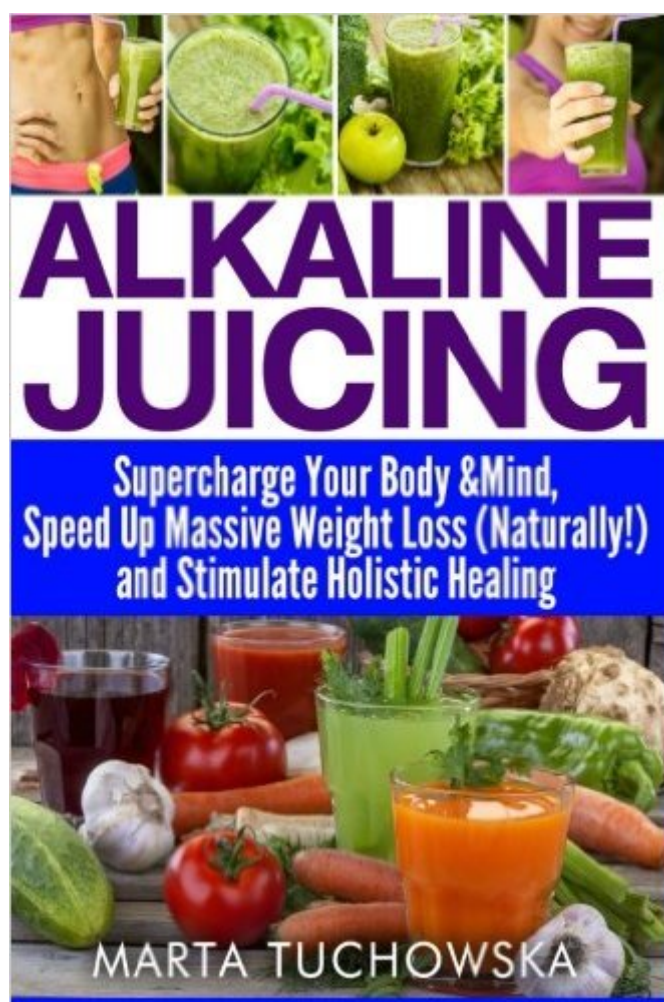


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# Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), And Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet For Weight Loss) (Volume 7)





## Synopsis

THE HEALING POWER OF ALKALINE JUICING UNLOCKED. Yes- especially for you! 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. Just awesome! 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 Low energy levels that make us feel DEPRESSED 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 juices 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 Juices" will provide you with holistic, natural tools so that you can finally energize your body and mind. A Preview of What You're About to Discover, Enjoy and Love! 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 Juices (100% vegan, gluten-free, alkaline and even Paleo friendly) Alkaline Juices for Specific Conditions (Fat Burn, Inflammation, Insomnia...) Fruit- How Much is Too Much? Learn Why Some Healthy Foods Can Make You Fat The Power of Herbal Infusions In Your Juices Mistakes to Avoid When Juicing (+ why fruit juices can make you FAT) The Best Alkaline Superfoods for Optimal Nutrition Original, Tasty and Delicious Alkaline Juicing Recipes (with detailed instructions and additional information about the ingredients) Motivational Tips I will send you freaking heaps loads of good, alkaline, motivational wellness karma so that you keep on track

and your satisfaction is guaranteed! My mission is to help you reach all your health and lifestyle goals faster and so inside you will find something special... BONUS->extra alkaline-vegan friendly recipes and printable alkaline-acid charts So what are you waiting for? Let the alkaline party begin.. Nourish Your Body and Mind with amazingly awesome alkaline juices! YUM\*\* Click UP + Order + Start Transforming Your Body & Mind with Alkalinity!

## **Book Information**

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## **Customer Reviews**

What an amazing book, combining the wonderful world of alkalization and juicing. Who needs medicine when you have the fruits and vegetables that the earth provides for you. I'm so grateful for my online friend who suggested this informational book to me. I can't wait to get home, get out my juicer and try out some of the many recipes that Marta has laid out before us. It breaks down the ingredients to the tee and is the perfect book for someone that is looking to have a healthier happier life. I would highly recommend for someone to check this book out!

For those of you spending a lot of money at McDonalds or at the Kangaroo gas mart on coffee like I do, you need to read this book! In the words of the author, "Juice is the best natural coffee." I am in the process of losing weight and I am thankful to have this book as a guideline. Let Marta explain to you how juicing can change YOUR life! Great book!

I learned what an alkaline diet means and why should we strive to consume alkaline foods. In this case, the alkaline juices are good for us and the book provides quite a few recipes that seem easy enough to make. The key, as the author explained is not to juice certain fruits, as they are loaded with sugar. But we can truly get a good nutritional diet by following the recipes here.

Alkaline juices has healing power. It can relieve us from aches, pains, excess weight, and stiffness very easily and make you feel refreshed and energetic. Alkaline juicing is very useful for people like who are burdened with work load and don't have enough time to take care of health. We can prepare colorful and energizing Alkaline quickly. Author has provided detailed information about benefits of Alkaline juicing. Her recipes are really delicious and tasty.

Very nicely written simple introduction to the world of alkaline juicing. I have been juicing for some time now with limited success and I'm hoping this book will help me to stick with it and really get all the health benefits of juicing. Thank you for a well written book that I'm sure I will be using for months possibly years to come!

Alkaline Juicing: Supercharge Your Body &...Marta Tuchowska  
Another super alkaline book from Tuchowska. Juicing is a great part of a healthy lifestyle and this book is filled with all you need to know. Super juice.

It has long been looking for a way to get rid of the state of constant fatigue and being energetic every day. I was lucky enough to read a book by Marta Tuchowska about alkaline juices and I was amazed that, thanks to an alkaline diet can achieve such outstanding results! I'm just starting to try the recipes recommended by the author of alkaline juice, but I already like the effect of them.

Marta Tuchowska is a hugely talented and authentic author whose books are totally dedicated to improving my health and yours! In this her latest masterpiece we learn how to use really interesting additions to alkaline smoothies, one of my favourite being ginger!...ginger is a magical ingredient that disinfects, stimulates and boosts the immune system. She even uses maca!... A fascinating rebalancing ingredient and so many other delicious ingredients....you need to read this to find them all out! I have all Marta's books and I suggest you get them too. It's your passport to better wellbeing. Marta knows what she is talking about and her passion for life shines through!...grab this book right now!

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