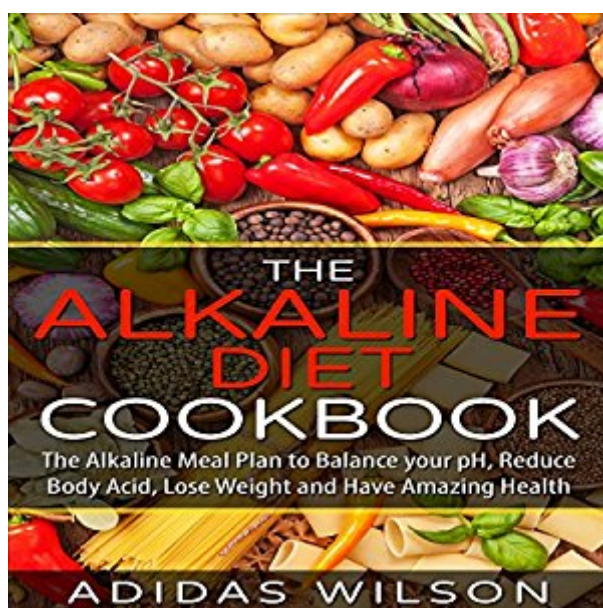


The book was found

# The Alkaline Diet Cookbook: The Alkaline Meal Plan To Balance Your PH, Reduce Body Acid, Lose Weight And Have Amazing Health



## Synopsis

Acidic and alkaline levels are indicated in your body through pH scales. Alkaline levels in your blood should be maintained ideally at or between the pH ranges of 7.35-7.45. At the ranges of 7.35, your body is highly acidic and prone to a variety of illnesses. Consumption of highly acidic foods strains minerals such as calcium, magnesium, potassium, and sodium from the bone deposits by regulating the acid levels. Great health starts with knowledge; this book will help reduce acid levels and help anyone on their weight loss journey.

## Book Information

Audible Audio Edition

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## Customer Reviews

I purchased this for my wife and ended up finding something for myself. My wife is loving it and already has plans to add to her current diet. I'm excited to see where this leads for my family. I RECOMMEND this information tool for anyone serious about their health. Looking forward to more work from Bro Wilson

I like it.

Excellent book!! This is what we need. Looking forward to more publications from this author.

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The Alkaline Diet Cookbook: The Alkaline Meal Plan to Balance your pH, Reduce Body Acid, Lose

Weight and Have Amazing Health Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) 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) Alkaline diet: Step By Step Guide to adopt Alkaline Diet immediately & Keep Your Acidity Levels balanced: A Complete List of Alkaline Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1) The Alkaline Diet Cookbook: Get the Advantage of Alkaline Food List and 25 Alkaline Recipes - Easy Acid Alkaline Diet Cookbook 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 Alkaline Diet: A Complete Guide For Alkaline Diet, Health Benefits of the Alkaline Diet: What To Eat & What To Avoid and How to Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight Book 1) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Alkaline Cookbook: 50+ Delicious Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) 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) Alkaline Smoothies: Drink Your Way to Vibrant Health, Massive Energy and Natural Weight Loss (Alkaline Diet Lifestyle: Alkaline Recipes, Alkaline Foods) (Volume 6) 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: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) 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)) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for

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