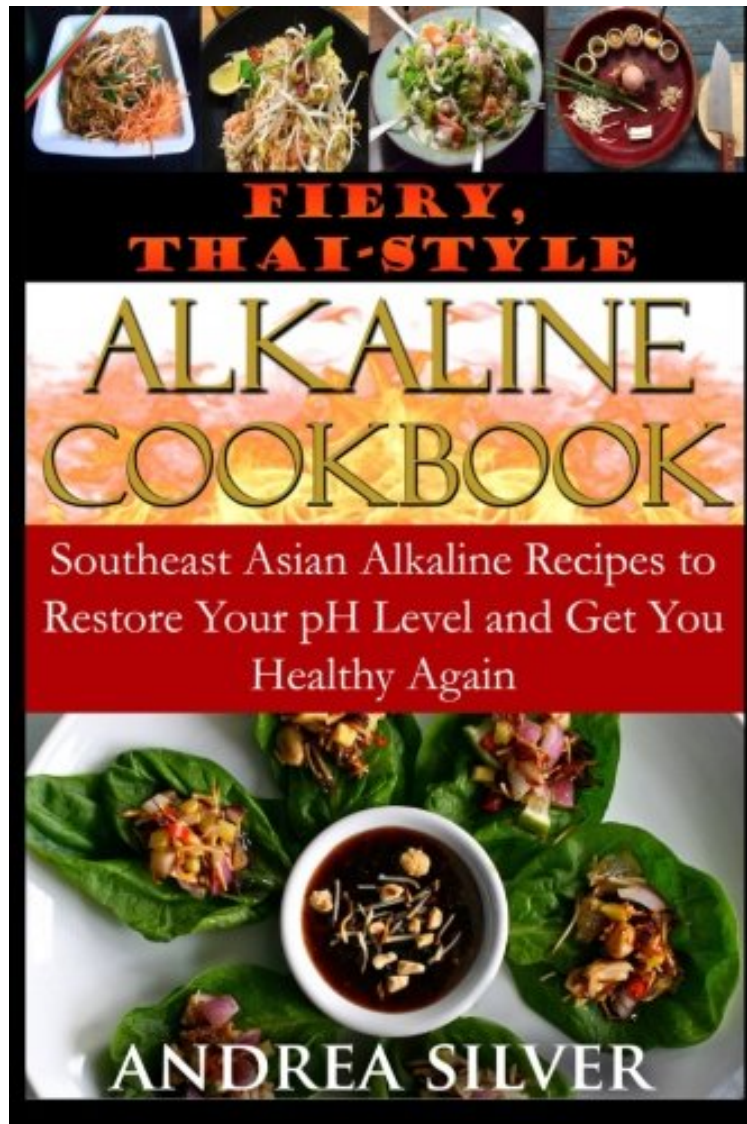


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Fiery, Thai-Style Alkaline Recipes: Southeast Asian Alkaline Recipes to Restore Your pH Level and Get You Healthy Again (Alkaline Recipes and Lifestyle) (Volume 3)

Andrea Silver

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Did you know stir-fry dishes and other Southeast Asian fare can be extremely good for you? Many of the ingredients used are infused with alkalinity. As a big fan of the alkaline diet, I've found that going into Asian cooking is one of the best ways to balance your pH level. This cook-booklet is everything you need to get started with these spicy, healthy favorites. DID YOU KNOW... the alkaline diet has been linked to the prevention of diseases, including cancer? Highly acidic bodies appear more susceptible to a great many illnesses. Many dietitians believe the fat-track to disease prevention and health is both removing acidic properties from our bodies (for instance, soda and cigarettes) and eating much more alkaline-rich food. This cookbook is influenced by many of my actual travels in the region. These are recipes straight from trendy restaurants in Bangkok, that you get to enjoy at home. Some of the benefits of getting involved with this include: - The potential for disease prevention and abundant health. - Weight loss! Balancing your pH level and eating many healthy greens and peppers will help you lose weight. - Metabolic fixes... Lots of peppers speeds up your metabolism which further assists with weight loss. - Balancing your vitamin and mineral amounts, finally. - Increased energy. - Improved organ health. - And a lot more!

About the AuthorAndrea Silver is a public speaker and certified personal trainer and health coach from Phoenix, Arizona. She is committed to the principles behind what she considers the steps to create what she views as a true balanced and healthy lifestyle: nourishing the body, mind and spirit. It's not enough to just eat the right nutrients, but you must also nourish what cannot be immediately seen: from your social life to your sense of purpose and connection to the environment. Working hard to diagnose and treat the depression and unhappiness of the modern era, Andrea Silver is striving every-day to make the world a healthier, better place to live. She lives with her husband and 3 children (ages 4-14) in the North Valley.