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## Alkaline Diet Recipe Book: Alkaline Diet Recipes for Weight Loss, Health and Wellness

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By Valerie Alston

Cooking Genius, United States, 2014. Paperback. Book Condition: New. 229 x 155 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The common foods that people usually eat release either alkaline base or acid into the blood after they pass the digestion process. Foods such as meat, fish, poultry, grains, shellfish, salt, milk and cheese produce acid. Overconsumption of acid releasing foods can cause the body to become over acidic and dispossess of its minerals. In the long run, people who failed to balance their diet with essential alkaline foods may become apt to develop chronic diseases and gain weight. This book has various alkaline diet recipes which will help you to follow the diet.



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### Reviews

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*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

**-- Dr. Easton Collier DVM**