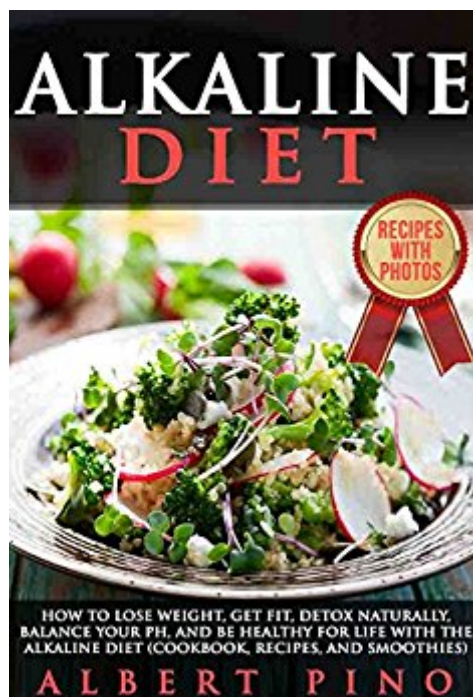


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# Alkaline Diet: How To Lose Weight, Get Fit, Detox Naturally, Balance Your PH, And Be Healthy For Life With The Alkaline Diet (Cookbook, Recipes, And Smoothies)



## Synopsis

Lose an amazing amount of fat, balance your pH, and feel better than you ever have before with the amazing and tasty recipes in this alkaline cookbook â “ INCLUDES PICTURES OF EVERY MEAL! Today only, get this bestseller for just \$2.99. Kindle edition regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device! We are living in a world of increasingly frightening statistics. Chronic disease and obesity rates are on the rise while our overall quality of life continues to decline. Cheap, nutritionally deficient processed foods are more popular than ever. The way we are eating and living these days is making us fat and sick but it doesn't have to be this way! Don't let yourself be one of the statistics! This book will show you exactly how you can promote health, energy, and longevity, while losing amazing amounts of fat and feeling years younger! The Alkaline Diet is the Answer! The Alkaline Diet is based on the principle that our bodies have endured so much abuse at the hands of our modern industrial food production system that we have lost our natural pH balance. We've subsisted for too long on highly processed foods and refined carbs like sugar. The Alkaline Diet is a simple and delicious way to detoxify the body from all the sugar and junk that has built up, restoring the body's natural pH balance and eliminating chronic ailments naturally! The delicious award winning recipes in this Alkaline Diet cookbook treat food as the honest and natural source of nutrition that it is. Most recipes are primarily vegetable based (and with a few substitutions the entire book of Alkaline Diet recipes could easily be completely vegetarian or vegan). The ingredients are unprocessed and free of the many unpronounceable chemicals that plague modern diets and can lead to chronic pain, obesity, and lethargy. The recipes are delicious but not overly complex and require no exotic equipment or significant cooking background. A sustainable alkaline lifestyle - not a restrictive starvation diet The Alkaline Diet recipes in this book are not based on adhering slavishly to arbitrary rules about consuming certain things at certain times, or writing off entire macro-nutrient groups as off limits. At its core, living an alkaline lifestyle embraces a simple philosophy: treat food as natural medicine and eat real, healthy food, in its fresh and natural form the way nature intended. No processing, chemicals, or preservatives required. Here is a preview of what you will find inside this book: An Introduction to the Alkaline Diet Does The Alkaline Diet Really Work? Cancer and The Alkaline Diet What Are Alkaline Foods? What Are Acidic Foods? Dozens of Amazing Recipes for Breakfast, Lunch, Dinner, Snacks, Deserts, Juices, and Smoothies! And Much More! Do something good for your health today! Do something good for yourself and begin your Alkaline Diet today. Once you have personally seen the difference a natural and properly balanced pH level can make in your life, you will have no desire to go back to eating the processed, acidic, nutrient deficient foods that so many people are slowly killing themselves with

in our modern food dystopia. Let this book show you the amazing alternative available to you today so that you can embrace a new and improved you, one amazing meal at a time! Start today by grabbing your copy of this book and enjoying all the benefits that come with living a healthy, pH balanced lifestyle!

## **Book Information**

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## **Customer Reviews**

The recipes in this book are amazing! I've only made three so far but just flipping through the book I can already tell I will love the rest. Not only that, but after each recipe there is a photograph of what the meal should look like, and gives some ideas for presentation if your serving it to family or friends. This alone sets this book apart from so many other cookbooks I've bought on here. In addition to the recipes there is also information about the diet and explanation about how and why it works and who can benefit from it. The meals in this book are very healthy with lots of fresh vegetables, no added sugars, and some lean meat and fish here and there. I'm not sure if my pH needs adjusting but I definitely need to make a change to my diet and lifestyle and this book is exactly what I was looking for!

Excellent, and easy to follow recipe instructions. Not bad, full of good advice for eating a more alkaline diet. Even if you're not a believer in alkalizing this is still a great book filled with delicious recipes. Quick read with great information to change your eating habits. A good book for anyone who wants a quick explanation on the diet. A good balance of information and rationale behind the acid-alkaline theory combined with useful tips, recipes and information to help achieve that balance. Overall, I really enjoyed this book, as it left me better educated than before, so I highly recommend giving this book a chance!

Alkaline diet is an interesting healthy diet that is good for you. This diet has emphasis on fruits and vegetables as it helps the body to cleanse itself from toxins. This kind of diet is a plant-based diet. You can find some delectable and nutritious recipes that you can try and serve as a guide to transform your eating regimen. Highly recommended!

I'm glad I chose this diet book over the others offered. This book gave me that answer; its alkalinity is due to its lesser sugar content compared to other fruits and vegetables. This kind of diet is proven to have a lot of healthy benefits and it will surely make your body healthier and stronger than before. In this book you will learn many different alkaline diet recipes with easy to follow instructions on how to get started in this kind of diet. I found this book easy to understand and very knowledgeable. Albert did a fantastic job on creating a very informative book It is really worth spending my money and time on this book.

Alkaline Diet recipes that will help us to cleanse our body from the toxins that have been building up in our body from the time we eat unhealthy foods. Here are some of the recipes that I want to try at home: 1. Walnut Raspberries & Millet Recipe 2. Alkaline Oats Breakfast 3. Lemon & Garlic Pesto Salmon 4. Stir Fried Vegetables with coconut milk and tofu 5. Cauliflower Buffalo Wings 6. Berries and Avocado Power Smoothies. And more delicious recipes.

Alkaline diet describes a group of loosely related diets based on the belief that certain foods can affect the acidity and pH of bodily fluids, including the urine. An alkaline diet emphasizes alkaline foods such as whole fruits and vegetables and certain whole grains, which are low in caloric density. Healthy Alkaline Diet Foods involve the ideal balance between acidifying and alkalizing foods.

Great healthy Book. It also teaches the many benefits that can come by following the alkaline diet.

The book contains tasty and healthy recipes that will help you loss weight.lot of very helpful information maintaining a healthy diet.A must read.

This is really an awesomeâ € diet book, that provides great assistance to lose the weight while eating delicious and tasty foods. This book will show you exactly how you can promote health, energy, and longevity, while losing amazing amounts of fat and feeling years younger!

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