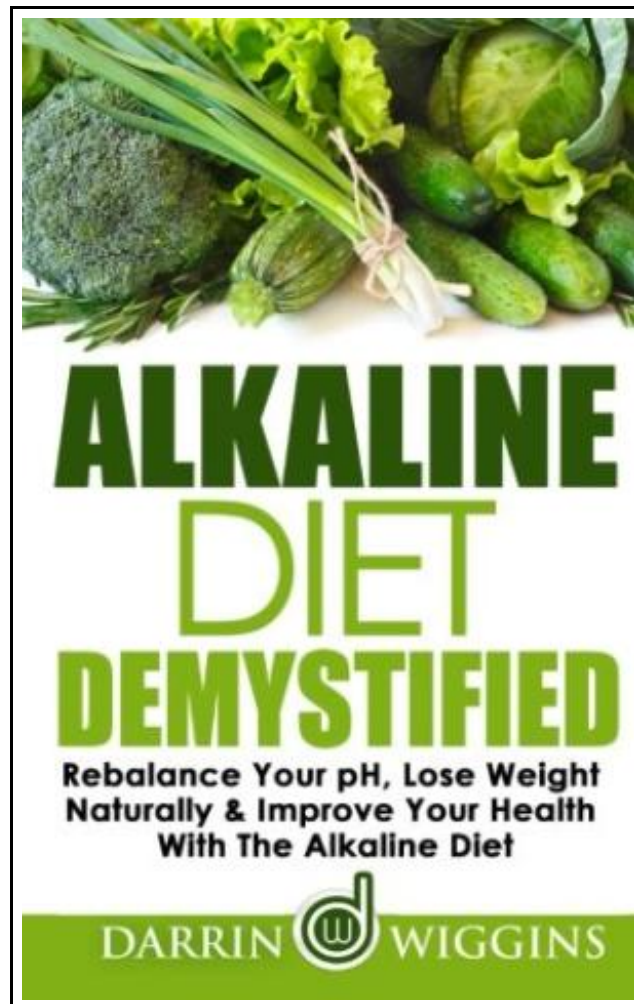


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are You Ready For A Diet That Actually Provides Energy And Weight Loss? Tired of, well, being tired all the time? Do you hate how exhausted you are from focusing on your weight loss when you could be enjoying other things? Want a REALISTIC, way to eat that sheds weight and improves the quality of your life?The Alkaline Diet is perfect for anyone who is looking for a natural weight loss solution. With some simple changes to the amount of certain foods you eat you can achieve the type of internal balance that melts the fat off. No supplements needed.The Simplicity Of The Alkaline DietThink of all the weight loss strategies you ve heard. You ve probably been told to: Count all the calories except the ones from fiber and vegetables. Don t count calories, who needs that? Cut the fat but add the healthy fat. Carbs are bad but not all carbs so which ones? Don t eat after dinner or before lunch. Eat 6-8 meals a day (between lunch and dinner?), Don t eat gluten unless you can, then go ahead. Just eat what you feel you need to eat (eating my feelings is what made me fat in the first place) and so on.Try to do all these things and you ll KILL your weight loss efforts. All these tips do, is create mass confusion especially if you are not familiar with your body. You don t need dozens of different ideas. Instead you need the easy to follow Alkaline Lifestyle that s PROVEN to work!The Alkaline Diet is so simple people don t take it seriously. People look at it and write it off...



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