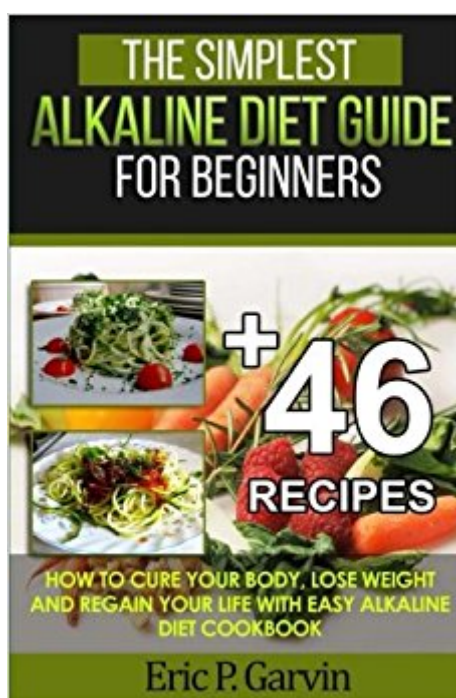


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# The Simplest Alkaline Diet Guide For Beginners + 46 Easy Recipes: How To Cure Your Body, Lose Weight And Regain Your Life With Easy Alkaline Diet Cookbook



## Synopsis

“The Simplest Alkaline Diet Guide for Beginners + 46 Easy Recipes” • Did you know that our blood pH must stay within a very small range, otherwise death or a serious illness can occur? Our bodies have a wonderful maintenance system to keep our blood in balance which is necessary for healthy human function. This system protects our blood, despite the circumstance, even at the cost of our own tissues. When our tissues become acidic, that in turn can result in improper function of some major systems, including; digestion, organ, repair from injury, and skin integrity. PH is really important to our bodies and there’s a quick way to check if it’s in balance and if it isn’t there’s also an easy way to fix it. Our body’s internal system requires a pH just over 7. We call this range; alkaline. (For example, dogs have an acid pH range that is on the lower end of the scale). Since we are human, our immunologic, enzymatic, and repair systems all function at their peak in this alkaline range. However, our metabolic processes - the processes of tissue repair, living, and food metabolism, produce a great deal of acid. To be able to maintain the alkaline state in our bodies, we need to be equipped with a few tools. These tools are all around us; water, oxygen, and acid-buffering minerals. That is why, this book runs about Alkaline diet which is also known as the alkaline ash or acid-alkaline diet. It is based around the idea that the foods you eat can affect the alkalinity or acidity (the pH balance) in the body. As it turns out, this ash can be acidic, neutral, or alkaline and enthusiasts of this diet, say that this ash can precisely alter the acidity of the body. So, eating foods that contain acidic ash makes your body acidic and if you eat foods that contain alkaline ash, it makes your body alkaline. Neutral ash has no effect. The alkaline diet is healthy because it is based on real and not processed foods that are abundant in the western world. It has absolutely nothing to do with being alkaline or acidic. It’s just how your body reacts to the food. Like any other specialized diet, this too has its restrictions and this book will be walking you through them step by step whenever you get confused or forget, this will be a good guide for you to follow later on as well. You will find a quick guidance what products are harmful and which of them should be avoided or eaten less. Also, this book suggests you a sample of 7 day meal plan which you can use in your real life and even change your eating habits afterwards. 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! Moreover, you will find a big variety of healthy cooking recipes which are divided into blocks, like recipes for breakfast, lunch and dinner. All suggested recipes have never been more diverse, making it near impossible for any picky eater to dislike the food through and through. So, do not waste your time, change your life, eat healthy food and just start reading this book, which, without

doubt, can have a big impact on you!

## Book Information

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## Customer Reviews

I have received a higher technical education. For a long time I worked as a private chemical engineer at a refinery. Our production is considered high-tech as it provides a comprehensive processing of raw materials. Many items were products of explosion and fire, not to mention their toxicity. Maintaining good health with my kind of job was simply impossible. Our workers preferred to ignore the problems with their lungs, stomach, liver and heart, believing that the higher paycheck sufficiently compensated for all the health hazards. Probably it was necessary for someone to raise an alarm and I had the strength to say, "Enough. Eric, this must have something to do." In order to somehow normalize the condition of my shattered body, I started to read hundreds of documents and spend a lot of time in the library. I started experimenting with myself through a radical change in my diet and trying out many traditional home remedies. Of course, it was difficult. Yes, many did not help, and some "medicines" were frankly useless. I learned a lot of alternate therapies and became acquainted with the writings of scientists and medical experts. I learned a lot, understood and analyzed. My friends and acquaintances first noticed, which I never did because I was so engrossed in making changes to my health and lifestyle that I forgot to take a look in the mirror. A gaunt old man, suffering from shortness of breath and overweight, had disappeared. I provided the first consultation to my sister. Candice has long suffered from excess weight and abdominal ailments. Based on her medical history, I compiled a personal diet for her. I didn't suggest anything extraordinary. I suggested what I have tried myself. Women are poor at hiding secrets, so soon I

