



## Alkaline Diet: 365 Days of Easy, Delicious Recipes: Healthy Alkaline Recipes to Lose Weight Eliminate Toxins (Paperback)

By Julianna Sweeney

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.DISCOVER 365 AMAZINGLY QUICK EASY ALKALINE DIET RECIPES! If you want to prepare delicious and healthy meals and follow your Alkaline Diet then this recipe book is for you. A regimen that has been around for decades, the Alkaline Diet centers itself around the idea that the less acidic foods we consume, the healthier we will be. For this reason, the Alkaline Diet is one of the most effective ways at neutralizing the pH balance in the body, restoring harmony between acid and base our in system. The problem that many dieters face when beginning their Alkaline Diet is identifying the foods that are acceptable. If the majority of meats and cheese are cut out, what is left to eat? Fortunately for you, this book will answer all of the questions you might have regarding what you can eat. Throughout this book, you will be taken through a multitude of recipes and modes of preparation that will make the process of going on the Alkaline Diet much easier for you. You will be introduced to food pairings and...



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