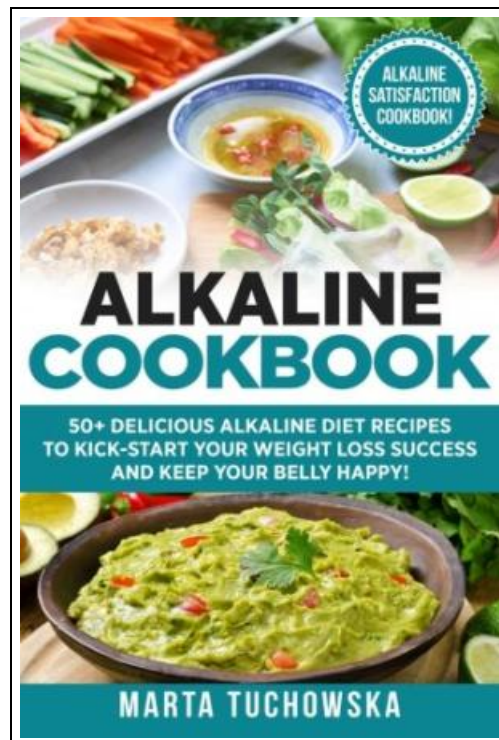


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Healthy Satisfaction Revealed - Discover an Endless Alkaline Diet Pleasure! Energize Your Life with The Alkaline Diet! Discover how to eat your way to massive weight loss, super healthy body and a focused mind, while enjoying the process of your transformation! Alkaline Foods Offer Unusual Mind and Body Health Benefits: Weight Loss and Fat Burn More Clarity of Thought More Peace of Mind and Less Irritability Balanced Immune System and Less Inflammation Increased Concentration and Motivation Healthier Skin, Nails and Hair More Stamina Better Memory Feeling and Looking Younger Do you know the real alkaline diet secret? Drum roll, please. It's the preparation of mouth-watering, satisfying meals that will keep you full, while helping you lose weight, reduce inflammation and have more energy The Alkaline Diet is neither difficult, nor boring. Eating Alkaline Foods can be interesting and fun. This book was created to show you how much healthy variety you can put into an alkaline diet. Once you begin to experience the wonderful benefits of a balanced pH in your system, you will wonder how 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, as I will be giving you some valuable tips, tricks, and recipes that allowed me to stay on the Alkaline Diet and enjoy its amazing health and wellness benefits Inside you will find over 50 amazing, quick-prep, balanced, alkaline recipes to help you keep on track. Here's a Short Preview: Alkaline Breakfasts: Start a day in a powerful way and SMASH all your goals! Alkaline Lunches and Brunches: How to keep your energy high and nourish your body and...

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