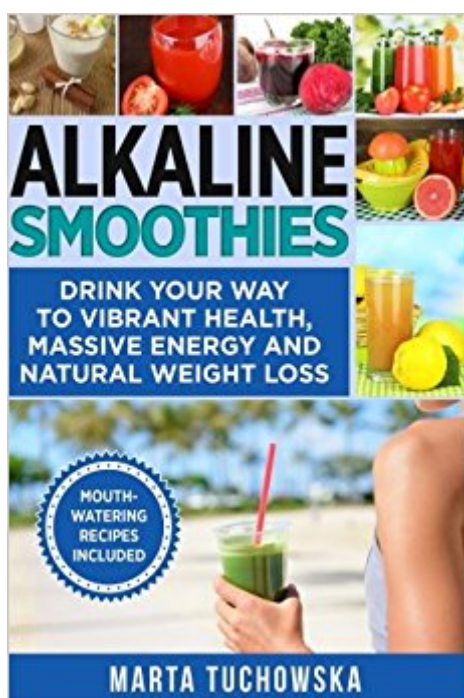


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# Alkaline Smoothies: Drink Your Way To Vibrant Health, Massive Energy And Natural Weight Loss (Alkaline Diet Lifestyle: Alkaline Recipes, Alkaline Foods) (Volume 6)



## Synopsis

THE HEALING POWER OF ALKALINE SMOOTHIES->IT'S TIME TO TAKE YOUR HEALTH TO A WHOLE NEW LEVEL. ARE YOU READY TO 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. 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 \* 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 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 Smoothies" will provide you with holistic, natural tools so that you can finally energize your body and mind. Not only will you master the secrets of alkaline blending, but as a special bonus you will also receive a free copy of my eBook: "Revolutionize Your Life with Alkaline Diet" Here's Just a Short Preview of What You'll Learn:->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 Smoothies (100% vegan, alkaline and even Paleo friendly) ->Alkaline Smoothies for Specific Conditions (Fat Burn, PMS, Inflammation, Insomnia...) -> Fruit- How Much is Too Much? Learn Why Some Healthy Foods Can Make You Fat -> The Power of Herbal Infusions In Your Smoothies -> The Best Alkaline Superfoods for Optimal Nutrition ->Original, Tasty and Delicious Alkaline Smoothie Recipes (with

detailed instructions and additional information about the ingredients)Â ->Motivational TipsÂ PLUS:Â ->BONUS- how to make your own coconut milk and almond milkÂ ->BONUS-How to make fruit infused spa waterÂ ->BONUS: extra recipes and printable alkaline-acid charts that WORK (accurate and reliable-- save your time- about 90% "alkaline information" online is confusing)Â You can have the answers you've been searching for. Right now. But before you get those answers, you have to decide to do what it takes to achieve your goals, because no one else is going to achieve them for you.Â TAKE MEANINGFUL AND PURPOSEFUL ACTION TODAY. YOUR HEALTH WON'T WAIT.Â Scroll to the top of the page and select the 'buy button'Â

## **Book Information**

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## **Customer Reviews**

Marta Tuchowska is a holistic wellness 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 life coaching to help you create a life full of energy, health and happiness. Marta wants to make it easy, doable and fun. She calls it a holistic lifestyle for modern, 21st-century, busy folks! Check out Marta's blog at: [www.HolisticWellnessProject.com](http://www.HolisticWellnessProject.com) and grab your free resources to kickstart your holistic health success!

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, I've enjoyed reading this book. The best are the recipes, easy to prepare and delicious, one of my favorites "Simple Super Alkaline Powerfoods Smoothie". My Blendtec is working a lot. Definitely I recommend this book.

Delicious and Easy recipes

There's some delicious Soothies 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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