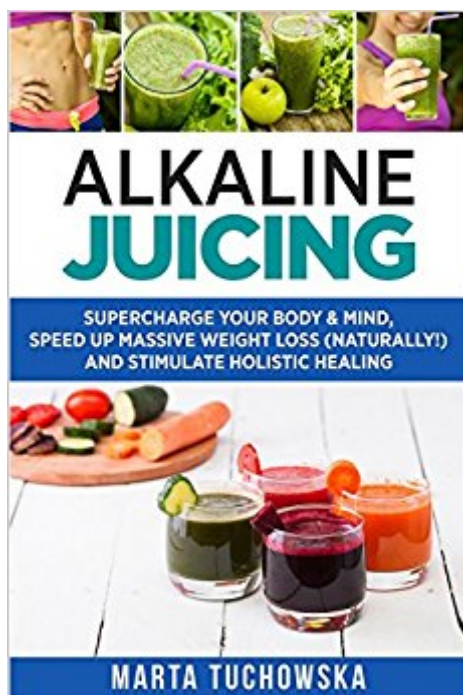


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Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), And Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet For Weight Loss) (Volume 7)



Synopsis

THE HEALING POWER OF ALKALINE JUICING UNLOCKED. Yes- especially for you! ENERGIZE YOUR BODY AND MIND TO LOOK AND FEEL AMAZING! Imagine feeling like you are 15 again. Imagine a life without aches, pains, excess weight, and stiffness. Imagine feeling light, happy, and energized. Just awesome! Imagine more energy and personal success in all areas of your life. 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 Low energy levels that make us feel DEPRESSED 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 juices 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 Perhaps you suffer from fatigue, aches and pains, and stiffness, or perhaps you would like to lose weight. You've been to doctors and taken medication, but for the life of you, you just can't understand what's making you feel worse than you should be feeling. You have been told to get used to it. Swallow another pill. If that's the case, you have the power to change it. 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 Juices" will provide you with holistic, natural tools so that you can finally energize your body and mind. A Preview of What You're About to Discover, Enjoy and Love! The Alkaline Diet Concepts in Plain English Alkaline Foods That Make You Happy, Slim and Energized Acidic Foods That Prevent You From Achieving Your Health and Weight Loss Goals How to Select the Best Alkaline Ingredients for Your Juices (100% vegan, gluten-free, alkaline and even Paleo friendly) Alkaline Juices for Specific Conditions (Fat Burn, Inflammation, Insomnia...) Fruit- How Much is Too Much? Learn Why Some Healthy Foods Can Make You Fat The Power of Herbal Infusions In Your Juices Mistakes to Avoid When Juicing (+ why fruit juices can make you FAT) The Best Alkaline Superfoods for Optimal Nutrition Original, Tasty and Delicious Alkaline Juicing Recipes (with detailed instructions and additional information about the ingredients) Motivational Tips I will send you freaking heaps loads of good, alkaline, motivational wellness karma so that you keep on track

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Book Information

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Customer Reviews

"You can feel a real experience and knowledge behind the written words"- David Emerson- The relief when you know that you don't have to restrict your diet is a very strong and positive feature and it can be a real game changer. Additionally there are many recipes that are easy to prepare, for every main health purpose (they also include the main benefits for each of them) and the free bonus alkaline printed charts are very handy to stay on track while implementing this new way of assimilating precious nutrients!"For those of you spending a lot of money on junk food or on coffee like I do, you need to read this book!" -by Customer- In the words of the author, "Juice is the best natural coffee." I am in the process of losing weight and I am thankful to have this book as a guideline. Let Marta explain to you how juicing can change YOUR life! Great book! "Get all the vitamins and minerals you need"- Niemann CMM- Reading about Alkaline Juicing got me very excited. I have lots of vegetables in my garden for that extra natural healthy experience. The book is truly informative and describes all the important aspects on alkaline juicing, recipes and the

specialty of the different fruits and vegetables we typically eat. Alkaline juicing seems like a great natural way to get all the vitamins and minerals your body need to be healthy." Informative and easy to read"- Wendy Cartmell- What a great book! Informative, eye opening and easy to read, Marta Tuchowska writes with a quiet authority and a breadth of knowledge. Great ideas, great recipes. Here's to a new me!

Some nice recipes here!

Dont waste your money, you can get better recipes online for free using google.

A really helpful book on Alkaline juicing. The authors gives the benefits of juicing and an easy and simple Alkaline diet. I really recommend this book to everyone looking for information on Alkaline juicing.

alkaline your body very important. it has many health benefits. this book shows different ways to alkaline your body with juicing

Marta Tuchowska is a hugely talented and authentic author whose books are totally dedicated to improving my health and yours! In this her latest masterpiece we learn how to use really interesting additions to alkaline smoothies, one of my favourite being ginger!...ginger is a magical ingredient that disinfects, stimulates and boosts the immune system. She even uses maca!... A fascinating rebalancing ingredient and so many other delicious ingredients....you need to read this to find them all out!! I have all Marta's books and I suggest you get them too. It's your passport to better wellbeing. Marta knows what she is talking about and her passion for life shines through!...grab this book right now!

Pretty good content

Love the information

What an amazing book, combining the wonderful world of alkalization and juicing. Who needs medicine when you have the fruits and vegetables that the earth provides for you. I'm so grateful for my online friend who suggested this informational book to me. I can't wait to get home, get out my

juicer and try out some of the many recipes that Marta has laid out before us. It breaks down the ingredients to the tee and is the perfect book for someone that is looking to have a healthier happier life. I would highly recommend for someone to check this book out!

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