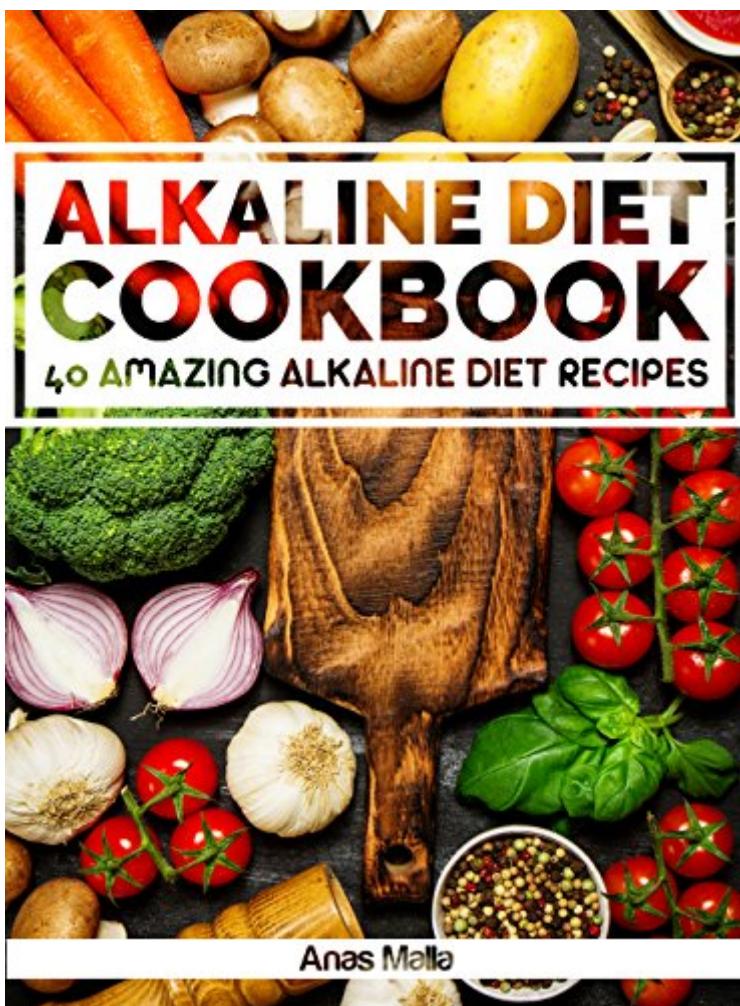


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# Alkaline Diet Cookbook: Get The Health Benefits Of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2)





## 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 → the ideal meals to get a jumpstart for the daySmoothies → an integral part of alkaline diet perfect to provide you with a boost of energy at any given timeSalads → refreshing, healthy and completely alkaline meals that will delight youSoups → unique and carefully selected soups for all tastesEntrees → main courses that fit into alkaline dietDesserts → if you feel like it, it's time to indulge your sweet tooth, take a look hereSnacks → 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 Now & Get ready to take your Health to the Next Level..

## Book Information

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## 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 is 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 ÄfÄ¢Ä ª Ä 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 ÄfÄ¢Ä ª Ä balance. In fact, what we

ÄfÄ¢Ä ª Ä ÈœregularÄfÄ¢Ä ª Ä ¢ people call an alkaline diet, the experts call ÄfÄ¢Ä ª Ä “alkaline-acid balance diet.ÄfÄ¢Ä ª Ä • 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 ÄfÄ¢Ä ª Ä ¢ Breakfasts, Smoothies, Salads, Soups, Entrees. Desserts and Snacks. Anas cares about our health and his book is a solid one. Grady Harp, August 17

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