



# How to Lose Massive Weight with the Alkaline Diet: Creating Your Alkaline Lifestyle for Unlimited Energy and Natural Weight Loss (The Alkaline Diet Lifestyle) (Volume 1)

By Marta Tuchowska

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**How to Lose Massive Weight with the Alkaline Diet: Creating Your Alkaline Lifestyle for Unlimited Energy and Natural Weight Loss (The Alkaline Diet Lifestyle) (Volume 1)** By Marta Tuchowska

## Alkaline Diet Lifestyle-Lose Massive Weight in a Natural Way. Once and For All. Without Feeling Deprived!

**\*\*\*New Updated Edition (2016): Totally Revised & Improved! More Delicious Recipes (Including Vegan Alkaline Pizza + Alkaline Desserts + Guilt-Free Snacks+ Free Bonuses Added-Total Word Count- 32.418 words\*\*\***

*It's not about eating less! It's about eating right. Forget about starvation diets, unrealistic cleanses or going hungry. You can restore balance, create vibrant health, lose weight and prevent many diseases just by eating more alkaline!*

- Are you **sick and tired** of fad diets?
- Can't stand **calorie** counting?
- Confused, when it comes to endless conflicting **alkaline-acid** charts and theories on the internet?
- Want to learn a few simple **alkaline rules** you can start implementing right now and discover how great it feels to be healthy?
- Do you wish for **more energy levels**? Can't crawl out of bed without your morning coffee?
- Want to finally **shed off excess pounds**, burn fat and look and feel amazing?
- Do you struggle with **allergies**, inflammation and are prone to diseases and **headaches**?

The solution is simple - you need to focus on **clean alkaline foods**. I am just

about to show you how to do it in an easy, doable, stress-free, uncomplicated jargon-free way. You will learn how to create delicious alkaline meals, without going hungry. The alkaline diet is not about going hungry... it's about discovering the **alkaline pleasure** of fueling your body and mind the way they deserve.

## **Here Is a Preview of What You'll Learn from "How to Lose Massive Weight with the Alkaline Diet":**

- How to Use the Alkaline Diet to **Lose Weight** Effectively
- Simple **Alkaline Diet Rules** (How do I know if it's alkaline or acid-forming?)
- Alkaline Recipes** (Breakfast, Lunch, Dinner, Snacks, Treats, Smoothies + More) and Other **Alkaline Tips** to Create Healthy and **Delicious Meals**
- Highly **Alkaline Foods** for Weight Loss and **High Energy Levels**
- Alkaline Drinks** for Weight Loss and High Energy Levels
- Alkaline Juicing for **Massive Weight Loss**
- More Alkaline 'Super Foods' That Will Help You **Lose Weight In A Healthy Way**
- The Body and Mind Benefits of the **Alkaline Diet**
- Detailed Food Lists** (printable lists + extra recipes included, follow the instructions inside)
- Motivational Tips: How to **Enjoy Your Alkaline Journey** and Keep on Track
- Common Misconceptions about the Alkaline Diet (*it's not about raising your pH...*)
- BONUS:** How to Combine the Alkaline Diet with other Popular Diets and Lifestyles (Paleo, Vegan, Vegetarian, Raw Food)

Alkaline way is the answer to sleeping better, rebalancing your hormones, preventing diseases, clearing your skin, reducing allergies, and feeling energized. You can do this through the power of nutrient-packed foods, herbs, spices, natural supplements and other powerful tweaks to your lifestyle.

## Would You Like To Know More?

*Get this book and join thousands of people that already use the alkaline diet and thrive!*

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-Motivational Tips: How to **Enjoy Your Alkaline Journey** and Keep on Track

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## **Editorial Review**

### **About the Author**

Marta Tuchowska is a passionate holistic wellness coach and author on a mission. She wants to help you create a healthy body, mind and spirit through a balanced lifestyle. Marta has a strong background in healing and health (certified in massage therapy, holistic nutrition, aromatherapy and Reiki), and she infuses her natural therapy knowledge with motivational and lifestyle coaching as well as NLP to help you create a life full of energy, health and happiness. Marta wants to make it easy, doable and fun. She calls it holistic lifestyle design for modern, 21st-century, busy folks! Join the exciting journey of total body and mind transformation at: [www.HolisticWellnessProject.com](http://www.HolisticWellnessProject.com).

## **Users Review**

### **From reader reviews:**

#### **Joan Jackson:**

Reading a book for being new life style in this 12 months; every people loves to go through a book. When you learn a book you can get a great deal of benefit. When you read textbooks, you can improve your knowledge, because book has a lot of information on it. The information that you will get depend on what kinds of book that you have read. If you wish to get information about your examine, you can read education books, but if you want to entertain yourself you are able to a fiction books, such us novel, comics, in addition to soon. The How to Lose Massive Weight with the Alkaline Diet: Creating Your Alkaline Lifestyle for Unlimited Energy and Natural Weight Loss (The Alkaline Diet Lifestyle) (Volume 1) offer you a new experience in studying a book.

#### **Geraldine Davis:**

In this time globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The actual book that recommended to you is How to Lose Massive Weight with the Alkaline Diet: Creating Your Alkaline Lifestyle for Unlimited Energy and Natural Weight Loss (The Alkaline Diet Lifestyle) (Volume 1) this reserve consist a lot of the information of the condition of this world now. This particular book was represented how can the world has grown up. The language styles that writer value to explain it is easy to understand. Typically the writer made some investigation when he makes this book. Honestly, that is why this book appropriate all of you.

#### **Thelma Price:**

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Unlimited Energy and Natural Weight Loss (The Alkaline Diet Lifestyle) (Volume 1) in your phone, it might give you a way to get nearer to the new knowledge or data. The information and the knowledge you are going to get here is fresh in the oven so don't become worry if you feel like an aged people live in narrow small town. It is good thing to have How to Lose Massive Weight with the Alkaline Diet: Creating Your Alkaline Lifestyle for Unlimited Energy and Natural Weight Loss (The Alkaline Diet Lifestyle) (Volume 1) because this book offers to you readable information. Do you at times have book but you would not get what it's facts concerning. Oh come on, that will happen if you have this with your hand. The Enjoyable arrangement here cannot be questionable, including treasuring beautiful island. Use you still want to miss it? Find this book and also read it from now!

**Ena Clark:**

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