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The Alkaline Satisfaction Cookbook: 50+ Exciting Alkaline Diet Recipes to Kick-Start Your Weight Loss and Wellness Success and Keep Your Belly Happy!

By Marta Tuchowska

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Revised. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Healthy Satisfaction Revealed - Discover an Endless Alkaline Pleasure! Energize Your Life with The Alkaline Diet! I will show you exactly how to eat your way to massive weight loss, sexy body and a focused mind, while having fun during the process of your total body and mind transformation! Alkaline Super Foods Made Exciting and Fun! Dear Reader, I am sure you have heard about the alkaline diet and the numerous benefits it brings, including: *Weight Loss and Fat Burn *More Clarity of Thought *More Peace of Mind and Less Irritability *Balanced Immune System and Less Inflammation *Increased Concentration and Motivation *Healthier Skin, Nails and Hair: Alkaline Natural Beauty Treatments! *More Stamina *Better Memory Do you know the real alkaline diet secret? Drum roll, please. It s the preparation of mouth-watering, satisfying meals that will keep you full, while balancing your pH in 7 days or less! Ready for Alkaline Success and Unstoppable Energy? The Alkaline Diet is neither difficult, nor boring. Eating Alkaline Foods can be interesting and fun. I have written this...



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