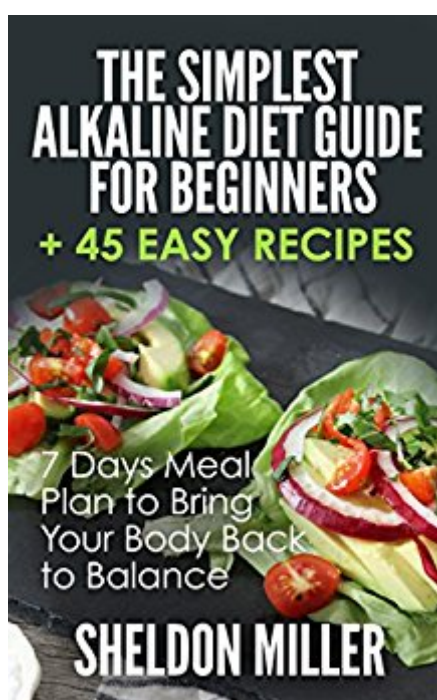


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# The Simplest Alkaline Diet Guide For Beginners + 45 Easy Recipes: 7 Days Meal Plan To Bring Your Body Back To Balance



## Synopsis

Assuming that you have already done your research on this topic, you have most likely stumbled upon different pieces of evidence that elaborate on the positive impact of alkaline diet. The basic concept of the Alkaline Diet follows an ideology that believes that the human body turns into a very healthy metabolic machine when acidic (acid forming) foods are completely replaced with Alkaline based ones. Without any prior knowledge, this is a concept that might seem a little bit hard to believe at first, but scientists all around the world are proving it otherwise! In fact, the positivity of this diet has been proven to the extent that it can even fend off diseases such as Cancer. Such results have slowly catapulted Alkaline Diet to the hearts of millions all around the world, and I am hoping that you will be the next one to learn to appreciate the magic of this diet. And yet, Atkins diet is perhaps one of the most effective yet misunderstood diets out there right in the mainstream world! Around the world, the alkaline diet is largely known as Alkaline-Ash diet or even Acid Ash diet as well. So, don't be confused if you see those names around! But for the sake of simplicity, throughout the book, we will be simply referring to the diet as being "Alkaline Diet". The core aim of the diet, as mentioned earlier is to simply cut down a certain group of food that is largely considered to be "Acidic" and provide help the dietician create a meal plan that encourages him/her to eat foods that sport an Alkaline flavor. These mostly consist of vegetables and fruits. I have tried my very best to make this book as much accessible and simple as possible to ensure that newcomers are able to easily digest the topic and understand the concept behind this widely misunderstood topic. Once you have a strong grasp of the topic, you are more than welcome to explore the amazing 40+ recipes provided with the book to experiment and enjoy! Welcome, to the amazing world of Alkaline Diet!

## Book Information

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## Customer Reviews

The most overwhelming and confusing parts of the alkaline diet for most beginners is addressed by this book. Everywhere you go these days, it seems like someone is swearing by the "Alkaline Diet," a trending diet phenomenon that has recently become popular. As you look through these pages, you'll find the best, the yummiest, easiest and most irresistible raw food and vegan recipes, juices, smoothies, ideas, menus, shopping lists, tips, diet plans, videos, articles, kitchen equipment, and everything else you need to get the look and health you always wanted!

I first heard about alkaline diet just recently when a friend told me this diet is capable to prevent cancer. So I got curious and bought this book. And it's really simple, I think everyone knows eating fruit and veggies is so beneficial, and now it's proven that it's really vital for your health. There is a nice diet plan included in the book, and I followed it for a week, and can say I am feeling better, more energized and way less inflated after dinner. And I liked the names of the recipes, they are funny and kinda lure you into trying those recipes.

A must have Alkaline diet guidebook for people like myself who has little information about this kind of diet but would like to get started with it. The instructions and guidelines are so easy to follow and understand but what I like more about this book is. It is detailed, concise and well written!

The newly fine tool for clean eating habit and for healthy lifestyle! This book will walk you through in step by step with a quick and easy to understand guide for us to follow. It also has a guidance from products which are harmful and which of them should be avoided or eaten less. The author includes a simple 7 day meal plan which we can use in real life and even change our eating habits. This will

really make a big impact for me and also to everyone!

This book is a great source of recipes for Alkaline diet. It also gives detailed information of the importance of maintaining a balance pH level. The guide is simple enough to follow in every recipe in this book.

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& What To Avoid and How to Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight  
Book 1) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss  
(Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss)  
(Volume 7) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying  
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