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## Alkaline Cookbook: : 50+ Delicious Alkaline Diet Recipes to Kick-Start Your Weight (Paperback)

By Marta Tuchowska

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Healthy Satisfaction Revealed - Discover an Endless Alkaline Diet Pleasure! Energize Your Life with The Alkaline Diet! Discover how to eat your way to massive weight loss, super healthy body and a focused mind, while enjoying the process of your transformation! Alkaline Foods Offer Unusual Mind and Body Health Benefits: Weight Loss and Fat Burn More Clarity of Thought More Peace of Mind and Less Irritability Balanced Immune System and Less Inflammation Increased Concentration and Motivation Healthier Skin, Nails and Hair More Stamina Better Memory Feeling and Looking Younger Do you know the real alkaline diet secret? Drum roll, please. It s the preparation of mouth-watering, satisfying meals that will keep you full, while helping you lose weight, reduce inflammation and have more energy The Alkaline Diet is neither difficult, nor boring. Eating Alkaline Foods can be interesting and fun. This book was created to show you how much healthy variety you can put into an alkaline diet. Once you begin to experience the wonderful benefits of a balanced pH in your system, you will wonder how you ever managed to live your...

### Reviews

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