



## Alkaline Diet: Demystified - Rebalance Your PH, Lose Weight Naturally Improve Your Health with the Alkaline Diet (Paperback)

By Darrin Wiggins

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are You Ready For A Diet That Actually Provides Energy And Weight Loss? Tired of, well, being tired all the time? Do you hate how exhausted you are from focusing on your weight loss when you could be enjoying other things? Want a REALISTIC, way to eat that sheds weight and improves the quality of your life? The Alkaline Diet is perfect for anyone who is looking for a natural weight loss solution. With some simple changes to the amount of certain foods you eat you can achieve the type of internal balance that melts the fat off. No supplements needed. The Simplicity Of The Alkaline Diet Think of all the weight loss strategies you've heard. You've probably been told to: Count all the calories except the ones from fiber and vegetables. Don't count calories, who needs that? Cut the fat but add the healthy fat. Carbs are bad but not all carbs so which ones? Don't eat after dinner or before lunch. Eat 6-8 meals a day (between lunch and dinner?), Don't eat gluten unless...

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