



ALKALINE DIET: A Complete Guide to Alkaline Foods, Herbs & Lifestyle to Naturally Rebalance Your pH, Lose Weight & Boost Health (BONUS Alkalizing Smoothie, Juice, Tea & Tonic Recipe Book)

Carmen Reeves

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BONUS Alkalizing Smoothie, Juice, Tea & Tonic Recipe Book Included

If you've ever wanted glowing skin, better energy and vitality, better mood, a slimmer body and freedom from sickness, then the alkaline diet is the answer for you.

You're probably someone who lives a healthy lifestyle, doing all of the right things, yet still suffering from health problem upon health problem that just won't go away. You do your best to stay away from junk food yet you never seem able to lose that weight, cure your skin troubles, soothe your IBS or get a decent night's sleep, and you're almost giving up hope. You've probably tried treatment after treatment, never getting the results that you're so desperate to see.

Or perhaps you've heard about the alkaline diet and are curious to discover just why this lifestyle is enjoying an explosion in popularity the entire world over, and you're wanting to enjoy the benefits of this health-giving lifestyle for yourself.

Alkaline is the answer to getting a better night's sleep, rebalancing your hormones, curing yourself of disease, clearing your skin, reducing allergies, and much more. You can do this through the power of nutrient-packed foods, herbs, spices, supplements and some tweaks to your lifestyle.

You see; your body needs to be slightly alkaline in order for you to enjoy health. But many of us exist on empty, high-caloric foods that are overly processed and contain shocking levels of processed sugars, saturated fats and other carcinogens. And we live an unhealthy lifestyle of stress and toxins, and neglect many of our body's needs. The result can only be sickness. All of these things create an acidic environment which makes us fat, sick, depressed and significantly more likely to end up in an early grave.

We need to do something before it's too late, and the answer is the alkaline lifestyle. This book will tell you everything you need to know to reach a state of health and wellness, keeping it simple but in-depth enough for you to get the answers you are looking for. You'll receive detailed lists of the foods to avoid and enjoy, as well as everything you need to do to make yourself well again.

You **do** have the power to cure yourself when all else has failed and you **do** deserve to enjoy the life of your dreams. The power to achieve it lies right here in your hands, and this book will show you how.

What's inside?

This book contains everything you need to know about the alkaline diet and lifestyle that will make it work for you. By choosing a holistic approach, you will target your entire body and promote better and faster healing.

Inside you can expect to find:

- A simple explanation of alkalinity (simplifying all that mind-boggling science stuff)
- Why the alkaline lifestyle is so popular
- How acidity damages your health (and what to do about it)
- The 25 tell-tale signs that your body is too acidic
- How to test your acidity levels
- A detailed list of the foods to celebrate and enjoy
- A detailed list of the foods to reduce or avoid
- How superfoods can help you heal
- The role of fresh herbs for health
- Alkalizing and healing supplements
- How sleeping more can help balance your pH levels

And so much more

Why don't you grab your copy so you can discover the cure too?

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From reader reviews:

Edward McClung:

Reading a book tends to be new life style within this era globalization. With studying you can get a lot of information which will give you benefit in your life. Along with book everyone in this world may share their idea. Publications can also inspire a lot of people. Plenty of author can inspire all their reader with their story or their experience. Not only situation that share in the ebooks. But also they write about the ability about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that you can get now. The authors on this planet always try to improve their expertise in writing, they also doing some exploration before they write on their book. One of them is this ALKALINE DIET: A Complete Guide to Alkaline Foods, Herbs & Lifestyle to Naturally Rebalance Your pH, Lose Weight & Boost Health (BONUS Alkalizing Smoothie, Juice, Tea & Tonic Recipe Book).

Henry Jones:

Typically the book ALKALINE DIET: A Complete Guide to Alkaline Foods, Herbs & Lifestyle to Naturally Rebalance Your pH, Lose Weight & Boost Health (BONUS Alkalizing Smoothie, Juice, Tea & Tonic Recipe Book) has a lot of knowledge on it. So when you check out this book you can get a lot of advantage. The book was authored by the very famous author. The author makes some research prior to write this book. This book very easy to read you can get the point easily after scanning this book.

Daisy Harris:

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Sherry Francis:

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