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The Alkaline Cure: The Amazing 14 Day Diet and Mindful Eating Plan

By Stephan Domenig

Modern Books. Hardback. Book Condition: new. BRAND NEW, The Alkaline Cure: The Amazing 14 Day Diet and Mindful Eating Plan, Stephan Domenig, Many of us feel sluggish and bloated because our diet is far too acidic. With The Alkaline Cure, Dr Stephan Domenig, Medical Director at The Original F.X. Mayr Health Center, explains how opting for more alkaline foods can help us lose weight, gain energy and feel younger. More than just a diet, The Alkaline Cure is a clinically-approved plan to enhance all aspects of your mental and physical health. It includes a simple-to-follow 14-day diet plan with 40 delicious recipes that will revitalise your health, reboot your metabolism and slow down signs of ageing. Recently featured in the Mail on Sunday YOU magazine's Health section: "Does Your Diet Pass the Acid Test?" The alkaline approach encourages mindful eating and aside from lasting weight loss, proven benefits include: clearer skin, increased energy, strengthened immune system, reduced signs of ageing, improved metabolism and optimised digestive health.



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