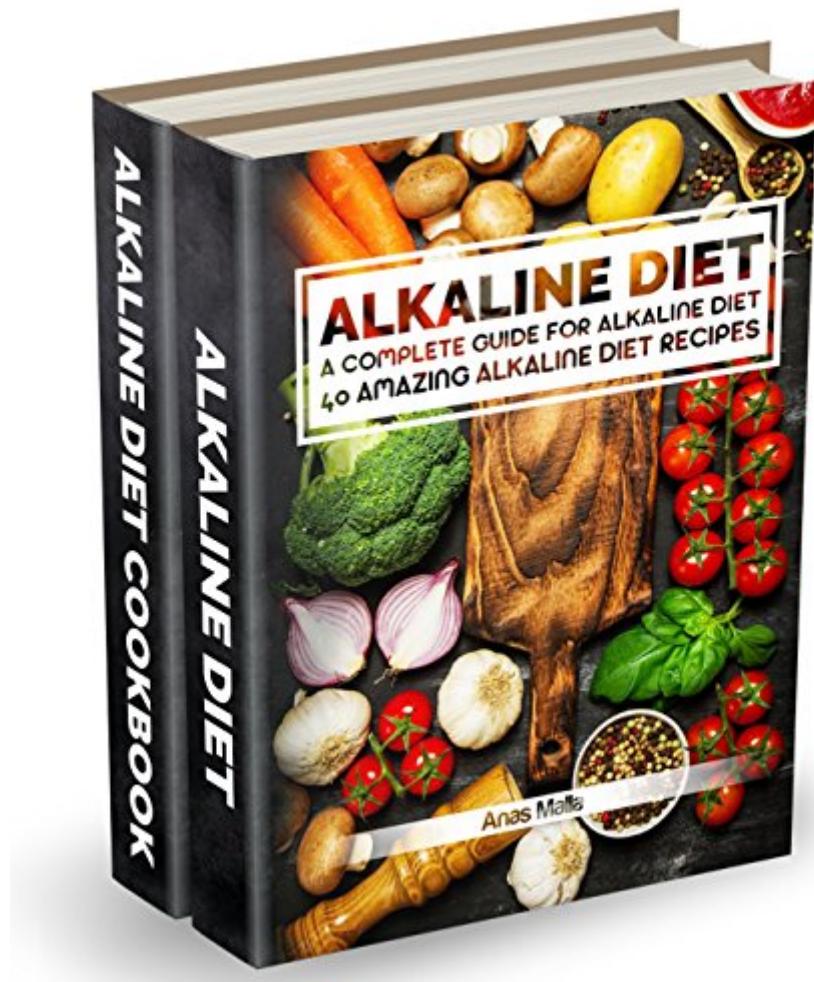


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# Alkaline Diet: 2 Manuscripts: A Complete Guide For Alkaline Diet, Alkaline Diet Cookbook: Balance Your Acidity Levels & Learn 40 New Amazing Alkaline Diet ... Eating, Optimal Health, Lose Weight Book 3)





## **Synopsis**

The Perfect Balance..We can see that there are so many diets available to us. Each diet has its benefits, but each also comes with its downsides. Now, when you think about different diets and choosing the ideal one for you, the word balance comes to your mind. If you are looking for a diet offering you the perfect balance, it's the alkaline diet.40 Amazing Recipes..- Breakfast  
- the ideal meals to get a jumpstart for the day- Smoothies - an integral part of alkaline diet perfect to provide you with a boost of energy at any given time- Salads - refreshing, healthy and completely alkaline meals that will delight you- Soups - unique and carefully selected soups for all tastes- Entrees - main courses that fit into alkaline diet- Desserts - if you feel like it's time to indulge your sweet tooth, take a look here- Snacks - are you looking for a quick snack to satisfy your hunger until dinner? Here are the ones carefully selected for youAnd Much More!!Buy It Now & Get ready to take your Health to the Next Level..

## **Book Information**

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Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) 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) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes)

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