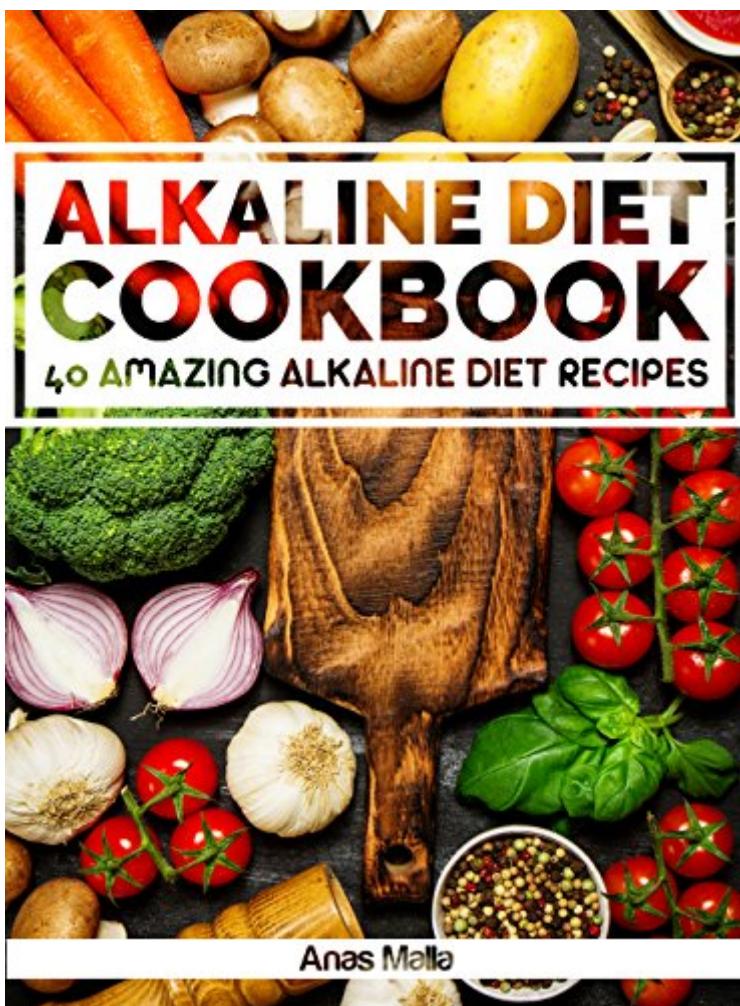


The book was found

Alkaline Diet Cookbook: Get The Health Benefits Of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2)





Synopsis

40 Amazing Recipes..This book contains exactly 40 incredible recipes that perfectly fit with an alkaline diet.All of the recipes are personally tested and the selected ones are my favorites. Each of them is extremely healthy and benefits to your overall health and well-being. They all keep in mind the famous 80:20 ratio that is the base of the alkaline diet.The recipes are divided into several categories for your convenience:Breakfast â€“ the ideal meals to get a jumpstart for the daySmoothies â€“ an integral part of alkaline diet perfect to provide you with a boost of energy at any given timeSalads â€“ refreshing, healthy and completely alkaline meals that will delight youSoups â€“ unique and carefully selected soups for all tastesEntrees â€“ main courses that fit into alkaline dietDesserts â€“ if you feel like itâ€™s time to indulge your sweet tooth, take a look hereSnacks â€“ are you looking for a quick snack to satisfy your hunger until dinner? Here are the ones carefully selected for youAnd much more!!Buy It NowÂ & Get ready to take your Health to the Next Level..

Book Information

File Size: 2393 KB

Print Length: 66 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 30, 2017

Sold by:Â Digital Services LLC

Language: English

ASIN: B074DP3WDD

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #398,631 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #110 inÂ Books > Cookbooks, Food & Wine > Special Diet > Cancer #495 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions #1070 inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Cookbooks, Food & Wine

