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Conditions \u0026

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Life with The Alkaline Diet! I will show you exactly how to eat your way to massive weight loss, sexy body and a focused mind, while having fun during the process of your total body and mind transformation! Alkaline Super Foods Made Exciting and Fun! Dear Reader, I am sure you have heard about the

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alkaline diet and the numerous benefits it brings, including:

- *Weight Loss and Fat Burn
- *More Clarity of Thought
- *More Peace of Mind and Less Irritability
- *Balanced Immune System and Less Inflammation
- *Increased Concentration and Motivation
- *Healthier Skin, Nails and Hair:

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Treatments! *More
Stamina *Better
Memory Do you know
the real alkaline diet
secret? Drum roll,
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preparation of mouth-
watering, satisfying
meals that will keep you
full, while balancing
your pH in 7 days or
less! Ready for Alkaline
Success and

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Unstoppable Energy?

The Alkaline Diet is neither difficult, nor boring. Eating Alkaline Foods can be interesting and fun. I have written this book to show you how much healthy variety you can put into an alkaline diet. Once you begin to experience the wonderful benefits of a high pH in your system, you will wonder

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How you ever managed to live your life without it. Unlimited energy levels, boosted motivation, joy, positive thinking and increased creativity are waiting for you. Join me, as I will be giving you some valuable tips, tricks, and recipes that allowed me to stay on the Alkaline Diet. **“THE ALKALINE**

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+ MORE ALKALINE
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Remember...it's not
about doing a 'DIET'...

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healthy body and a
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benefits such as: Weight
Loss and Fat Burn More
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Master Systems

(endocrine, digestive, immune, detoxification, and pH balancing).

Balance equals life. At base, our bodies make us fighters because the body will drop everything to make balance happen. So when we put one system out of balance, we are essentially making our body fight itself. The

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Alkaline Reset Cleanse is a different way of thinking about the body and how we can rapidly replenish, heal, and reboot ourselves back to optimal health. The body's number-one goal is to maintain homeostasis and balance throughout our Five Master Systems: endocrine, immune, digestive, detoxification,

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and alkaline buffering (pH balancing). But through our dietary and lifestyle choices, we often put our body into a state of emergency. It is this constant state of emergency from which sickness and disease emerge. For over 10 years, health coach Ross Bridgeford has guided thousands of people through his alkaline

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cleanse programs. In
The Alkaline Reset
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his program down to a
straightforward and
immediately
manageable seven-day
program, complete with
shopping lists, recipes,
and encouraging tips
from those who have
already succeeded. We
need to wipe the slate
clean. We have to give

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the body the tools it needs to repair, replenish, rebuild, and thrive. With seven highly nourishing days filled with real, whole foods--specifically selected and planned to make it easy, enjoyable, and energizing--the Alkaline Reset Cleanse will help you to lose weight, restore your immunity, soothe

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digestion, and give you abundant health.

Easy, customizable plans (2-day, 7-day, and longer) to rid your diet of the acidic foods (sugar, dairy, gluten, excess animal proteins, processed foods) that cause inflammation and wreak havoc on your health. Let's talk about the four-letter word

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that's secretly destroying your health: ACID. An acidic lifestyle -- consuming foods such as sugar, grains, dairy, excess animal proteins, processed food, artificial sweeteners, along with lack of exercise and proper hydration, and stress -- causes inflammation. And inflammation is the culprit behind many of

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our current ailments,
from weight gain to
chronic disease. But
there's good news:
health visionary Dr.
Daryl Gioffre shares his
revolutionary plan to rid
your diet of highly
acidic foods, alkalize
your body and balance
your pH. With the Get
Off Your Acid plan,
you'll: Gain more
energy Strengthen your

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immune system

Diminish pain and
reflux Improve
digestion, focus, and
sleep Lose excess
weight and bloating,
naturally With alkaline
recipes for easy,
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meals, Get Off Your
Acid is a powerful guide
to transform your health
and energy -- in seven
days.

