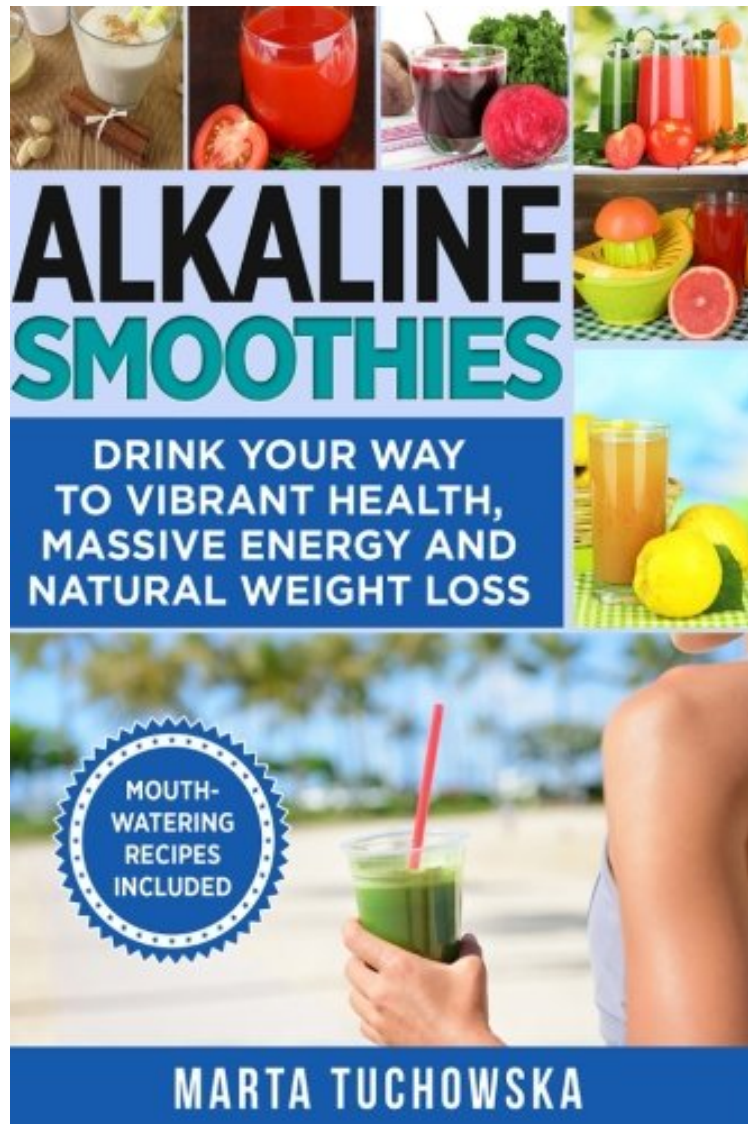


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## **Alkaline Smoothies: Drink Your Way to Vibrant Health, Massive Energy and Natural Weight Loss (Alkaline Diet Lifestyle: Alkaline Recipes, Alkaline Foods) (Volume 6)**

*Marta Tuchowska*

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About the AuthorMarta Tuchowska is a holistic wellness author on a mission. She wants to help you create a healthy body, mind and spirit through a balanced lifestyle. Marta has a strong background in healing and health (certified in massage therapy, holistic nutrition, aromatherapy and Reiki), and she infuses her natural therapy knowledge with motivational and life coaching to help you create a life full of energy, health and happiness. Marta wants to make it easy, doable and fun. She calls it a holistic lifestyle for modern, 21st-century, busy folks! Check out Marta's blog at: [www.HolisticWellnessProject.com](http://www.HolisticWellnessProject.com) and grab your free resources to kickstart your holistic health success!