Customer Reviews

Author Anas Malia is a man concerned with our health. He has published five books “KETOGENIC BREAD BOOK, MINIMALIST LIVING, CONVERSATION TACTICS, INSTANT POT COOKBOOK FOR KETOGENIC AND PALEO DIETS, KETOGENIC DIET, ANTI-INFLAMMATORY DIET, KETOGENIC FAT BOMBS and now ALKALINE DIET. One of his favored sayings is “Mastering others is strength. Mastering yourself is true power” and that has encouraged him to share his research and teachings on mastering life actually means improving and learning how to make various areas of our lives better in achievement, relationships, lifestyle, knowledge, and health. Anas emphasizes the importance of the Alkaline Diet at book’s end “You might have heard about alkaline diet before, but you can’t quite define it. The alkaline diet is related to the pH level of blood, urine, and other fluids in your body. The goal of the alkaline diet is to balance these pH levels. The food you eat partially determines these levels through its mineral density. All forms of life on Earth need to keep their pH to maintain their health. In fact, various experts suggest that there is no chance for any disease to develop if a person has a balanced pH in his/her body. You will find different opinions when it comes to the connection of pH levels and diseases and disorders, but there is one thing all scientists agree on. Humans should have a certain pH ratio of the blood that’s “perfect” for their body. That ratio should be anywhere between 7.2 and 7.4. Your body always aims towards this ideal pH amount. In fact, it sometimes goes to extraordinary lengths to keep the ratio in the appropriate and safe boundaries. Depending on the time of the day, your way of nutrition, what you had for your last meal and when you most recently went to the bathroom, your pH levels will vary. That is why diet is imperative. If you often consume a lot of highly acidic foods, there is a chance that your body’s pH level will change and lead to a state called “acidosis.” The imbalance of electrolytes can also cause acidosis to develop. What Are pH Levels and Why Are They Important? The abbreviation pH I have already mentioned a couple of times is short for the potential of hydrogen. That is what measures the alkalinity or the acidity of our body. There is a pH scale used for measurement, and it goes from 0 to 14. A lower number marks highly acidic food while higher numbers mean that something is more alkaline. Considering this scale, we can conclude that a pH level of 7 is considered as neutral. However, if you take into account that the most appropriate pH for a human body is around 7.3, you come to a conclusion that the best thing to do is to keep your organism slightly alkaline. You should also know that pH levels are different in various parts of your body. The stomach is the section that tends to be the most acidic. The problem occurs whenever the pH level in our body varies. That goes for any living form on Earth. A recent study showed that pH of the sea dropped by just one point “ from 8.0 to 7.9, and it was

enough for many organisms living in that sea to suffer. All forms of life use minerals to keep their pH level optimal. Minerals you can find in the soil, the ocean, and the food you consume on a regular basis. You can correctly describe alkaline diet by using just one word – balance. In fact, what we regular people call an alkaline diet, the experts call alkaline-acid balance diet. This way of nutrition can significantly help your health and assist you in losing those extra pounds that bother you. Anas breaks his discussion into the following sections of very fine and easy to create Alkaline Diet recipes – Breakfasts, Smoothies, Salads, Soups, Entrees. Desserts and Snacks. Anas cares about our health and his book is a solid one. Grady Harp, August 17

[Download to continue reading...](#)

Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels.: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Alkaline Diet: 2 manuscripts: A Complete Guide For Alkaline Diet, Alkaline Diet Cookbook: Balance Your Acidity Levels & Learn 40 New Amazing Alkaline Diet ... Eating, Optimal Health, Lose Weight Book 3) Alkaline Diet: A Complete Guide For Alkaline Diet, Health Benefits of the Alkaline Diet: What To Eat & What To Avoid and How to Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight Book 1) Alkaline diet: Step By Step Guide to adopt Alkaline Diet immediately & Keep Your Acidity Levels balanced: A Complete List of Alkaline Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Alkaline Cookbook: 50+ Delicious Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) The Alkaline Diet Cookbook: Get the Advantage of Alkaline Food List and 25 Alkaline Recipes - Easy Acid Alkaline Diet Cookbook CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Alkaline Smoothies: High Alkaline Smoothie Cleanse Recipes; 30 Day Acid Alkaline Diet Challenge to Balance your pH, Lose Weight, and Feel Great; Photos and Nutrition Info for Every Recipe Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book The Alkaline Diet Cookbook: The Alkaline Meal Plan to Balance your pH, Reduce Body Acid, Lose

Weight and Have Amazing Health Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Smoothies: Drink Your Way to Vibrant Health, Massive Energy and Natural Weight Loss (Alkaline Diet Lifestyle: Alkaline Recipes, Alkaline Foods) (Volume 6) Alkaline Diet: The No B.S. Guide to Alkaline Foods for Easy Weight Loss, Rebalancing Your pH Naturally, & Transforming Your Health - Includes Beginners 31 Day Alkaline Diet Plan (Clean Eating Series) Alkaline Diet: Soup Recipes: Supercharge Your Health, Beat Inflammation, and Lose Weight! (Alkaline Diet, Clean Eating Book 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Alkaline Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)