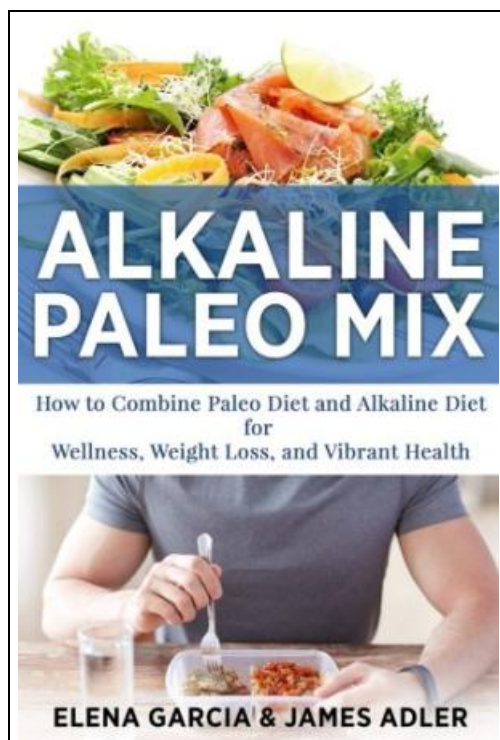


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Reviews

Very good e book and helpful one. it was writtern quite properly and helpful. I am quickly could possibly get a enjoyment of looking at a composed book.


(Connor Lowe IV)

ALKALINE PALEO MIX: HOW TO COMBINE PALEO DIET AND ALKALINE DIET FOR WELLNESS, WEIGHT LOSS, AND VIBRANT HEALTH (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Reduce Inflammation - Lose Weight - Boost Your Energy with the Alkaline-Paleo Way! Are you looking for a long-term wellness and weight loss success? Do you want a diet that is easy to stick to and gives you the optimal health results? Are you looking for a naturally, gluten-free diet that is nutritious and delicious and won't make you feel deprived? Would you like to improve your overall health, detox your body, have higher energy levels, stimulate your libido, and boost your mental capacity? Let us show you our Alkaline Paleo way! The Alkaline-Paleo lifestyle is the result of the combination of the Paleo and Alkaline diets. This hybrid diet offers more flexibility than both individual diets and reaps their best features, especially the health benefits such as boosting energy levels, reducing inflammation, losing weight in a natural way and feeling fantastic. If you are not sure you want to follow a Paleo diet or maybe you find the Alkaline diet too restrictive and you don't want to eat 100 plant-based, but at the same time you simply want to reduce animal products and eliminate grains milk products and go naturally gluten-free; then the Alkaline-Paleo lifestyle is a great choice. With this diet you can be both alkaline and paleo and create balance that works for you. You will learn to prepare interesting, delicious and tasty meals (real pleasure!) and take care of your body and mind at the same time! Additional Benefits of The Alkaline Paleo Diet Mix -More energy and motivation for workouts -Get rid of digestive issues -Get rid of allergies -Feel younger in your body -Better memory -Improved sex life -More zest for life!...

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