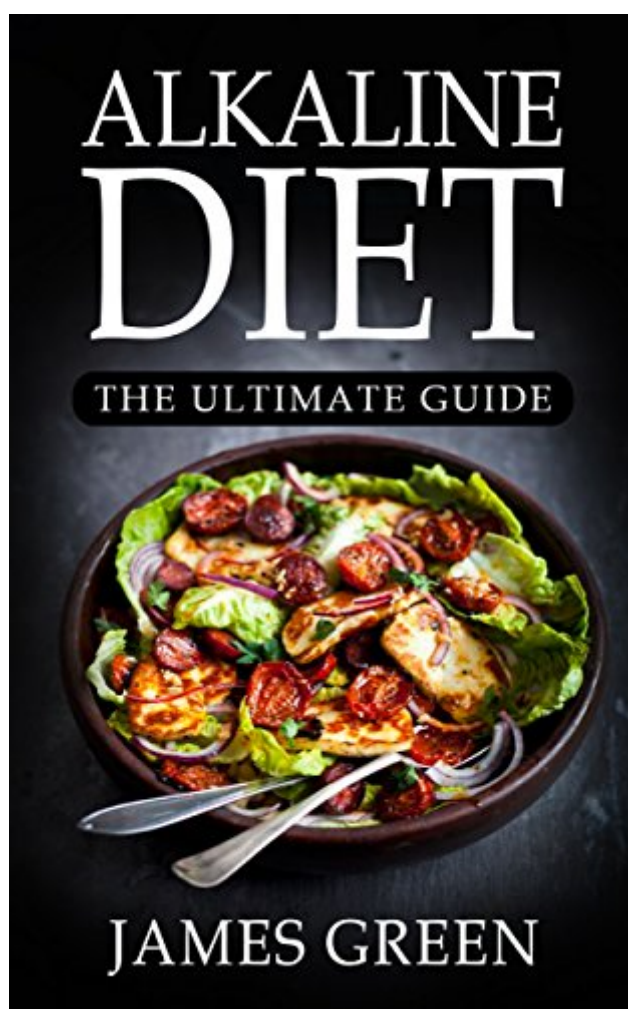


The book was found

# **Alkaline Diet: Your Essential PH Guide™ With Over 320+ Recipes For Health & Rapid Weight Loss (Lose Weight Effortlessly With Alkaline Foods)**



## Synopsis

If Creative Alkaline Recipes are What You Seek, then Look No Further. Follow the ONLY nutritional approach that works with your body to get rid of Acidification, helping your Energy levels to Sky-Rocket and Shed Unwanted Fat Effortlessly! The 320+ Authentic, Original Alkaline recipes with 1 FULL Month Meal Plan found in this book will get you excited to be in the kitchen, re-creating your favourite dishes with new ingredients that will tempt your palate. Alkaline Diet: Your Essential pH Guide ©, Provides a complete Framework for Self-managing your Alkaline Health and the acid-alkaline balance in your body. This book will use a step-wise approach to take you through the Alkaline Diet and further beyond into the practical application of making healthy and super tasty recipes. Eating Alkaline foods as part of a pH Balanced Alkaline diet is an Essential part of achieving Optimal Long-Term health. With this comes vigor, energy, improved well-being, overall reduction of Chronic illness and Longevity. This lifestyle expounds on a Practical and Sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness by ditching the processed. Take a Look Inside... The Acid-Alkaline Balance Explained Introducing the Alkaline Diet The Alkaline Diet Unchained Alkaline Diet Rules Alkaline & Alkaline Food Chart by Degree Cleansing and Detoxifying The All Natural Way 1 FULL Month Meal Plan The Alkaline Diet Lifestyle Changes Some of the Profound Benefits You will Experience: Increase Energy Levels & Vitality Accelerated Fat Loss Improved Mental Focus Lower Blood Sugar & Cholesterol Hormonal Balance Reduced Inflammation & Pain Normalized Sleeping Patterns Reduced Anxiety and Stress Think of the Alkaline Diet like pushing the reset button with your overall health and Relationship with your Food habits. Here Is A Preview Of The Alkalising recipes you will find in this book: Blueberry Tortilla Strawberry Coconut Pudding Apple & Sweet Potato Pancakes Warm Grain Free Cereal Raw Beet Granola The Green Devil! Peanut Butter & Berry Smoothie Cooked Wheat Berries Wheat Berry and Bean Chili Fresh Zucchini Noodles Banana Almond Chia Pudding Steak and Veggie Kabobs Asian Lettuce Wraps Lobster Salad with Citrus Vinaigrette Zesty Chicken Bites Green Bean Salad with Walnuts Chipotle Chicken Stuffed Sweet Potatoes Thai Stir Fry Caribbean Salmon Fresh and Light Vegetable Medley Vegetarian Gyros Rosemary and Garlic Infused Nutty Cheese Classic Tomato and Basil Pasta Quick-Cook Coco-Curry Asian Steamy Pot Couscous with Spicy Veggie Tagine Join Thousands of Insiders that use the Alkaline Diet and THRIVE

