

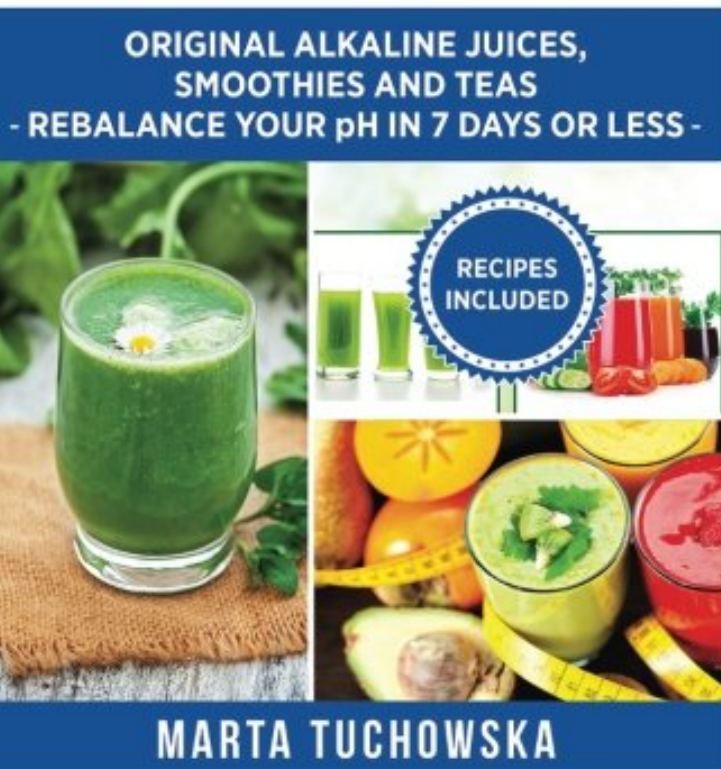
[Ebook pdf] Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5)

# Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5)

Marta Tuchowska

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# ALKALINE DRINKS



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Marta Tuchowska : Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5) before purchasing it in order to gage whether or not it would be worth my time, and all praised Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH

in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5):

6 of 6 people found the following review helpful. An Outstanding book by an Outstanding Author By Beran Parry Marta always delivers high quality wellbeing books. And she does this again! ...we are generally not conscious about the problems of acidity, and its real causes. This book teaches you how to choose more alkaline food, and how to combine both, alkaline and acidic food without harm. What surprised me the most in this book was to learn that there are some foods and drinks, which are usually considered to be healthy and healing, where in fact extremely acidic.....and might cause us more harm than good. I have been suffering from acidity, and this book made me realise the cause of my problem, and how to prevent acidity from occurring. I really like the fact that Marta is not imposing, and that there is total freedom to choose. You can still consume your favourite acidic foods and drinks with moderation. Last but not least, there are delicious juices, teas and smoothies recipes that will help you detox and have more energy! Grab this latest super detailed book now! 6 of 6 people found the following review helpful. Discover how to look and feel great the easy way By Sue Waterworth An interesting book that has some great recipe ideas. I think it could do with a good edit however, especially looking at ingredient amounts - 1 cup of coconut cream in one drink seems a bit much, and made my liver do handstands at the idea! Also, you'll need to be rather rich to afford the big quantities of ingredients in a drink. But all that aside, I'm prepared to do it if I'm going to look like the image on the cover. 2 of 2 people found the following review helpful. Alkaline Drinks By Jonny Having read a few books from the author. I knew that this would be another great work of art. The amount of knowledge inside this book is very valuable. I had heard about the Alkaline drinks but never actually followed through for a part of my daily diet. My favorite sections were: -The "20/80" Rule - keeping a healthy alkaline balance; -Stop the excuses - "I thought it was healthy"; -How to adjust the Alkaline Diet according to your own lifestyle Worth the purchase. I highly endorse this book.

