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Alkaline Diet: Step By Step Guide To Adopt Alkaline Diet Immediately & Keep Your Acidity Levels Balanced: A Complete List Of Alkaline Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1)





Synopsis

Why Alkaline Diet?! There is a bunch of different diets available to you these days, and it's hard to select the perfect ones. When you think about the best way of nutrition, it should be the one that has the most advantages, especially in the long-term. That is exactly what alkaline diet is as it provides you with everything you need to live a healthy lifestyle which will secure the perfect balance of your body. Here is what we will cover in this book: Alkaline diet overview – all the necessary information you need to know about this way of nutrition, including its origin and primary principles Why alkaline diet is your best choice – all health advantages of alkaline diet and how it can benefit your overall health Complete food guide to alkaline diet – the most comprehensive part of the book that will secure you all the info required to know about foods you need to avoid and limit during the alkaline way of nutrition. We will also discuss eating out and nutritional supplements while you are on this diet How a day on alkaline diet looks like – a practical example of a day of your alkaline lifestyle should look like, from the morning until you head to sleep. Includes an example meal plan suggestion Preparing to start – valuable insider tips that will make the beginning phase of your alkaline diet a whole lot easier. We also list the most frequent mistakes people make in the starting period so that you can be aware of them in advance And much more!! Buy It Now & Get ready to take your cooking skills to the Next Level..

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