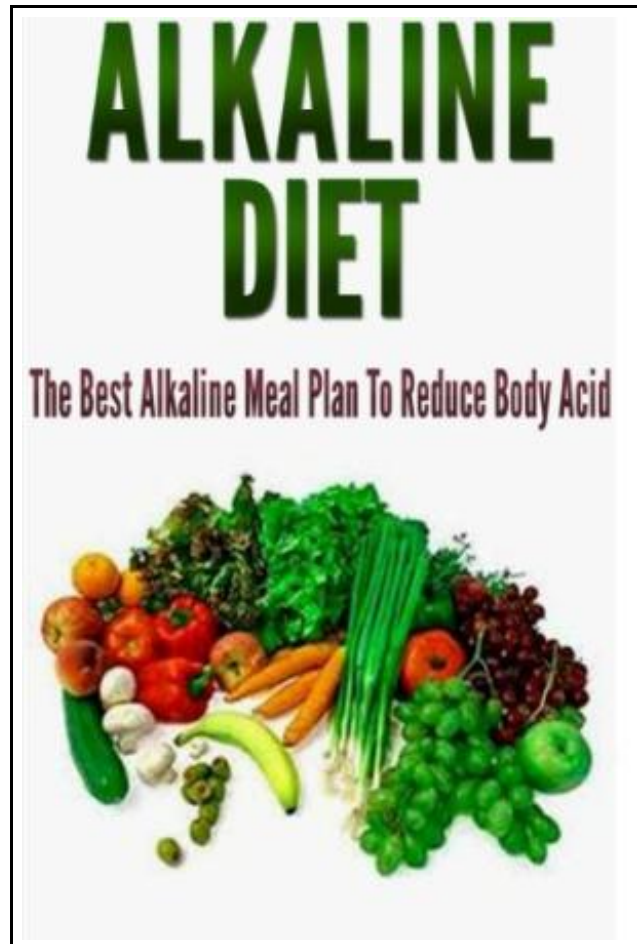


Alkaline Diet: The Best Alkaline Meal Plan to Reduce Body Acid



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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The Alkaline Diet helps you to eat healthy, stay healthy and live your life the way you should. It consists of useful information about the best alkaline meal plan to help you reduce body acids that cause illnesses and diseases. The Alkaline Diet is both a preventative and curative diet, because it prevents many illnesses and diseases while reversing any health conditions that arise when acid-forming foods are consumed in excess. An acidic body creates an environment which encourages many illnesses and diseases to develop. The body communicates when things go wrong and in case of excess acidity, there is pain, discomfort, acid influx and other signs and symptoms. Waiting until you fall sick to correct your diet is not the way to go. You need to be proactive and take charge of your life by consuming a well-balanced Alkaline Diet that will ensure that you are healthy at all times. Many people consume a high quantity of acid-forming foods everyday instead of alkaline forming foods because that is what they are used to. Eating more of what the body needs and less of what it does not need is the only way to become healthy. The Alkaline Diet is made up of a wide variety of nutritious foods that you will enjoy. The foods are tasty whether they are consumed raw or cooked. You will find these foods everywhere you go. You can mix different flavors and colors to create your own recipes that you enjoy. You can also search for recipes that use more alkaline-forming foods than acid-forming foods. There are many things you will notice, when you start consuming the Alkaline Diet. You will be...



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