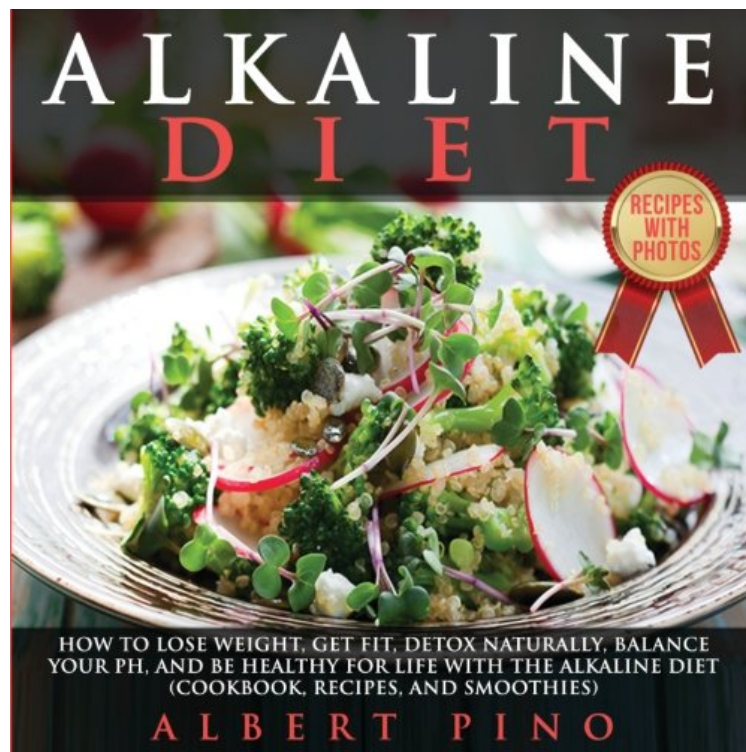


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## **Alkaline Diet: How to Lose Weight, Get Fit, Detox Naturally, Balance Your pH, and Be Healthy For Life with the Alkaline Diet (Cookbook, Recipes, and Smoothies)**

*Albert Pino*

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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 ndash; INCLUDES PICTURES OF EVERY MEAL! Today only, get this Amazon bestseller for this special sale price. Paperback edition regularly priced at \$19.99. 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!