Amazingly Delicious Alkaline Drinks and Tips for Total BodyMind Transformation! Detoxify Your Body, Increase Your Energy Levels and (if desired) Lose Weight Naturally Discover 100% NATURAL ALKALINE ENERGIZERS! (45 recipes + bonus content included) Sick and tired of dieting? Looking for something simple that actually works? Good news: Unlike other diets that are obsessed about counting calories, the Alkaline Diet focuses on restoring the body and mind balance so that your body can heal itself naturally. Personally, I find it pretty stressful to keep up with counting calories, and with the alkaline diet, doing so is completely unnecessary! Few people realize that REAL ENERGY is waiting for us, hidden in alkaline veggies, fruits and herbs. These may be used to create amazing and energizing alkaline drinks - smoothies, juices and herbal infusions - that are caffeine-free and rich in nutrients that our bodies so desperately need. 100% NATURAL ALKALINE ENERGIZERS ARE WAITING FOR YOU! You can finally: \* Rejuvenate your body and mind with 100% natural alkaline smoothies. \* Help your body maintain its optimal pH and heal itself through nutrient rich, dairy-free, sugar-free alkaline-forming drinks HERE IS PREVIEW OF WHAT YOU ARE JUST ABOUT TO LEARN: \* The Alkaline Diet- the Common Sense Approach (not pseudoscience) \* The Motivational Factor: How to take action right now and start enjoying better quality of life tomorrow- or even today! \* Tips to including alkaline drinks in your daily routine and making them a part of your lifestyle; \* A SOS Shopping List (for those really pressed for time and need to rebalance yourself); \* The "20/80" Rule - keeping a healthy alkaline balance; \* Stop the excuses - "I thought it was healthy" - by learning which fruits are acid forming and should be reduced for optimal health results; \* How to adjust the Alkaline Diet according to your own lifestyle - everyone is different and their diet should be too; and \* The BEST part - the best alkaline drink recipes for you to try and enjoy for visible results - your lifestyle can inspire other people! Do you bounce out of bed in the mornings, or do you continue pressing the snooze button for just a few more moments of sleep? Are you able to get through the day without feeling fatigued? Do you suffer from any ailments? Disease? Can't lose weight even though you count calories and follow the latest "dieting" fad? Here's the good news: you don't have to continue suffering. But... You have to make the right choice now. The solution is just in front of you. That is what this book is all about. Alkaline drinks are a great, holistic tool to help you alkalize your body to achieve your health goals so you can be the person you want to be. They are a great way to add more healthy, alkaline foods into your diet that will help you eradicate: \* Illness \* Disease \* Excess Weight Perhaps you suffer from fatigue, aches and pains, and stiffness, or perhaps you would like to lose weight. You've been to doctors and taken medication, but for the life of you, you just can't understand what's making you feel worse than you should be feeling. You have been told to get used to it. Swallow another pill. If that's the case, you have the power to change it. How would other areas of your life (work, social, family) improve if you could just have more energy and finally create the body you want? Within the pages of this book, you will learn all of the steps you need to take to guarantee you start tomorrow in BETTER shape than you are right now. Take positive action and transform your body and mind with Alkalinity Want to find out more? I hope to "see you" inside my book. Scroll up the page and click on the buy button!

"As always, Marta provides solid, easy to follow advice in this book. I am definitely trying her idea for cutting out the

coffee and caffeine. She has a great approach, using her personal style. It makes the reader feel like you are talking to a friend as well as a professional. The recipes are easy to follow and the list is so handy. Since reading this, I am convinced I can improve my health and energy levels by eating and drinking more alkaline foods. Great book, all the way around!" - by Customer

About the Author  
Marta is a certified massage therapist, wellness/lifestyle coach and author dedicated to helping others transform their bodies and minds to achieve personal success. Her passion for holistic wellness and personal development led her to study holistic nutrition, NLP, yoga, meditation, reiki, stress management, alkaline diet, aromatherapy, herbal remedies and homeopathy. She became fascinated with the power of the mind as well as motivational "action" coaching. After all, it's not only about drinking dozens of green smoothies, using aromatherapy and essential oils and spending hours on your yoga mat, right? She believes that natural therapies and personal growth are a life-long study and she never stops investigating. "GLOBAL HOLISTIC WELLNESS COACHING FOR MODERN PEOPLE..."

Marta realized early on that wellness is not only about taking care of your body. She chose to expand her services from simple massage to offering a more holistic approach to wellness, lifestyle coaching and alternative services. Marta truly believes that if you really want to transform yourself in a holistic way, you must also work on your mind, emotions and motivation. All systems must go - body, mind and spirit.