



# **Alkaline: Alkaline Guide for Your pH Balance Diet Plan to Manage your acid -alkaline diet and your alkaline health (over 50 Delicious Alkaline Recipes)**

*Paul Anderson*

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## **Understand What is Alkaline Diet and How It Is Changing People's Lives. Discover The Secrets and Benefits of The Alkaline diet OVER 50 ALKALINE RECIPES**

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Repeatedly we eat food without thinking about the consequences of the same after digestion. So before eating, we should consider that the food we eat release either acid or alkaline base into the blood stream after getting assimilated and passing through the digestion process. The foods prone to generate acid are like fish, meat, poultry, shellfish, grains, salt, cheese and milk.

Thus, overeating of acid releasing foods can produce a high acidic condition in the body while divesting the bodily minerals. As a result going forward most of the people found themselves with weight gain and chronic diseases. So take care of your body from now itself and do not land in a situation of such a disaster. This book has a wide assortment of various alkaline diet recipes which will help you to be in good health. So start following the diet right from now

## **This book Consists of Simple Chapters**

- What is Alkaline Diet
- The Benefits of Alkaline Diet
- Implementing Alkaline Diet in your Life
- 50 Alkaline Recipes
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