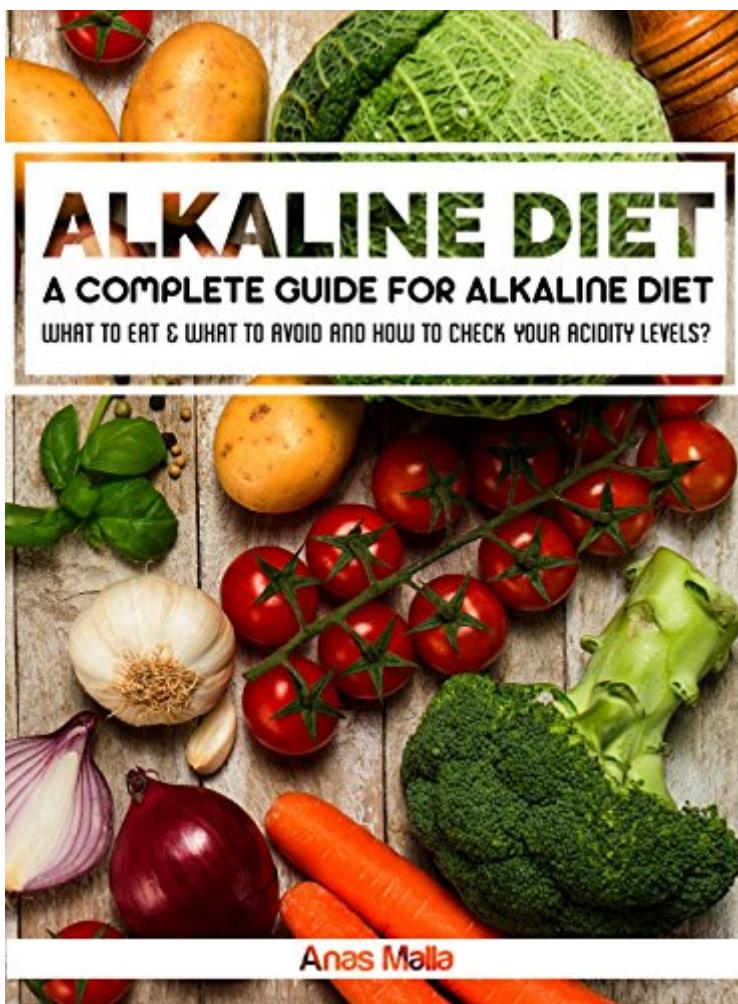


The book was found

Alkaline Diet: A Complete Guide For Alkaline Diet, Health Benefits Of The Alkaline Diet: What To Eat & What To Avoid And How To Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight Book 1)





Synopsis

The Perfect Balance...We can see that there are so many diets available to us. Each diet has its benefits, but each also comes with its downsides. Now, when you think about different diets and choosing the ideal one for you, the word balance comes to your mind. If you are looking for a diet offering you the perfect balance, it's the alkaline diet. We will talk later about how this diet works, but the important thing to know is that it keeps pH levels throughout your body balanced. That, in turn, secured that your organism reaches the optimum state and, therefore, optimum health. Aside from being able to help you get your weight in order, alkaline diet will assist you in dealing with some annoying health issues, such as chronic pain and other illnesses.

What to Expect: What is alkaline diet and how it works – explaining the principles of eating alkaline-promoting food and properly keeping the acid-alkaline balance in your body

How to check your acidic levels – higher levels of acid may cause numerous health problems. Fortunately, it's easy to keep track of your acidic levels if you follow the simple directions in this book

Health benefits and risks of the alkaline diet – the alkaline style of life has numerous advantages for both physical and mental health, but the most important benefit is that it provides an entirely natural way to lose extra pounds and MAINTAIN them. We will also cover some risks of the diet to make sure everything goes the way it should.

Mistakes beginners often make – my goal is to show you how to apply the alkaline diet concept to your life successfully. The best way to do that is to analyze what mistakes beginners often make so that you can learn from them

Foods to eat and avoid – each diet has its go-to foods that are a must and the foods that you should make sure to avoid. The *Alkaline Diet* book will recommend you which foods you should consume and which you should avoid, as well as offer some tips on how to combine your food. Another mystery that we will solve is whether you should drink alkaline water during your diet. And much more!!

