



Alkaline Diet: 5 Super Useful Tips To Lose Weight using Alkaline Diet Plan, Alkaline Water and Alkaline Foods.

Linda Williams

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Donuts, Twinkies, French fries, soft drinks, the standard American diet is centered around processed foods. Beyond the obvious health risks that these unhealthy and fattening oils produce, these are all highly acidic foods.

Of course our body has natural counter systems in charge of neutralizing this acid, but it does put stress on the organs involved, even in healthy bodies. Excess acid is harmful in that it not only stresses organs such as our kidneys but in that it has the potential of interfering with key bodily processes critical to ensuring that the body runs normally.

The Alkaline Diet easily solves all those problems and provides extra energy in our day to day lives by taking the stress off our organ systems through eating alkaline foods that naturally neutralize the acidity from other food without having to use the acid-neutralizing systems to do so! How does the Alkaline Diet work? The main source of alkaline foods the diet is centered around is fresh fruits and vegetables. Sounds easy right?

To help every step of the way throughout the process of this life-changing diet, this book includes:

- How To Make Alkaline Water
- Alkaline Foods
- Alkaline Diet Meal Plans
- 5 Helpful Tips

Inevitably, things will happen, challenges will inevitably crop up. But through it all, don't give it up! This is something you're doing for you. The end goal might be getting a healthier body, but in the process you can lead healthier life in which you will be more confident about who you are and have more self-esteem. The process will be hard, but I firmly believe in the benefits the Alkaline Diet has in changing people's lives. By taking this first step to a new and better life, I know that you will be able to change your life forever.

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Stacey Williams:

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