



The Simplest Alkaline Diet Guide for Beginners + 46 Easy Recipes: How to Cure Your Body, Lose Weight And Regain Your Life with Easy Alkaline Diet Cookbook

Eric P. Garvin

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“The Simplest Alkaline Diet Guide for Beginners + 46 Easy Recipes” Did you know that our blood pH must stay within a very small range, otherwise death or a serious illness can occur? Our bodies have a wonderful maintenance system to keep our blood in balance which is necessary for healthy human function. This system protects our blood, despite the circumstance, even at the cost of our own tissues. When our tissues become acidic, that in turn can result in improper function of some major systems, including; digestion, organ, repair from injury, and skin integrity. PH is really important to our bodies and there’s a quick way to check if It’s in balance and if it isn’t there’s also an easy way to fix it. Our body’s internal system requires a pH just over 7. We call this range; alkaline. (For example, dogs have an acid pH range that is on the lower end of the scale). Since we are human, our immunologic, enzymatic, and repair systems all function at their peak in this alkaline range. However, our metabolic processes - the processes of tissue repair, living, and food metabolism, produce a great deal of acid. To be able to maintain the alkaline state in our bodies, we need to be equipped with a few tools. These tools are all around us; water, oxygen, and acid-buffering minerals. That is why, this book runs about Alkaline diet which is also known as the alkaline ash or acid-alkaline diet. It is based around the idea that the foods you eat can affect the alkalinity or acidity (the pH balance) in the body. As it turns out, this ash can be acidic, neutral, or alkaline and enthusiasts of this diet, say that this ash can precisely alter the acidity of the body. So, eating foods that contain acidic ash makes your body acidic and if you eat foods that contain alkaline ash, it makes your body alkaline. Neutral ash has no effect. The alkaline diet is healthy because it is based on real and not processed foods that are abundant in the western world. It has absolutely nothing to do with being alkaline or acidic. It’s just how your body reacts to the food. Like any other specialized diet, this too has its restrictions and this book will be walking you through them step by step whenever you get confused or forget, this will be a good guide for you to follow later on as well. You will find a quick guidance what products are harmful and which of them should be avoided or eaten less. Also, this book suggests you a sample of 7 day meal plan which you can use in your real life and even change your eating habits afterwards. You should know that a lot of people had already tried this diet and they remained delighted, because their life had changed for the better! Moreover, you will find a big variety of healthy cooking recipes which are divided into blocks, like recipes for breakfast, lunch and dinner. All suggested recipes have never been more diverse, making it near impossible for any picky eater to dislike the food through and through. So, do not waste your time, change your life, eat healthy food and just start reading this book, which, without doubt, can have a big impact on you!

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