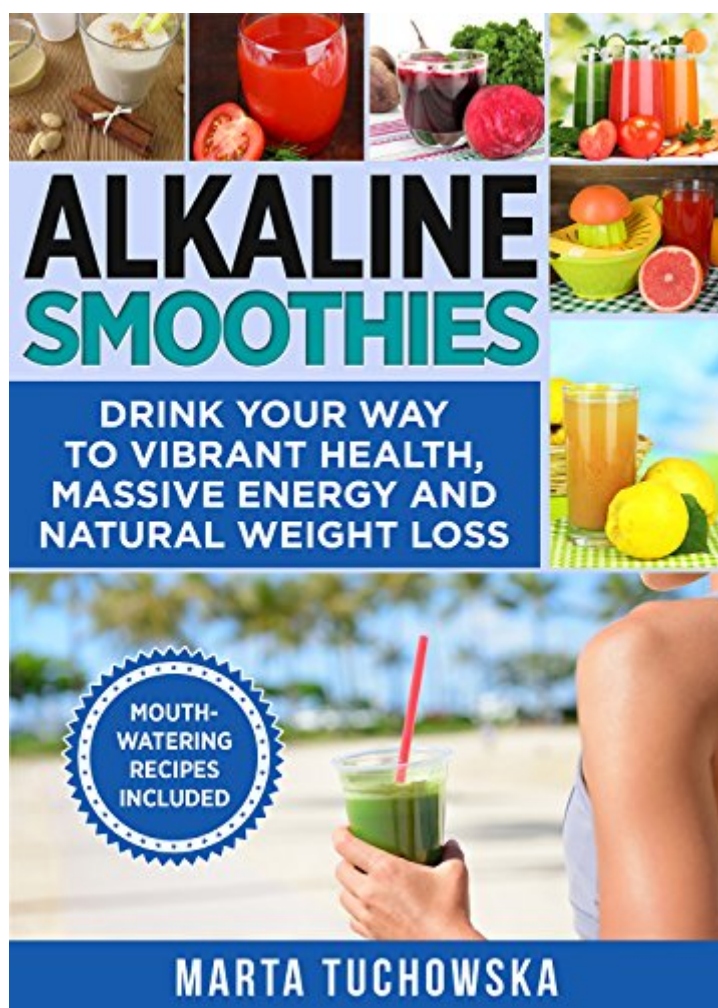


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# Alkaline Smoothies: Drink Your Way To Vibrant Health, Massive Energy And Natural Weight Loss (Plant Based, Alkaline Diet Book 6)



## Synopsis

The Newest Way to Make Delicious & Super Healthy Smoothies! You Are Just about to Discover the Healing Power of Alkaline Smoothies to Take Your Health to a Whole New Level! Imagine feeling like you are 15 again. Imagine a life without aches, pains, excess weight, and stiffness. Imagine feeling light, happy, and energized. Imagine more energy and passion in all areas of your life and health! Have you ever seen a wild animal with gout, arthritis, or obesity? Nope, neither have I. So is it really normal for animals and humans to suffer

from: Gout Infections Osteoporosis Diabetes Cancer Heart Disease Or are our lifestyles and food choices to blame? Choices. Hm. Powerful

word. What choices have you made about your health? Do you bounce out of bed in the mornings, or do you continue pressing the snooze button for just a few more moments of sleep? Are you able to get through the day without feeling fatigued? Do you suffer from any ailments? Disease?

Can't lose weight even though you count calories and follow the latest

"dieting" fad? Here's the good news: you don't have to continue suffering. But You have to make the right choice now. The solution is just in front of you. That is what this book is all about. Alkaline smoothies are a great, holistic tool to help you

alkalize your body to achieve your health goals so you can be the person you want to be. They are a great way to add more healthy, alkaline foods into your diet that will help you

eradicate: Illness Disease Excess Weight How would other areas of your life (work, social, family) improve if you could just have more energy and finally create the body you want? "Alkaline Smoothies" will provide you with holistic, natural tools so that you can

energize your body and mind to achieve a healthy lifestyle you have always wanted! Here's Just a Short Preview of What You'll Learn: The Alkaline Diet Concepts in Plain English (no

pseudo-science, the alkaline diet is all about adding more natural foods into your diet, it's as simple as that!) What foods to eat to help you lose weight and stay energized all day long What

foods to avoid and how they sabotage your weight loss success even though they seem

"healthy" The secrets to choosing the best ingredients for your smoothies to help you achieve your health goals How to add herbs and other superfoods to your smoothies to avoid sugar cravings and keep your belly satisfied Create amazing smoothies for specific conditions (fat burn,

PMS, inflammation and insomnia) Why even some healthy fruits can make you fat and tired How to stay motivated and consistent and fall in love with a healthy lifestyle Simple alkaline diet and lifestyle

tips you wish you knew! BONUS- how to make your own coconut milk and almond milk BONUS- How to make fruit infused spa water You can have the answers you've been searching for. Right

now.TAKE MEANINGFUL AND PURPOSEFUL ACTION TODAY. Energize your body and mind with alkaline smoothies full of nutrients you deserve to create vibrant health, lose weight and feel amazing!Scroll to the top of the page and select the 'buy button' and join thousands of others who are enjoying the healing benefits of tasty alkaline smoothies!

## Book Information

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## Customer Reviews

Love It!!

what can i say... i have so enjoyed this book. lots of great receipes. lots of information. i great way to start changing your eating. recommend this highly

I truly believe in alkaline foods benefits and as a lover of juices, IÃfÃ¢Ã â Ã Â„cve enjoyed reading this book. The best are the recipes, easy to prepare and delicious, one of my favorites ÃfÃ¢Ã â Ã Â“Simple Super Alkaline Powerfoods SmoothieÃfÃ¢Ã â Ã Â•. My Blendtec is

working a lot. Definitely I recommend this book.

Delicious and Easy recipes

There are some delicious Smoothies in here. I tried the liver cleanse. A bit sour but hey, if it works, it's worth it. The energy boost smoothie is really good.

Great recipes.

Lot of smoothie

Health, health, health! So many varied options that everyone can love. I highly recommend you try.

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Book 7) 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) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) 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 Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) 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) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) 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

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