



Essential Alkaline Diet Cookbook: 150 Alkaline Recipes to Bring Your Body Back to Balance (Paperback)

By Rockridge Press

Rockridge Press, 2015. Paperback. Condition: New. Language: English . Brand New Book. Find a healthy balance in your body's pH levels with the 30-day meal plan from The Essential Alkaline Diet Cookbook. Why eat according to pH? The Alkaline Diet helps create more alkaline environments in our bodies, which can combat diet-related diseases. Serving a number of lifestyle benefits, the Alkaline Diet improves bone health, cholesterol, blood pressure, cardiovascular health, and much more. With ailment-specific recipes and a 30-day meal plan to ensure success, The Essential Alkaline Diet Cookbook makes cooking balanced, nourishing meals easier than ever. The Essential Alkaline Diet Cookbook offers: 150 Satisfying Recipes that will naturally bring your system back to balance with low-sodium, low-sugar, low-fat, high-fiber, and antioxidant rich meals 30-Day Meal Plan for supporting your immune system, thyroid, or kidneys An Essential Overview of the Alkaline Diet, including a handy list of the alkaline or acidic values of nearly 200 foods Alkaline Diet recipes include: Almond-Quinoa Muffins, Quinoa and Avocado Salad, Vegetable Potpie, Championship Chili, Lovers Lasagna. Taste the benefits of a pH balanced diet with The Essential Alkaline Diet Cookbook.



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