



# My Alkaline Diet Plan: Lose Weight And Embrace Wellness With This Alkaline Diet Plan

*Catherine Jamie*

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## **Learn Everything You Want To Know About The Alkaline Diet For Raising Your Body's pH Levels!**

**Today only, get this Kindle book for just \$2.99. Regularly priced at \$5.99. Read on your PC, Mac, smart phone, tablet or Kindle device.**

Are you looking for a way to improve your health, lose weight or reduce your risk for disease? Do you have family history of cancer or diabetes? Have you heard of the alkaline diet, but not sure if it's right for you?

The alkaline diet can be easily explained in layman's terms. You simply eliminate the foods that create acid in your system, and replace them with alkaline promoting foods. Sounds easy, right? It is easy, but it is complex as well. You need to get your acid-alkaline in balance, detoxify your body from all the chemicals and toxins, and then stick with it. The results will be dramatic and long-lasting. You'll be convinced in a very short amount of time that the alkaline diet is the way to go for optimum health and well-being. Download this book NOW and:

- Learn why an alkaline-promoting diet is a good idea to reduce your risk of disease.
- Learn how an alkaline diet will help you to lose weight.
- Find out the benefits of an alkaline diet on your immune system.
- Learn why people with cancer turn to an alkaline diet to reverse their disease.

With an alkaline diet you will be cutting out foods that create an acid environment in your body. This has the effect of raising your pH levels and turning that environment to a more alkaline environment that supports good health. You won't feel deprived either, this diet is unlike any other. You can ease into it with little effort, and never feel unsatisfied. You can even schedule cheat days that allow you the absolute control over what you can eat and how you reward yourself for sticking to your plan. Download this book TODAY and:

- Learn which foods cause acidity and cut them out of your diet.
- Learn how to rid your body of toxins, preservatives and chemical additives.
- Find out how to use a 2-to-1 ratio of acid to alkaline foods to ease into your new way of eating.
- Learn which foods will promote alkalinity in your body.
- Find out how eating fresh and raw ingredients will help your body to recover.
- Learn which spices and herbs promote alkalinity in your body.
- Find out how to make your own alkaline-promoting beverages for good health.

Eliminating your favorite foods may sound like a daunting task .This guide makes it easy for you to set

yourself on the path to good health by changing the way you eat. You will be surprised to learn that some foods you thought were acidic, are actually alkaline-promoting foods!

With your new way of eating, you can reduce your risk of disease, lose weight and boost your immunities. Balancing the pH levels in your body is beneficial for optimum good health. The great side-effects of this alkaline diet is increased energy, vitality and mental acuity. You will be amazed at how great you will feel once your body is back in acid-alkaline balance. You are going to feel and look fantastic.

Download this book NOW and learn the secrets of eating alkaline-promoting foods to increase your pH levels and put your body back in balance.

## **Download your copy today!**

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Tags: alkaline, alkaline diet, diet, lose weight, alkaline diet plan, recipes, wellness

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