started giving advice to her friends and their husbands. My house could not accommodate everyone who wanted to seek my advice for physical and spiritual wellness. I rented a small room, where I read notes and advised the people. Among the people regularly attending my lectures was an editor of a major publishing house. At first, he listened in disbelief as I argued that only eating right can lead put the body in the right state. After some time, this man came up and thanked me. I was surprised. He decided to follow my recommendations and revised diet. As a token of thanks, he proposed to present the book to the public. So my first book about healthy lifestyles and proper nutrition was published the first edition of a trial.

I have health problems and I'm looking for a good diet which will help me to avoid stomachache. I found this book and was surprised in a good way. The book is full of different and healthy recipes. It is written that PH is really important to our bodies and there's a quick way to check it, but for me it is inconvenient to count pH all the time. This diet is really good for people who are ready to control pH in their body, but I'm too lazy to do it.

My latest companion in the kitchen is "The Simplest Alkaline Diet Guide for Beginners + 46 Easy Recipes" and I'm really happy about it. I can't stop imagining how I spent all these years eating food that might have caused immense damage to my body. However, now I am on a cleansing mode without compromising on taste. Better late than never I say!

It is super exciting to rustle up new dishes everyday that not only helps you lose weight but in style. Yes, this book has amazing recipes that will tickle your taste buds and satiate your cravings easily. The high-quality photographs used in the book makes it even more attractive and noteworthy.

Awesome! If you have been wondering what the alkaline diet is all about, then this is the book you want to read. This book is straightforward and helpful! All the recipes provided are detailed and easy to follow! I enjoyed reading this one. Everything written in this book is definitely worth trying! This cookbook is very interesting and informative at the same time. I am glad that I was able to buy this! It's my favorite cookbook now. Worth recommending!

The Simplest Alkaline Diet Guide for Beginners + 46 Easy Recipes is a win-win deal for people like me. I have found the perfect book that takes care of my cravings while giving my

taste buds their share of tasty dishes. This book is a very basic yet interesting take on the foods that can be life savers.

This ebook is very well written. You can find here all the important things you need to know about alkaline diet! Also you will find quick useful healthy recipes with pictures, very easy to prepare!

Thank you for the ebook we'll try some of them soon!

I'm very delighted to read this book giving me a chance to learn food chemistry basics. Thus, I became familiar with alkaline pH and the body capability of maintaining an acid-alkaline balance. Surprisingly, a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. Therefore, I start thinking of the interplay between healthy alkaline diet and balance between acidifying and alkalizing foods. Very interesting! There are also detailed recipes here that are easy to follow. Great ideas of what you can eat.

Great diet book focused on the alkaline diet. Very well organized and with good content. The recipes are great, good variety. This book has all the information you need to follow a good alkaline diet

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Alkaline Smoothies: Drink Your Way to Vibrant Health, Massive Energy and Natural Weight Loss (Alkaline Diet Lifestyle: Alkaline Recipes, Alkaline Foods) (Volume 6) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) 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) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Alkaline Diet: The No B.S. Guide to Alkaline Foods for Easy Weight Loss, Rebalancing Your pH Naturally, & Transforming Your Health - Includes Beginners 31 Day Alkaline Diet Plan (Clean Eating Series) Ketogenic Diet: The Complete Ketogenic Diet Cookbook For Beginners ã ã Learn The Essentials To Living The Keto Lifestyle ã ã Lose Weight, Regain Energy, and Heal Your Body (Ketogenic Diet For Beginners) Alkaline Smoothies: High Alkaline Smoothie Cleanse Recipes; 30 Day Acid Alkaline Diet Challenge to Balance your pH, Lose Weight, and Feel Great; Photos and Nutrition Info for Every Recipe Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Ketogenic Diet: The Essential Ketogenic Diet Cookbook For Beginners ã ã Delicious Ketogenic Recipes To Help You Lose Weight, Regain Confidence, and Heal Your Body (Ketogenic Cleanse) The Simplest Alkaline Diet Guide for Beginners + 45 Easy Recipes: 7 Days Meal Plan to Bring Your Body Back to Balance Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan)

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