



The Alkaline Diet: Clarifying The Alkaline Diet for Beginner (72 Ultimate Collections of Alkaline Recipes That Make you Lose Weight and Burn belly Fat)

MARY BOYLE

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Sick Of Going Round In Circles With Your Dieting?

"You're About To Discover The Easiest Way To Drop The Fat Once And For All, And Start Living The Life You've Always Dreamed Of"

This book is one of the most valuable resources when looking at starting a alkaline diet

Are your dieting efforts not going according to plan... maybe even making life miserable?

Does it seem like you've tried and tried everything out there to drop the fat, and yet, despite your best intentions, you're still plagued with:

- No results
- No weight lost
- Zero motivation

Have you been frustrated with your dieting recently and felt that you are just going round in circles, not achieving anything?

Introducing

The Alkaline Diet

- Learn Exactly What A Alkaline Diet Is
- Discover The Benefits Of A Alkaline Diet
- Practical Advice On How To Start A Alkaline Diet
- Whether Or Not Alkaline Diets Are Safe
- 72 Alkaline Recipes
- And Much, Much More...

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From reader reviews:

Alan Dougherty:

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