



**Alkaline Food Diet Plan: Discover A New pH
Balanced Body With An Alkaline Food Diet For
Better Health And More Energy (alkaline food
diet,vegan,juicing,natural ... loss,pH
balance,healthy lifestyle Book 2)**

Michele Gilbert

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Discover A New pH Balanced Body With An Alkaline Food Diet For Better Health And More Energy

What you will learn

This book contains information about the benefits of an alkaline based diet. There are many. I have included them to motivate you to change your lifestyle and diet. Also, there is a detailed list of alkaline rich foods and a sample diet plan.

This book contains detailed explanations of the different types of alkaline rich food, and the nutritional value of all listed food. I have also offered you a 4 day alkaline diet plan. You won't need anything else to start your new diet plan and lifestyle.

Here Is A Preview Of What You'll Learn...

- Why Choose An Alkaline Diet?
- Alkaline foods to be included in your everyday nutrition plan
- A meal plan for an alkaline food diet
- A couple more benefits in order to keep you going
- Much, much more!

Scroll back up to the top and click the orange "Buy It Now" button and Download your copy today!
Learn the amazing benefits of an alkaline diet and a healthy lifestyle

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