



**Alkaline Diet + Mediterranean Diet 2 in 1 Bundle:
Book 1: Lose Weight using Alkaline Diet Plan and
Alkaline Foods + Book 2: Mediterranean Diet
Recipes For Weight Loss with 10-Day Diet Meal
Plan**

Linda Williams, Sarah Hill

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Book 1: Alkaline Diet

5 Super Useful Tips To Lose Weight using Alkaline Diet Plan, Alkaline Water and Alkaline Foods.

Donuts, Twinkies, French fries, soft drinks, the standard American diet is centered around processed foods. Beyond the obvious health risks that these unhealthy and fattening oils produce, these are all highly acidic foods.

Of course our body has natural counter systems in charge of neutralizing this acid, but it does put stress on the organs involved, even in healthy bodies. Excess acid is harmful in that it not only stresses organs such as our kidneys but in that it has the potential of interfering with key bodily processes critical to ensuring that the body runs normally.

The Alkaline Diet easily solves all those problems and provides extra energy in our day to day lives by taking the stress off our organ systems through eating alkaline foods that naturally neutralize the acidity from other food without having to use the acid-neutralizing systems to do so! How does the Alkaline Diet work? The main source of alkaline foods the diet is centered around is fresh fruits and vegetables. Sounds easy right?

To help every step of the way throughout the process of this life-changing diet, this book includes:

- How To Make Alkaline Water
- Alkaline Foods
- Alkaline Diet Meal Plans
- 5 Helpful Tips

Inevitably, things will happen, challenges will inevitably crop up. But through it all, don't give it up! This is something you're doing for you. The end goal might be getting a healthier body, but in the process you can lead healthier life in which you will be more confident about who you are and have more self-esteem. The process will be hard, but I firmly believe in the benefits the Alkaline Diet has in changing people's lives. By taking this first step to a new and better life, I know that you will be able to change your life forever.

Enjoy the Alkaline Diet!

Book 2: Mediterranean Diet

The Ultimate Guide to Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan

Not another diet book! We've all been there before and seen the various "crash diets" that claim to be a quick fix to getting that ideal body, but the truth is, they don't work. By eliminating portions of nutrition, your body is essentially starving itself and must compensate to gain the nutrients it needs, preventing weight loss. Food is delicious. After all, it's what leads us to eat again and again. It is what fuels us and should be something to look forward to, and with most typical diets that's not possible. Since I've discovered the Mediterranean Diet, it has done wonders for my weight and self-confidence. The Mediterranean Diet is based simply on eating nutritious foods, such as lean meats, fruits, vegetables, and good fats. It has been proven to decrease risk of heart disease and lead to a longer lifespan, and if used properly, can also lead to weight loss. With the Mediterranean Diet, you can enjoy what you eat while leading a healthier lifestyle.

This book provides a gradual introduction to ease you into experiencing the Mediterranean Diet, including:

- A description of what exactly the Mediterranean Diet is with recommended serving amounts
- A 10-Day Meal Plan detailing breakfast, lunch, snack, and dinner (recipes included)
- Dozens of additional fun and delicious ethnic recipes
- Tips to keep in mind as you continue the diet in the future

Enjoy the book!

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Joshua Rodrigue:

Book is to be different for each and every grade. Book for children until finally adult are different content. We all know that that book is very important usually. The book Alkaline Diet + Mediterranean Diet 2 in 1 Bundle: Book 1: Lose Weight using Alkaline Diet Plan and Alkaline Foods + Book 2: Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan has been making you to know about other expertise and of course you can take more information. It is very advantages for you. The book Alkaline Diet + Mediterranean Diet 2 in 1 Bundle: Book 1: Lose Weight using Alkaline Diet Plan and Alkaline Foods + Book 2: Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan is not only giving you a lot more new information but also to become your friend when you really feel bored. You can spend your personal spend time to read your e-book. Try to make relationship while using book Alkaline Diet + Mediterranean Diet 2 in 1 Bundle: Book 1: Lose Weight using Alkaline Diet Plan and Alkaline Foods + Book 2: Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan. You never truly feel lose out for everything when you read some books.

Bobby Miller:

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Jessica Jennings:

Spent a free time and energy to be fun activity to perform! A lot of people spent their down time with their family, or their own friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could be reading a book is usually option to fill your totally free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to test look for book, may be the book untitled Alkaline Diet + Mediterranean Diet 2 in 1 Bundle: Book 1: Lose Weight using Alkaline Diet Plan and Alkaline Foods + Book 2: Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan can be excellent book to read. May be it may be best activity to you.

Stacy Abercrombie:

Many people spending their time period by playing outside together with friends, fun activity along with family or just watching TV 24 hours a day. You can have new activity to spend your whole day by examining a book. Ugh, do you think reading a book really can hard because you have to take the book everywhere? It okay you can have the e-book, getting everywhere you want in your Smartphone. Like Alkaline Diet + Mediterranean Diet 2 in 1 Bundle: Book 1: Lose Weight using Alkaline Diet Plan and Alkaline Foods + Book 2: Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan which is obtaining the e-book version. So , why not try out this book? Let's view.

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