



Alkaline Diet Guide: Lose Weight Quickly, Achieve Optimal Health, and Feel Energized with the Alkaline Diet and Alkaline Recipes (Paperback)

By Emma Rose

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Lose Weight Efficiently! Learn How With This Alkaline Diet Guide! July 2015: 10 NEW Recipes Added! You re about to discover how. A simple change in your diet can bring about significant progress when it comes to your weight loss goals. From understanding the basics and how it works to providing you with starter recipes, you ll be able to learn everything you need to switch to an Alkaline diet through this book. Your body is already in an Alkaline state. Supporting the alkaline balance in your body will ensure that everything is functioning at its optimal level. You will also come to understand that losing weight isn t just a matter of consuming less food and doing an extreme amount of exercise. It s all about balance and making sure you stay healthy through the process. This book provides a simple, jargon-free introduction to the Alkaline Diet, exploring the science behind the program so you can better understand how your body works. The guide also investigates the side effects of the average person s diet, exposing the cause of common...



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