



Alkaline Diet: Delicious Alkaline Diet Recipes Cookbook: Ultimate Alkaline Lifestyle for Weight Loss (Paperback)

By Steve Stark

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Want to Get Healthy? More Energy? Feel Great? The Alkaline Diet The Alkaline Diet focuses on balancing out the pH level of the fluids in your body. Bodily fluids need to maintain a slightly alkaline pH level. Eating foods that have an alkaline effect can lead to. Healthy Weight Better Digestion Clearer Skin More Energy Reducing Your Risk of Developing Diseases The Alkaline Diet provides many powerful health benefits. It provides catechins, antioxidants that fight cancer by destroying free radicals, shutting down cancer cells power supplies, and shrinking tumors. This diet can also help you fight heart disease, arthritis, inflammation, diabetes, and autoimmune diseases. It can even help you reverse the physical signs of aging! You should know that a lot of people had already tried this diet and they remained delighted, because their life had changed for the better! You ll get delicious alkaline diet recipes in this book which will improve your overall health!! Don t wait another second to start giving your body what it needs - get your copy of Alkaline Diet today!.



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