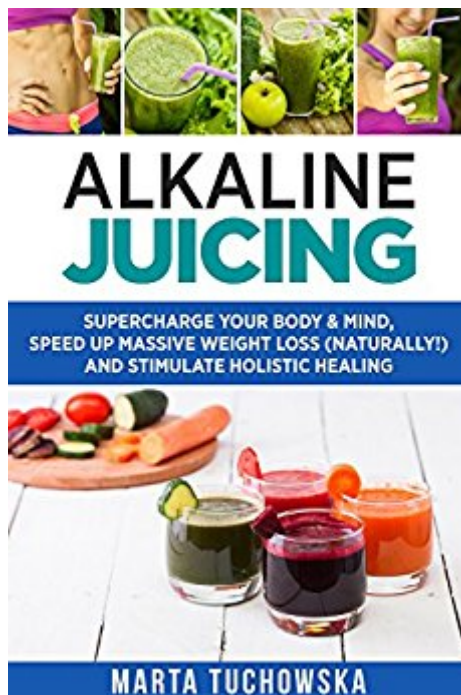




The book was found

Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), And Stimulate Holistic Healing (Alkaline Diet For Weight Loss, Juicing, Plant Based Book 7)



Synopsis

Discover the Healing Power of Alkaline Juicing Energize Your Body & Mind to Look and Feel Amazing! Imagine feeling like you are 15 again. Imagine a life without aches, pains, excess weight, and stiffness. Imagine feeling light, happy, and energized. Imagine more energy and vitality in all areas of your life & health. Have you ever seen a wild animal with gout, arthritis, or obesity? Nope, neither have I. So is it really normal for animals and humans to suffer from: • Gout • Infections • Osteoporosis • Diabetes • Low energy levels that make us feel DEPRESSED • Heart Disease Or are our lifestyles and food choices to blame? Choices. Hm. Powerful word. What choices have you made about your health? Do you bounce out of bed in the mornings, or do you continue pressing the snooze button for just a few more moments of sleep? Are you able to get through the day without feeling fatigued? Do you suffer from any ailments? Disease? Can't lose weight even though you count calories and follow the latest dieting fad? Here's the good news: you don't have to continue suffering. But you have to make the right choice now. The solution is just in front of you. That is what this book is all about. Alkaline juices are a great, holistic tool to help you alkalize your body to achieve your health goals so you can be the person you want to be. They are a great way to add more healthy, alkaline foods into your diet that will help you eradicate: • Illness • Disease • Excess Weight Perhaps you suffer from fatigue, aches and pains, and stiffness, or perhaps you would like to lose weight. You've been to doctors and taken medication, but for the life of you, you just can't understand what's making you feel worse than you should be feeling. You have been told to get used to it. Swallow another pill. If that's the case, you have the power to change it. "Alkaline Juices" will provide you with holistic, natural tools so that you can finally energize your body and mind. A Preview of What You're About to Discover, Enjoy and Love! -> The Alkaline Diet Concepts in Plain English -> Alkaline Foods That Make You Happy, Slim and Energized -> Acidic Foods That Prevent You From Achieving Your Health and Weight Loss Goals -> How to Select the Best Alkaline Ingredients for Your Juices (100% vegan, gluten-free, alkaline and even Paleo friendly) -> Alkaline Juices for Specific Conditions (Fat Burn, Inflammation, Insomnia...) -> Fruit- How Much is Too Much? Learn Why Some Healthy Foods Can Make You Fat -> The Power of Herbal Infusions In Your Juices -> Mistakes to Avoid When Juicing (+ why fruit juices can make you FAT) -> The Best Alkaline Superfoods for Optimal Nutrition -> Original, Tasty and Delicious Alkaline Juicing Recipes (with detailed instructions and additional information about the ingredients) -> Motivational Tips to Keep on Track So what are you waiting for? Let the alkaline party begin... Nourish Your Body and Mind with amazingly awesome alkaline juices! YUM** Start Transforming Your Body & Mind with Alkalinity!

Book Information

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Customer Reviews

Some nice recipes here!

Dont waste your money, you can get better recipes online for free using google.

A really helpful book on Alkaline juicing. The authors gives the benefits of juicing and an easy ans simple Alkaline diet. I really recommend this book to everyone looking for information on Alkaline juicing.

alkaline your body very important. it as many health benefits. this book show different way to alkaline your body with juicing

Marta Tuchowska is a hugely talented and authentic author whose books are totally dedicated to

improving my health and yours! In this her latest masterpiece we learn how to use really interesting additions to alkaline smoothies, one of my favourite being ginger!...ginger is a magical ingredient that disinfects, stimulates and boosts the immune system. She even uses maca!... A fascinating rebalancing ingredient and so many other delicious ingredients....you need to read this to find them all out!! I have all Marta's books and I suggest you get them too. It's your passport to better wellbeing. Marta knows what she is talking about and her passion for life shines through!...grab this book right now!

Pretty good content

Love the information

What an amazing book, combining the wonderful world of alkalinization and Juicing. Who needs medicine when you have the fruits and vegetables that the earth provides for you. I'm so grateful for my online friend who suggested this informational book to me. I can't wait to get home, get out my juicer and try out some of the many recipes that Marta has laid out before us. It breaks down the ingredients to the tee and is the perfect book for someone that is looking to have a healthier happier life. I would highly recommend for someone to check this book out!

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