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Alkaline Diet: The Alkaline Meal Plan to Balance Your PH, Reduce Body Acid, Lose Weight and Have Amazing Health (Paperback)

By Anne Wilson

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Lose Weight and Enjoy Health with Balanced Body pH! Are you curious about the Alkaline Diet movement? Do you want to put less stress on your body and feel better every day? Would you like to shape a slimmer and more vigorous you? If so, you simply must read Anne Wilson s Alkaline Diet: The Alkaline Meal Plan. In this expanded 2nd edition of her popular lifestyle guide, you ll discover proven steps and strategies for cutting those unwanted pounds (and inches!). With this powerful restorative diet, you ll achieve better health, find your body s natural balance, and have more energy for enjoying life! Inside Alkaline Diet: The Alkaline Meal Plan, Anne teaches you: How the Alkaline Diet Works How Acidosis Affects Your Body Body Acid and Your Glycemic Index How Your Body s Activity and Energy Levels Function Tips and Tricks for Getting Started on the Alkaline Diet Which Alkaline Foods Easily Balance Your pH Secrets of the Alkaline Kitchen and Portion Control Strategies that Really Work! The Alkaline Diet provides many powerful health benefits. It provides catechins, antioxidants...



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