



How to Lose Massive Weight with the Alkaline Diet: Creating Your Alkaline Lifestyle for Unlimited Energy and Natural Weight Loss (The Alkaline Diet Lifestyle) (Volume 1)

By Marta Tuchowska

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Alkaline Diet Lifestyle-Lose Massive Weight in a Natural Way. Once and For All. Without Feeling Deprived!

******New Updated Edition (2016): Totally Revised & Improved! More Delicious Recipes (Including Vegan Alkaline Pizza + Alkaline Desserts + Guilt-Free Snacks+ Free Bonuses Added-Total Word Count- 32.418 words******

It's not about eating less! It's about eating right. Forget about starvation diets, unrealistic cleanses or going hungry. You can restore balance, create vibrant health, lose weight and prevent many diseases just by eating more alkaline!

- Are you **sick and tired** of fad diets?
- Can't stand **calorie** counting?
- Confused, when it comes to endless conflicting **alkaline-acid** charts and theories on the internet?
- Want to learn a few simple **alkaline rules** you can start implementing right now and discover how great it feels to be healthy?
- Do you wish for **more energy levels**? Can't crawl out of bed without your morning coffee?
- Want to finally **shed off excess pounds**, burn fat and look and feel amazing?
- Do you struggle with **allergies**, inflammation and are prone to diseases and **headaches**?

The solution is simple - you need to focus on **clean alkaline foods**. I am just

about to show you how to do it in an easy, doable, stress-free, uncomplicated jargon-free way. You will learn how to create delicious alkaline meals, without going hungry. The alkaline diet is not about going hungry... it's about discovering the **alkaline pleasure** of fueling your body and mind the way they deserve.

Here Is a Preview of What You'll Learn from "How to Lose Massive Weight with the Alkaline Diet":

- How to Use the Alkaline Diet to **Lose Weight** Effectively
- Simple **Alkaline Diet Rules** (How do I know if it's alkaline or acid-forming?)
- Alkaline Recipes** (Breakfast, Lunch, Dinner, Snacks, Treats, Smoothies + More) and Other **Alkaline Tips** to Create Healthy and **Delicious Meals**
- Highly **Alkaline Foods** for Weight Loss and **High Energy Levels**
- Alkaline Drinks** for Weight Loss and High Energy Levels
- Alkaline Juicing for **Massive Weight Loss**
- More Alkaline 'Super Foods' That Will Help You **Lose Weight In A Healthy Way**
- The Body and Mind Benefits of the **Alkaline Diet**
- Detailed Food Lists** (printable lists + extra recipes included, follow the instructions inside)
- Motivational Tips: How to **Enjoy Your Alkaline Journey** and Keep on Track
- Common Misconceptions about the Alkaline Diet (*it's not about raising your pH...*)
- BONUS:** How to Combine the Alkaline Diet with other Popular Diets and Lifestyles (Paleo, Vegan, Vegetarian, Raw Food)

Alkaline way is the answer to sleeping better, rebalancing your hormones, preventing diseases, clearing your skin, reducing allergies, and feeling energized. You can do this through the power of nutrient-packed foods, herbs, spices, natural supplements and other powerful tweaks to your lifestyle.

Would You Like To Know More?

Get this book and join thousands of people that already use the alkaline diet and thrive!

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Editorial Review

About the Author

Marta Tuchowska is a passionate holistic wellness coach and author on a mission. She wants to help you create a healthy body, mind and spirit through a balanced lifestyle. Marta has a strong background in healing and health (certified in massage therapy, holistic nutrition, aromatherapy and Reiki), and she infuses her natural therapy knowledge with motivational and lifestyle coaching as well as NLP to help you create a life full of energy, health and happiness. Marta wants to make it easy, doable and fun. She calls it holistic lifestyle design for modern, 21st-century, busy folks! Join the exciting journey of total body and mind transformation at: www.HolisticWellnessProject.com.

Users Review

From reader reviews:

Stanley Wells:

As people who live in the particular modest era should be change about what going on or facts even knowledge to make them keep up with the era which is always change and make progress. Some of you maybe will probably update themselves by examining books. It is a good choice for you personally but the problems coming to you actually is you don't know what kind you should start with. This How to Lose Massive Weight with the Alkaline Diet: Creating Your Alkaline Lifestyle for Unlimited Energy and Natural Weight Loss (The Alkaline Diet Lifestyle) (Volume 1) is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and need in this era.

John Lien:

Reading a guide can be one of a lot of action that everyone in the world adores. Do you like reading book therefore. There are a lot of reasons why people enjoyed. First reading a book will give you a lot of new facts. When you read a publication you will get new information due to the fact book is one of a number of ways to share the information or even their idea. Second, studying a book will make you actually more imaginative. When you reading through a book especially tale fantasy book the author will bring you to definitely imagine the story how the figures do it anything. Third, you could share your knowledge to others. When you read this How to Lose Massive Weight with the Alkaline Diet: Creating Your Alkaline Lifestyle for Unlimited Energy and Natural Weight Loss (The Alkaline Diet Lifestyle) (Volume 1), it is possible to tells your family, friends as well as soon about yours reserve. Your knowledge can inspire different ones, make them reading a book.

Cynthia Caron:

Your reading sixth sense will not betray anyone, why because this How to Lose Massive Weight with the Alkaline Diet: Creating Your Alkaline Lifestyle for Unlimited Energy and Natural Weight Loss (The

Alkaline Diet Lifestyle) (Volume 1) publication written by well-known writer who knows well how to make book that could be understood by anyone who also read the book. Written with good manner for you, dripping every idea and producing skill only for eliminate your current hunger then you still uncertainty How to Lose Massive Weight with the Alkaline Diet: Creating Your Alkaline Lifestyle for Unlimited Energy and Natural Weight Loss (The Alkaline Diet Lifestyle) (Volume 1) as good book not merely by the cover but also by the content. This is one reserve that can break don't evaluate book by its handle, so do you still needing yet another sixth sense to pick this specific!?! Oh come on your studying sixth sense already told you so why you have to listening to another sixth sense.

Mario Curtin:

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