



**ALKALINE DIET: Alkaline Foods For The
Alkaline Diet: Feel The pH Miracle of a Healthy
pH Diet (Recipes, Recipe Books, Diet Books) (Diet
Books, Diet, Healthy ... Healthy Cookbook,
Nutrition, Health Book 1)**

Gina Jackson

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Do You Want To Know The Best Foods To Eat For The Alkaline Diet?

You are about to uncover all of them as well as the miraculous health benefits. The Alkaline Diet is as natural, and safe as you can get. The list of benefits goes on and on, some of which include:

- Significant Weight Loss
- Decreasing the Risk of Cancer
- Anti-Aging
- Bone Health
- Reducing Cholesterol Levels
- Lowering Blood Pressure
- Decreasing Stress
- Improved Moods
- Help Prevent Diabetes
- Preventing Migraines
- And more!

Below each food will be a description of the properties it has (Vitamin A, Calcium, Iron, Potassium, etc.) and the health benefits (bone health, lowers blood pressure, improves mood, etc.)

Each of the foods listed has a clickable link so that you can have a preview of what you'll be eating. Lastly, it includes foods that you'll want to stay away from, and you might be surprised!

****Includes A Delicious Surprise At The End****

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Joseph Cole:

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Patti Wooden:

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Doris Garcia:

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