



**Alkaline Diet + Mediterranean Diet 2 in 1 Bundle:
Book 1: Lose Weight using Alkaline Diet Plan and
Alkaline Foods + Book 2: Mediterranean Diet
Recipes For Weight Loss with 10-Day Diet Meal
Plan**

Linda Williams, Sarah Hill

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Book 1: Alkaline Diet

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

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. Enjoy the Alkaline Diet!

Book 2: Mediterranean Diet

The Ultimate Guide to Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan

Not another diet book! We've all been there before and seen the various "crash diets" that claim to be a quick fix to getting that ideal body, but the truth is, they don't work. By eliminating portions of nutrition, your body is essentially starving itself and must compensate to gain the nutrients it needs, preventing weight loss. Food is delicious. After all, it's what leads us to eat again and again. It is what fuels us and should be something to look forward to, and with most typical diets that's not possible. Since I've discovered the Mediterranean Diet, it has done wonders for my weight and self-confidence. The Mediterranean Diet is based simply on eating nutritious foods, such as lean meats, fruits, vegetables, and good fats. It has been proven to decrease risk of heart disease and lead to a longer lifespan, and if used properly, can also lead to weight loss. With the Mediterranean Diet, you can enjoy what you eat while leading a healthier lifestyle.

This book provides a gradual introduction to ease you into experiencing the Mediterranean Diet, including:

- A description of what exactly the Mediterranean Diet is with recommended serving amounts
- A 10-Day Meal Plan detailing breakfast, lunch, snack, and dinner (recipes included)
- Dozens of additional fun and delicious ethnic recipes
- Tips to keep in mind as you continue the diet in the future

Enjoy the book!

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Jessica Adkins:

People live in this new time of lifestyle always try to and must have the spare time or they will get large amount of stress from both everyday life and work. So , whenever we ask do people have extra time, we will say absolutely yes. People is human not a robot. Then we request again, what kind of activity do you possess when the spare time coming to you of course your answer can unlimited right. Then do you try this one, reading textbooks. It can be your alternative with spending your spare time, typically the book you have read is Alkaline Diet + Mediterranean Diet 2 in 1 Bundle: Book 1: Lose Weight using Alkaline Diet Plan and Alkaline Foods + Book 2: Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan.

Johnny Grady:

In this period of time globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher that will print many kinds of book. The book that recommended for you is Alkaline Diet + Mediterranean Diet 2 in 1 Bundle: Book 1: Lose Weight using Alkaline Diet Plan and Alkaline Foods + Book 2: Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan this guide consist a lot of the information on the condition of this world now. This specific book was represented so why is the world has grown up. The dialect styles that writer use for explain it is easy to understand. The writer made some research when he makes this book. Here is why this book suited all of you.

Lorraine Bryant:

What is your hobby? Have you heard which question when you got scholars? We believe that that question was given by teacher on their students. Many kinds of hobby, Every person has different hobby. And also you know that little person like reading or as looking at become their hobby. You have to know that reading is very important along with book as to be the thing. Book is important thing to add you knowledge, except

your teacher or lecturer. You find good news or update about something by book. Numerous books that can you decide to try be your object. One of them is Alkaline Diet + Mediterranean Diet 2 in 1 Bundle: Book 1: Lose Weight using Alkaline Diet Plan and Alkaline Foods + Book 2: Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan.

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