Buy It Now & Get ready to take your Health to the Next Level..

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Customer Reviews

This was a quick and easy introduction to the alkaline diet. I'll have to do some more reading on the topic, but this definitely have me a good starting point.

So many health issues can be prevented by balancing your body's ph levels. In this book you will not only learn how to loose weigh you will also see how this diet will add to your health as well. Learn how to avoid common mistakes people make with the alkaline diet and see which foods to eat and what to avoid. Definately recommended for those who would like to try the alkaline lifestyle.

Author Anas Malia is a man concerned with our health. He has published five books "KETOGENIC BREAD BOOK, MINIMALIST LIVING, CONVERSATION TACTICS, INSTANT POT COOKBOOK FOR KETOGENIC AND PALEO DIETS, KETOGENIC DIET, ANTI-INFLAMMATORY DIET, KETOGENIC FAT BOMBS and now ALKALINE DIET. One of his favored sayings is "Mastering others is strength. Mastering yourself is true power" and that has encouraged him to share his research and teachings on mastering life actually means improving and learning how to make various areas of our lives better in achievement, relationships, lifestyle, knowledge, and health. Anas emphasizes the importance of the Alkaline Diet at book's end "You might have heard about alkaline diet before, but you can't quite define it. The alkaline diet is related to the pH level of blood, urine, and other fluids in your body. The goal of the alkaline diet is to balance these pH levels. The food you eat partially determines these levels through its mineral density. All forms of life on Earth need to keep their pH to maintain their health.

In fact, various experts suggest that there is no chance for any disease to develop if a person has a balanced pH in his/her body. You will find different opinions when it comes to the connection of pH levels and diseases and disorders, but there is one thing all scientists agree on. Humans should have a certain pH ratio of the blood that's perfect for their body. That ratio should be anywhere between 7.2 and 7.4. Your body always aims towards this ideal pH amount. In fact, it sometimes goes to extraordinary lengths to keep the ratio in the appropriate and safe boundaries. Depending on the time of the day, your way of nutrition, what you had for your last meal and when you most recently went to the bathroom, your pH levels will vary. That is why diet is imperative. If you often consume a lot of highly acidic foods, there is a chance that your body's pH level will change and lead to a state called acidosis. The imbalance of electrolytes can also cause acidosis to develop. **What Are pH Levels and Why Are They Important?** The abbreviation pH I have already mentioned a couple of times is short for the potential of hydrogen. That is what measures the alkalinity or the acidity of our body. There is a pH scale used for measurement, and it goes from 0 to 14. A lower number marks highly acidic food while higher numbers mean that something is more alkaline. Considering this scale, we can conclude that a pH level of 7 is considered as neutral. However, if you take into account that the most appropriate pH for a human body is around 7.3, you come to a conclusion that the best thing to do is to keep your organism slightly alkaline. You should also know that pH levels are different in various parts of your body. The stomach is the section that tends to be the most acidic. The problem occurs whenever the pH level in our body varies. That goes for any living form on Earth. A recent study showed that pH of the sea dropped by just one point from 8.0 to 7.9, and it was enough for many organisms living in that sea to suffer. All forms of life use minerals to keep their pH level optimal. Minerals you can find in the soil, the ocean, and the food you consume on a regular basis. You can correctly describe alkaline diet by using just one word "balance". In fact, what we regular people call an alkaline diet, the experts call alkaline-acid balance diet. This way of nutrition can significantly help your health and assist you in losing those extra pounds that bother you. Anas breaks his discussion into the following sections of very fine and easy to create Alkaline Diet recipes "Breakfasts, Smoothies, Salads, Soups, Entrees, Desserts and Snacks. Anas cares about our health and his book is a solid one. Grady Harp, August 17

This book is a complete guide for people who are following an alkaline diet based food plan. One thing that I like this book is that it is indeed a very detailed book and very easy to follow. This

complete guide is amazing.

Amazing Alkaline recipes to have because it will surely help you to lose weight rapidly. The instructions and guidelines on how to prepare these recipes are so easy to follow. I found the book pretty informative about the why's and how's to do an alkaline diet. I think with this book I'm going to try it out and see how the diet changes make me feel

Not what I expected at all..... I thought there would be recipes in the book, but there were none. Basically just some lists of food to avoid and food you could eat. I was very disappointed.

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