## Book Information

File Size: 1750 KB

Print Length: 362 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 1, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01JJB0TLK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #84,608 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #129 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Alternative Therapies #145 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

## Customer Reviews

I honestly have no idea on alkaline diet before and this book gave me a good introduction to it. I was advised to try this diet as weight loss program and I did enjoyed it with this guide. So I am giving this diet book 5stars! It explained to me everything that I needed to know about the acid-alkaline balance that we need to maintain. I never knew all these before. This book also provides rules to follow if you are on alkaline diet as well as 1 month meal plan. I am now on the 1st week and I can already feel the good effect it has on me. :) awesome diet book. effective and informative!

Iâ™m really happy to know about the Alkaline food by reading this detailed e-book. Eating Alkaline foods as part of a pH Balanced Alkaline diet is an Essential part of achieving Optimal Long-Term health. This book has discussed a step-wise approach to take one through the Alkaline Diet and further beyond into the practical application of making healthy and super tasty recipes. It also explains the best ways how to detoxify the body. This guide is full of recipes with ingredients, period and directions which are really helpful to make the food by oneself .

Many people do not know what an alkaline diet truly is. Fortunately, James has written an effective guide that teaches you what an alkaline diet is, its health benefits, and how to implement it properly

in your daily life. Additionally, there are loads of recipes that are easy to make, healthy, and of course delicious. You can't go wrong with this guide.

My only complain about this book, is that you need a kindle app before you can be able to read it. Apart from that, this book was really nice. i had to read it in a kindle app and i saw that this book contains wonderful recipes to help me stay healthy and strong. I am really happy to have gone through it using a friends device

This is a solid representation of the Alkaline Diet that covers all aspects. I'm always looking for new foods to cook and new ideas for meals that are healthy. Alkaline is a concept new to me and this book was a great introduction for me. I highly recommend if you want to know more about an alkaline diet.

The book is pivotal and essential to know the methods for enhancing the solid ans physiology of the body framework by presenting the soluble eating regimen, this book will help in the presenting the methods for decreasing the sharpness of the body liquids by utilizing the sound eating routine formulas as the book depicts.

Alkaline feeding will mostly involve the foods that will reduce the acidity tendency in the body fluids caused by the processed and unclean foods consumed on daily basis. The information in gthis book seeks to help us know the foods to create a conducive body physiology and harsh to the micro-organism.

The book is crucial and important to know the ways of improving the healthy ans physiology of the body system by introducing the alkaline diet, this book will help in the introducing the ways of reducing the acidity of the body fluids by using the healthy diet recipes as the book describes.

[Download to continue reading...](#)

Alkaline Diet: Your Essential pH GuideÂ© with Over 320+ Recipes for Health & Rapid Weight Loss (Lose Weight Effortlessly with Alkaline Foods) Alkaline Cookbook: Alkaline Satisfaction!: 50+ Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Weight Watchers: The Smart Points

Cookbook GuideÂ© with over 320+ Approved Recipes & 1 FULL Month Meal Plan For Rapid Weight Loss (1 YEAR of Recipes, Start the Easy Points Plus Diet) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: Top Recipes For Weight Loss: The Smart Points Cookbook GuideÂ© with over 320+ Approved Recipes & 1 FULL Month Meal Plan (1 YEAR of Recipes, Start the Easy Points Plus Diet) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Alkaline Diet Cookbook: Breakfast Recipes: Insanely Good Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook, Nutrition) (Volume 1) Alkaline Diet: 100 Alkaline Recipes For Healthy Dinners To Help Lose Weight (Alkaline, Casserole Recipes, pH, Acid Reflux) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners)