



# **Alkaline Foods: Ultimate Alkaline Foods Guide! - Learn How To Alkalize Your Body With This PH Balance Diet And Superfoods Guide To Increase Your Energy, ... Foods, Metabolism, Anti Aging, (Gluten Free)**

*Sarah Brooks*

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## **ALKALINE FOODS ULTIMATE GUIDE TO ALKALIZE WITH SUPERFOODS!**

This Alkaline Foods book contains proven steps and strategies on how you can change your diet to something healthier and better for you in the long-term. With the alkaline diet, your body will function better. The diet plan can also help raise your energy level and improve your immunity to different illnesses as well as infections.

**Today only, get this Amazing Amazon book for this incredibly discounted price! Read on your PC, Mac, Smart Phone, Tablet or Kindle Device.**

You may not notice it but the foods that you consume on a daily basis have a direct effect on your body, starting with how energetic you are to how your skin looks. The thing is that the average Western diet is actually highly acidic and this causes a number of different health problems for people with heart diseases and obesity being the most common. However, with a simple diet change you can avoid these completely.

We hope that this book can provide you with all the information that you need when it comes to getting started with the alkaline diet and use it to enjoy a healthier and more satisfying life.

### **Here Is A Preview Of What You'll Learn...**

- What Are Acidic Foods And How Do They Affect Your Body?
- What Are Alkaline Foods And How Do They Affect Your Body?
- Understanding The PH Balance Of Your Body And The Ideal Levels Of Alkaline/Acid Balance
- What Percentage Of Your Diet Should Be Alkaline Foods?
- Acidic Foods And The Negative Effects They Have On Energy Levels
- Alkaline Superfoods And How They Naturally Give Our Bodies More Energy
- Alkaline/Acid Foods And How They Affect Fat Burning And Losing Weight
- Recommended Alkaline Foods For Weight Loss
- Recommended Alkaline Foods For Beautiful Skin And A Youthful Appearance
- Recommended Alkaline Foods For Increasing Energy, Health And Longevity
- Much, Much More!

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