



Alkaline Diet Recipes: Alkaline Foods for Weight Loss, Beauty and a Healthy Lifestyle (Weight Loss Recipes: Alkaline Foods, Alkaline Cookbook, Alkaline Recipes) (Volume 1)

Marta Tuchowska

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48 Sexy Alkaline Recipes...

Discover an Endless Alkaline Pleasure...and...

Energize Your Life with The Alkaline Diet!

Have you ever tried: reishi, daikon, nori, shitake, dandelion root, or wakame ...? Sounds weird? Or: "boring"? Join my Alkaline Lovers Club! The Alkaline Diet is neither difficult nor boring. Eating Alkaline Foods can be interesting and fun. I have written this book to show you how much healthy variety you can put into an alkaline diet. Once you begin to experience the wonderful benefits of a high pH in your system, you will wonder why you ever managed to live your life without it. Unlimited energy levels, boosted motivation, joy, positive thinking and increased creativity are waiting for you. Join me and read my book! I will be giving you some valuable tips, tricks, and recipes that allowed me to stay on the alkaline diet. I hope that by sharing my own personal experience I will be able to help you! You will leave the unhealthy, acidic world behind forever!

Let me add a few more benefits that the Alkaline Diet brings:

*Weight Loss and Fat Burn *More Clarity of Thought *More Peace of Mind and Less Irritability *Balanced Immune System *Increased Concentration and Motivation *Healthier Skin, Nails and Hair: Alkaline Natural Beauty Treatments! *More Stamina *Better Memory *Better Sex Life. Yes! You will look better and FEEL better!

Here's what my recipe book is going to teach you:

*Alkaline Breakfasts: Start a day in a powerful way and SMASH all your goals! 6 DELICIOUS ALKALINE RECIPES *Alkaline Lunches and Brunches: How to keep your energy high and nourish your body and mind! 10 ALKALINE YUMMY RECIPES *Alkaline Snacks, Juices and Teas. Say 'no' to acidic enemies and work for a healthy, sexy, slim body! 15 HEALTHY, ALKALINE SNACKS SUGGESTIONS TO KILL ACIDITY! *Alkaline Dinners: romantic dinners, gossiping with friends, catching up with old flames? It doesn't have to be boring! Check out my alkaline night time recipes! 10 EXCITING ALKALINE DINNER RECIPES! *Mysterious and Sexy: magic Alkaline ingredients, let's spice it up with super alkaline oriental Asian veggies. Learn how to prepare delicious meals with: reishi, daikon, nori, shitake, dandelion root, and wakame you will be able to find endless pleasure in alkalinity. 7 ORIENTAL ALKALINE RECIPES + MORE ALKALINE SUGGESTIONS TO SMASH IT WITH THE ALKALINE DIET! What are you waiting for? Let me introduce you to Alkalinity with my delicious Alkaline recipes! I love healthy cooking

and motivational writing. Check out my book and you will find out that a healthy, alkaline lifestyle can become infectious! And..I forgot to add: most of my alkaline recipes(98%) are VEGAN FRIENDLY Enjoy this Alkaline reading and don't forget to apply what you have learnt! Remember...it's not about doing a "DIET"... It's about changing your LIFESTYLE to TRANSFORM your body and mind! This is what the Alkaline World is all about!

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From reader reviews:

Edward Cottrell:

Now a day those who Living in the era wherever everything reachable by talk with the internet and the resources inside can be true or not call for people to be aware of each information they get. How individuals to be smart in having any information nowadays? Of course the answer then is reading a book. Examining a book can help folks out of this uncertainty Information specially this Alkaline Diet Recipes: Alkaline Foods for Weight Loss, Beauty and a Healthy Lifestyle (Weight Loss Recipes: Alkaline Foods, Alkaline Cookbook, Alkaline Recipes) (Volume 1) book because this book offers you rich information and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it as you know.

James Collins:

This book untitled Alkaline Diet Recipes: Alkaline Foods for Weight Loss, Beauty and a Healthy Lifestyle (Weight Loss Recipes: Alkaline Foods, Alkaline Cookbook, Alkaline Recipes) (Volume 1) to be one of several books in which best seller in this year, honestly, that is because when you read this book you can get a lot of benefit on it. You will easily to buy this particular book in the book retail store or you can order it by way of online. The publisher of the book sells the e-book too. It makes you easier to read this book, because you can read this book in your Cell phone. So there is no reason for you to past this e-book from your list.

Hubert Smith:

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