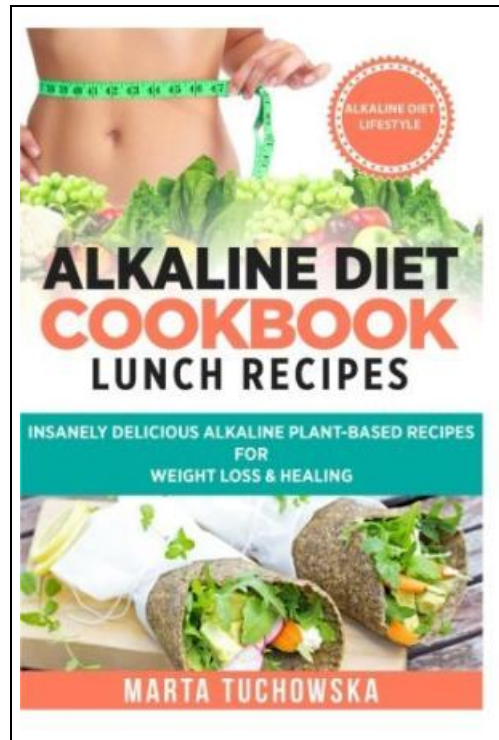


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Reviews




The publication is simple in go through preferable to fully grasp. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Mrs. Josiane Collins)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Alkaline Diet Made Easy, Exciting, Doable, and Fun! Effective, 100 natural solutions to feel amazing and start losing weight. Without feeling deprived. Once and for all. Have you ever been told that the alkaline diet is hard to follow? Have you ever been told that the alkaline foods are fad? Well, you have been lied to. It s not about eating less. It s about eating right. The alkaline diet is a holistic tool that helps you achieve wellness and health by supporting your body s natural healing system. Wouldn t it be great to be up early every day, feeling amazing, and actually looking forward to starting your day? Wouldn t it be great to eliminate those afternoon energy crashes and stop being dependent on caffeine? And wouldn t it be great to start losing weight naturally (or maintain your ideal weight) without torturing yourself with calorie counting and unrealistic starvation diets? You see, the alkaline diet is not about eating 100 alkaline. It s not about surviving on cucumbers and kale. The good news is that you are just about to discover tasty and healthy plant based recipes so that you eat a clean, balanced diet inspired by the alkaline diet and actually enjoy it! The Best Part? It s Easy: -Most ingredients are really easy, everyday and common sense ingredients that are easy to find at your local grocery store or supermarket. -You don t need to be a good cook or a qualified chef to learn those simple and delicious recipes. -You don t need any fancy kitchen equipment to get started on the plant based recipes contained in this alkaline cookbook. Here s...

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