



**Alkaline Food Diet Plan: Discover A New pH  
Balanced Body With An Alkaline Food Diet For  
Better Health And More Energy (alkaline food  
diet,vegan,juicing,natural ... loss,pH  
balance,healthy lifestyle Book 2)**

*Michele Gilbert*

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# **Alkaline Food Diet Plan: Discover A New pH Balanced Body With An Alkaline Food Diet For Better Health And More Energy (alkaline food diet,vegan,juicing,natural ... loss,pH balance,healthy lifestyle Book 2)**

*Michele Gilbert*

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## **Discover A New pH Balanced Body With An Alkaline Food Diet For Better Health And More Energy**

### **What you will learn**

This book contains information about the benefits of an alkaline based diet. There are many. I have included them to motivate you to change your lifestyle and diet. Also, there is a detailed list of alkaline rich foods and a sample diet plan.

This book contains detailed explanations of the different types of alkaline rich food, and the nutritional value of all listed food. I have also offered you a 4 day alkaline diet plan. You won't need anything else to start your new diet plan and lifestyle.

## **Here Is A Preview Of What You'll Learn...**

- Why Choose An Alkaline Diet?
- Alkaline foods to be included in your everyday nutrition plan
- A meal plan for an alkaline food diet
- A couple more benefits in order to keep you going
- Much, much more!

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Learn the amazing benefits of an alkaline diet and a healthy lifestyle

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