



The Alkaline Diet Solution: How to Lose Weight Faster and Live Healthier with a PH Balanced Diet

By J C Collins

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.How to Lose Weight Faster and Live Healthier with a PH Balanced Diet! You are about to discover How to effectively lose weight and live healthier through The Alkaline Diet. Alkaline dieting is synonymous to healthy eating. Unlike many crash diet programs that promote starvation or the use of dieting pills, the alkaline diet program promotes awareness in eating the right kinds of food that sustain the nutritional needs of our body. Eating correctly is accompanied by following an exercise routine that suits your body condition and staying away from unhealthy habits like smoking and excessive drinking. It's not about being able to lose weight quickly and then going back to old, unhealthy eating habits afterwards. It isn't a temporary loss of unwanted pounds that you'll soon gain back only a few months after you stopped the diet. In fact, it's not just about achieving the ideal body weight. The alkaline system is all about practicing healthy eating and living a more satisfying life. Here is A Preview Of What You'll Learn. What...



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