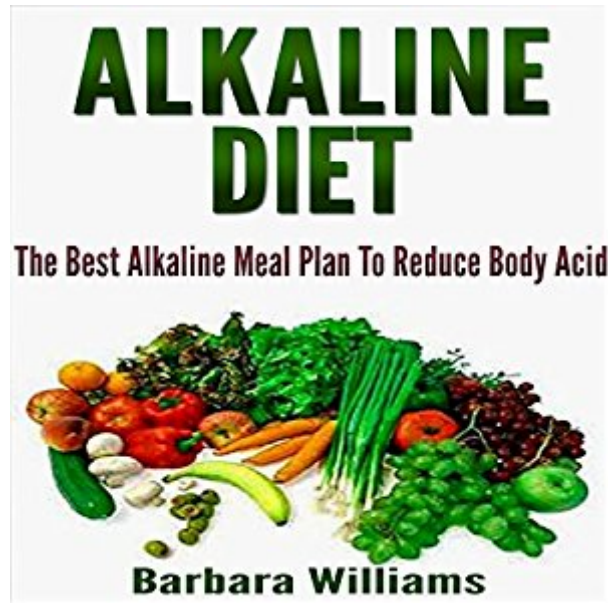


The book was found

# Alkaline Diet: The Best Alkaline Meal Plan To Reduce Body Acid



## Synopsis

The alkaline diet helps you to eat healthy, stay healthy, and live your life the way you should. It consists of useful information about the best alkaline meal plan to help you reduce body acids that cause illnesses and diseases. The Alkaline Diet is both a preventative and a curative diet because it prevents many illnesses and diseases while reversing any health conditions that arise when acid-forming foods are consumed in excess. An acidic body creates an environment that encourages many illnesses and diseases to develop. The body communicates when things go wrong, and in case of excess acidity there is pain, discomfort, acid reflux, and other signs and symptoms. Waiting until you fall sick to correct your diet is not the way to go. You need to be proactive and take charge of your life by consuming a well-balanced alkaline diet that will ensure you are healthy at all times. Many people consume a high quantity of acid-forming foods every day instead of alkaline-forming foods because that is what they are used to. Eating more of what the body needs and less of what it does not need is the only way to become healthy. The alkaline diet is made up of a wide variety of nutritious foods that you will enjoy. The foods are tasty whether they are consumed raw or cooked. You will find these foods everywhere you go. You can mix different flavors and colors to create your own recipes that you enjoy. You can also search for recipes that use more alkaline-forming foods than acid-forming foods.

## Book Information

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## Customer Reviews

This is by far one of the most extensive and helpful alkaline diet book breakdowns that I've read in

my life. I have been very skeptical about many diets and fads that are always mentioned and stated in the media. So naturally was a bit worried about alkaline diet so I wanted to make sure I found a very detailed guide on the topic. Luckily for me I found this book by Barbara Williams. This is by far very extensive and breaks down lots of different areas. I really enjoyed the entire dissection of the human digestive system and explains how things work internally. I recommend this book to anyone looking into the alkaline diet or just looking for a change towards a healthier life!

I learned a lot about how we tend to make our bodies more acidic and its dangers, and how an alkaline diet can help prevent or cure this. It's very rich in information that I didn't know about and I'm not aware of. The key is balance, in this case pH balance in our body to achieve optimum health, and the meal plan helps with that. This is definitely a recommended reading, especially if you feel you're sick most of the time. It might be that you're already too acidic. Would've been nicer if few recipes are included, though this is still a good read without that.

This book was worth the read. It was educational and I learned quite a few things I didn't know. It discussed the importance of alkaline diet and will properly educate the reader on how to be health conscious. Without the presence alkaline in our body we will be prone to many kinds of diseases. The information I found most interesting was the best alkaline meal plan to reduce body acids. I have learned that there are a lot of foods like veggies and fruits that can most help to keep our body healthy. We know for a fact that everybody wants to live longer to enjoy life with our family and loved ones, so have an acid-free body and go get this book to learn more. A recommended book for everybody!

How To Win The War Between Acidity and Alkalinity! Although Acidity and Alkalinity are necessary for a healthy body most of us have no idea of what's balance is needed. The author reveals that many of your major health problems are caused by this unbalance. You learn how to change your diet and make a change in your life. This is a great guide book for learning what to and not to eat. You learn many easy to do surprising ways to eat better. As an example although melons are really good, you should never eat with other foods. All melons should be eaten alone. The author gives easy to understand lessons in good health you can follow. Live long and prosper! recommended!

This shouldn't have even been a book! All the information contained therein could have been conveyed in 3-4 pages. I am an avid reader, but I wound up throwing this book to the floor and

wishing I'd purchased another book, then realizing what a waste of my money The author kept repeating the information over and over on every page, which I found it insulting. Yet I refused to give up and continued to try to get thru it until I found myself actually becoming frustrated by the way the author worded the book. It's so bad I wouldn't even give it away for fear the person would be angry with me.

I think this e-book is very informative and also helpful. I have been searching for something exactly like this book that could offer me all the details and info I required about the alkaline diet. I'm happy that I came across it and I genuinely found out a lot of great things by reading it. Well done!

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