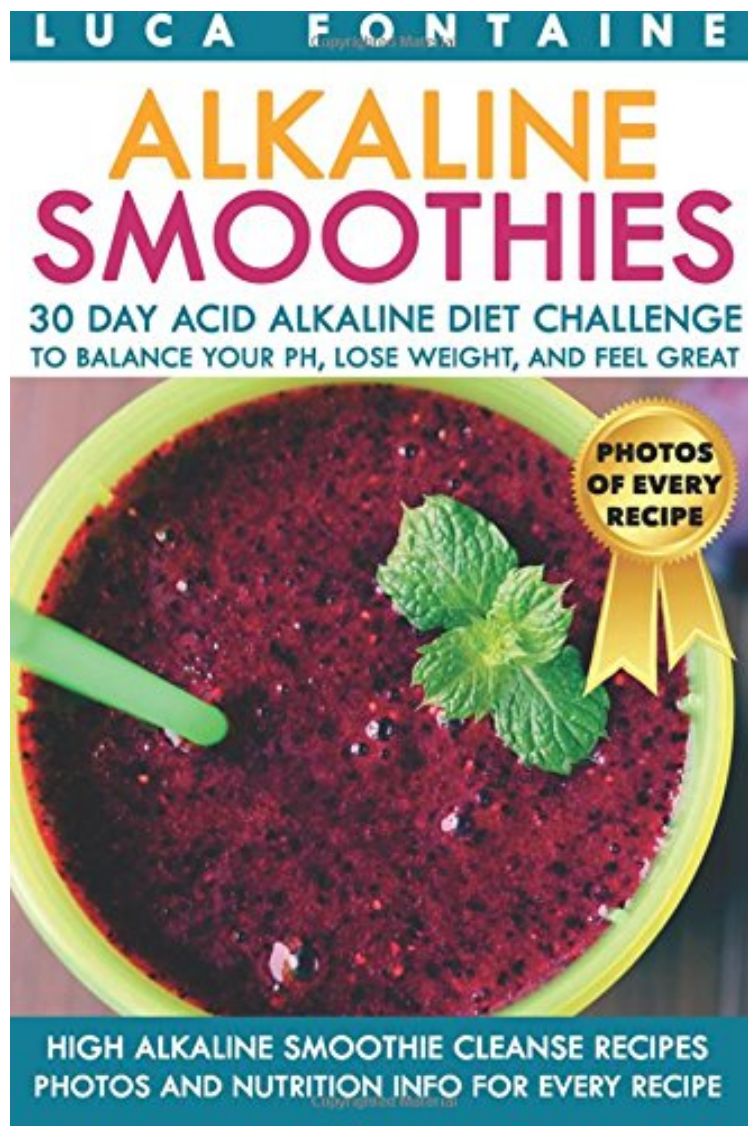


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# Alkaline Smoothies: High Alkaline Smoothie Cleanse Recipes; 30 Day Acid Alkaline Diet Challenge to Balance your pH, Lose Weight, and Feel Great; Photos and Nutrition Info for Every Recipe

Luca Fontaine

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1 of 1 people found the following review helpful. Alkaline smoothie recipes for cleanse and weight loss. By Lisa Welch@Alysa I had no idea about alkaline smoothie recipes and I caught this book from the wake of my curiosity. It really surprised me and now it is pretty clear to me about how easily I can make all these smoothies at home. Most of these smoothies I didn't taste before, but of course I will try. All these nutrition value information helped me to get better understanding about the health benefit of these smoothies. Luca presented all these recipes with a good manner and attached photos as well. Seems like all these recipes will be delicious and no doubt these will be healthy as well. I didn't wait to put down my opinion here because I really liked the concept and content (recipes) of this book. Nice work Luca!

1 of 1 people found the following review helpful. Learn some healthy alkaline smoothie recipes. By Mv\_Mike Henry I had a huge interest to learn about alkaline smoothie recipe and for that I grabbed this book. This book fulfilled my expectation and here I have found dozens of recipes that I was searching since last month. I liked all these recipes because I found these recipes really easy to learn and cook. The author of this book has described each recipe very clearly and for each recipe I have found proper cooking instruction. I am really glad to learn all these recipes and of course I will recommend this book to all interested people.

1 of 1 people found the following review helpful. Alkaline Diet for optimal health, energy, and weight loss! Found dozens of recipes as well. By Charles If you want to learn Alkaline smoothie cleanse recipe, then this book will be a perfect choice for you. By the help of this book not only have learned about plenty of recipes, but also learn more about Alkaline diet. Inside of this book the author "Luca Fontaine" has also described about a 30-day challenge for effective weight loss and getting feel better. I didn't face any problem to learn all these recipes as well because the author has described easy to understand cooking instruction for each recipe. Overall, by the help of this book I am impressed enough.

**30 DAYS OF ALKALINE SMOOTHIE RECIPES WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE!** Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNT The latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy lifestyle, and feeling great is maintaining a balanced pH! Join the movement and reclaim your health! The Alkaline Diet is more than just a diet. It is a lifestyle and an entire movement based on reclaiming our health and drinking healthy, delicious, alkaline smoothies that promote a natural pH balance in the body the way nature intended. Food isn't meant to be engineered by scientists, loaded with chemicals, and mass produced in a factory, nor should it elevate the acidity in your body to unhealthy levels! Food should be an honest, natural, and enjoyable part of life. That's why alkaline smoothies are becoming increasingly popular! Not only that, the evidence has become undeniable: alkaline smoothies can help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! Drinking alkaline smoothies has also been shown to provide a dramatic boost to immune system effectiveness, reduce hunger pangs, increase your level of mental focus throughout the day, and reduce the risk of major chronic illnesses like diabetes and heart disease! 30 Days of Amazing Alkaline Smoothie Recipes for Health, Weight Loss, and a Balanced pH! This Alkaline Smoothie Cookbook makes it easy to restore your health and balance your pH! Simply start at day 1 and enjoy a fresh new delicious alkaline smoothie every single day for a month! By the end of your 30 day challenge you will have lost weight and feel healthier and more energetic **GUARANTEED OR YOUR MONEY BACK!** Each and every smoothie recipe includes a photo of the alkaline smoothie as well as serving size and nutritional information. There are enough smoothie recipes in this book to keep you excited about the Alkaline Diet for months, even beyond your 30 day challenge! Enjoy some of the best smoothies you've ever tasted in your life all while maintaining an approved Alkaline Diet for optimal health, energy, and weight loss! A Diet for Life! The Alkaline Diet is not a boring, bland, or starvation diet. Consuming bland and weird food might be one way to lose weight, but that is not what living an alkaline lifestyle is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Invest in your health by grabbing this book today and enjoy a month of amazing alkaline smoothies! The Alkaline Diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on a month of spectacular Alkaline Diet smoothie recipes in this cookbook. Every recipe is easy to make and is so healthy and delicious you will be proud to serve these smoothies to your family and friends. World class meals you can serve to your family and friends with pride! World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite alkaline smoothie recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being

of your family, that will pay off huge in the long run!