



Alkaline Diet - The Ultimate Beginners Quickstart Guide: Cure Your Body (Life Changing Diets Book 9)

Steven J Smith

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Alkaline Diet - The Ultimate Beginners Quickstart Guide: Life Changing Diets

This book has proven steps and strategies on how you can face the mirror and say “Look at me now; healthier, energetic and full of life!” Prevent kidney stones and urinary tract infections with a natural diet called the Alkaline Diet.

This book will show you the benefits of the Alkaline Diet and why it is gaining popularity among dieters nowadays. The goal of the diet is for you to look good and feel good whilst losing weight.

A revolutionary diet such as this will take your weight gain woes into weight loss in no time. There are different kinds of food groups included in this book. Those will guide you on what to eat and what to look for especially when you are dining out.

There are chapters that provide meals for breakfast, lunch, and dinner. Are you ready to re-set your poor eating habits that cause weight gain with the new Alkaline Diet? You bet you have made the right decision! Go ahead and start the journey to a whole new you!

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