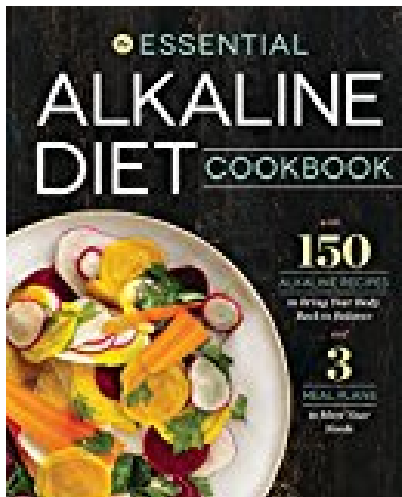


Essential Alkaline Diet Cookbook 150 Alkaline Recipes to Bring Your Body Back to Balance



BOOK DETAILS

- Author : Rockridge Press
- Pages : 228 Pages
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BOOK SYNOPSIS

Balance your body's pH and unlock optimum health with delicious meals Why eat according to pH? The Alkaline Diet helps create more alkaline environments in our bodies, which can combat diet-related diseases. The Essential Alkaline Diet Cookbook makes cooking balanced, nourishing meals easier than ever. The Essential Alkaline Diet Cookbook offers:

- 150 satisfying recipes that will naturally bring your system back to balance
- 30-day meal plans for supporting your immune system, thyroid, or kidneys
- A handy list of the alkaline or acidic values of nearly 200 foods

With ailment-specific recipes and plans to ensure success, The Essential Alkaline Diet Cookbook makes the benefits of an alkaline diet easier than ever to enjoy.

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