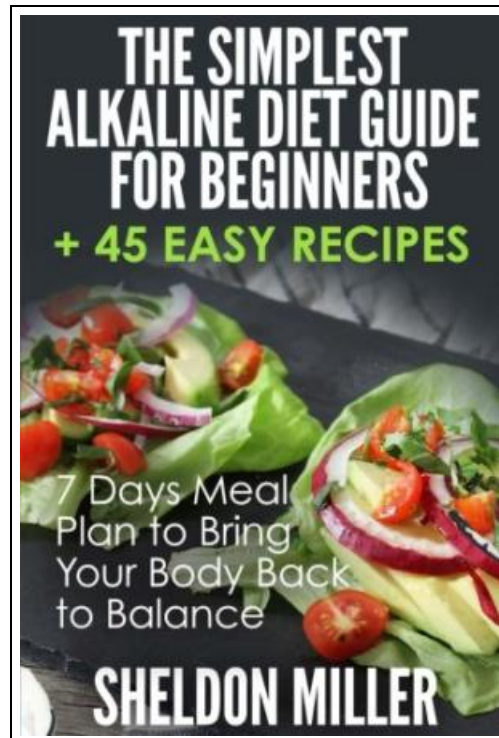


The Simplest Alkaline Diet Guide for Beginners + 45 Easy Recipes: 7 Days Meal Plan to Bring Your Body Back to Balance (Paperback)



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Reviews

Comprehensive information for book fans. It is one of the most amazing book i actually have read. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Yoshiko Okuneva)


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Assuming that you have already done your research on this topic, you have most likely stumbled upon different pieces of evidence that elaborate on the positive impact of alkaline diet. The basic concept of the Alkaline Diet follows an ideology that believes that the human body turns into a very healthy metabolic machine when acidic (acid forming) foods are completely replaced with Alkaline based ones. Without any prior knowledge, this is a concept that might seem a little bit hard to believe at first, but scientists all around the world are proving it otherwise! In fact, the positivity of this diet has been proven to the extent that it can even fend of diseases such as Cancer. Such results have slowly catapulted Alkaline Diet to the hearts of millions all around the world, and I am hoping that you will be the next one to learn to appreciate the magic of this diet. And yet, Atkins diet is perhaps one of the most effective yet misunderstood diets out there right in the mainstream world! Around the world, the alkaline diet is largely known as Alkaline-Ash diet or even Acid Ash diet as well. So, don t be confused if you see those names around! But for the sake of simplicity, throughout the book, we will be simply referring to the diet as being Alkaline Diet The core aim of the diet, as mentioned earlier is to simply cut down a certain group of food that is largely considered to be Acidic and provide help the dietician create a meal plan that encourages him/her to eat foods that sport an Alkaline flavor. These mostly consist of vegetables and fruits. I have tried...

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