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"Good health is within
your reach. 'The Amazing
Acid-Alkaline

Cookbook' will show
you just how easy it is
to make flavorful meals
that will naturally
correct your body's pH
balance, helping you
regain or maintain vigor
and well-being"

--Cover, p. 4.

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Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy.

Kick sugar and cravings for good and gain health, energy, and vitality with a fool-proof

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plan from the author of
Get Off Your Acid. In
his first book, Dr. Daryl
Gioffre showed readers
how to kick processed
and highly acidic foods
to lower inflammation
and increase health.

Now, a former sugar
addict himself, he's
taking on the sweet
stuff. Starting with all
the reasons we are
addicted to sugar (hint:

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it's not our fault!), to the very real dangers of a sugar-heavy diet (chronic ailments, including diabetes, heart disease, and cancer; deficiency in crucial minerals; brain fog; obesity; and more), Dr. Gioffre shares his life-changing plan to kick sugar for good. And there is a lot of good: Dr. Gioffre doesn't

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believe in taking away;
his program is based on
adding more of the good
stuff -- delicious
nutrient-dense foods.

What you will lose is
your dependence on
sugar, the attendant
sugar crashes, and
unwanted weight. With
a simple eight-minute
Belly Fat Burning

Workout, and sixty-five
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and ideas to get you
going and keep you on
track, Get Off Your
Sugar gives you the
tools to take control of
your health and your
future.

Includes recipes from
Chef Del Sroufe, author
of the bestselling Forks
Over Knives—The
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Than Vegan Nearly half of Americans take at least one prescription medicine, with almost a quarter taking three or more, as diseases such as diabetes, obesity, and dementia grow more prevalent than ever. The problem with medicating common ailments, such as high blood pressure or elevated cholesterol, is

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that drugs treat symptoms—and may even improve test results—without addressing the cause: diet. Overmedicated, overfed, and malnourished, most Americans fail to realize the answer to lower disease rates doesn't lie in more pills but in the foods we eat. With so much misleading

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nutritional information regarded as common knowledge, from “everything in moderation” to “avoid carbs,” the average American is ill-equipped to recognize the deadly force of abundant, cheap, unhealthy food options that not only offer no nutritional benefits but actually bring on

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disease. In *Food Over Medicine*, Pamela A. Popper, PhD, ND, and Glen Merzer invite the reader into a conversation about the dire state of American health—the result of poor nutrition choices stemming from food politics and medical misinformation. But, more important, they share the key to getting

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and staying healthy for life. Backed by numerous scientific studies, Food Over Medicine details how dietary choices either build health or destroy it. Food Over Medicine reveals the power and practice of optimal nutrition in an accessible way.

"There is no question

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that keto eating is the biggest diet trend in years. And it really works--dieters often report super-fast weight loss--but they also complain about the rigidity of the diet, as well as the flu-like symptoms that often accompany this high-fat/low-carb way of life.

The solution? Add alkaline foods to your

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plate--leafy greens,
other vegetables, broths,
healthy oils, nuts, and
seeds--for a lifestyle
that's more sustainable
and easier on your
body"--

Kickstart Your
Balance your body's pH
and unlock optimum
health with delicious
meals Why eat

Happy Plant? The
Alkaline Diet helps

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create more alkaline environments in our bodies, which can combat diet-related diseases. The Essential Alkaline Diet Cookbook makes cooking balanced, nourishing meals easier than ever. The Essential Alkaline Diet Cookbook offers:

- 150 satisfying recipes that will naturally bring your system back to

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balance · 30-day meal plans for supporting your immune system, thyroid, or kidneys · A handy list of the alkaline or acidic values of nearly 200 foods With ailment-specific recipes and plans to ensure success, The Essential Alkaline Diet Cookbook makes the benefits of an alkaline diet easier than ever to enjoy.

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