



Alkaline Diet: The Ultimate Step-By-Step Guide to Weight Loss, Optimal-Health, Increased Energy (PH Balance, Meal Plans, Nutritional Information, Pain Reduction, Plant Based, Balance, Smoothies) (Paperback)

By Henry Thompson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Alkaline diet: The Ultimate Step-by-Step Guide to Weight loss, Optimal-Health, Increased Energy (PH balance, Meal Plans, Nutritional Information, Pain Reduction, Plant Based, Balance, Smoothies) Learn Today With This Easy Step-By-Step Guide! Do you want a guide on Alkaline Diet that not only gives you all of the information but also diet plans? Do you want to learn about the Alkaline Diet in a style and approach that is suitable for you? This book not only provides step-by-step dieting information but also endless meal recipes that you need. Are you ready to lose weight and reclaim your health? If so, Alkaline diet: The Ultimate Step-by-Step Guide to Weight loss, Optimal-Health, Increased Energy (PH balance, Meal Plans, Nutritional Information, Pain Reduction, Plant Based, Balance, Smoothies) by Henry Thompson is THE book for you! It covers the most essential information and many recipes to get started. What Separates This Book From The Rest? What separates this book from the rest? The unique way in which you will learn the information and actionable diet plans. Many books leave you more confused than before you picked...



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