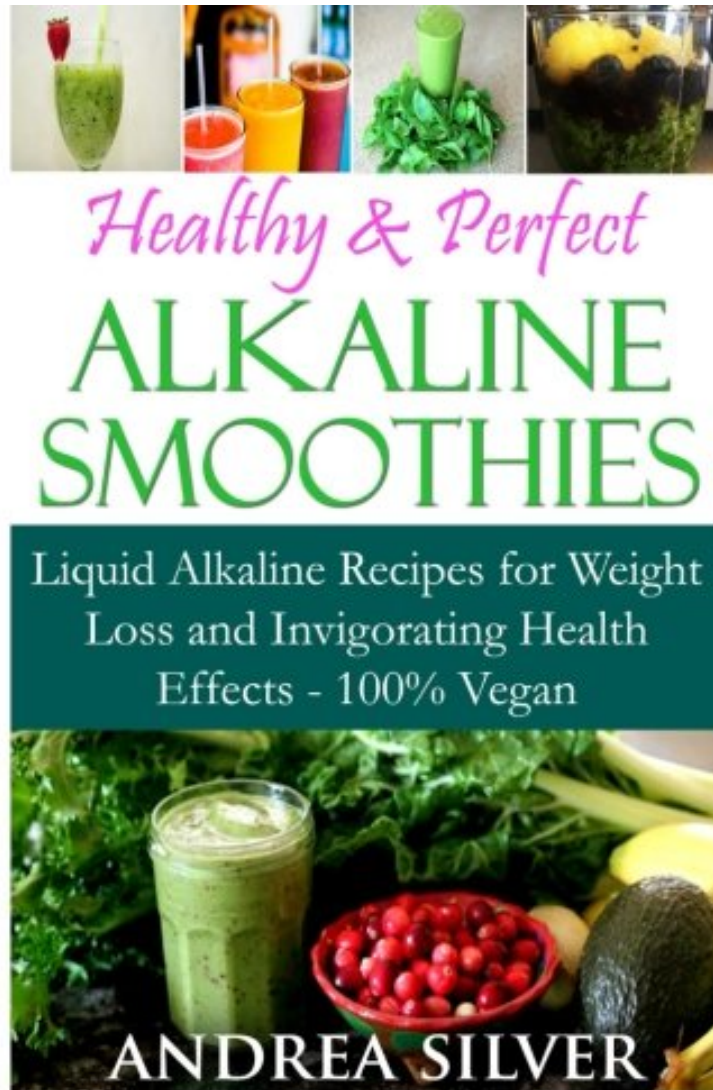


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## Healthy Perfect Alkaline Smoothies: Liquid Alkaline Recipes for Weight Loss and Invigorating Health Effects - 100% Vegan

Andrea Silver

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**Andrea Silver : Healthy Perfect Alkaline Smoothies: Liquid Alkaline Recipes for Weight Loss and Invigorating Health Effects - 100% Vegan** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Healthy Perfect Alkaline Smoothies: Liquid Alkaline Recipes for Weight Loss and Invigorating Health

Effects - 100% Vegan:

If there's one thing I've become passionate about, it's alkaline dieting. If you haven't yet been caught up to speed: research has shown how your body's pH level greatly determines your health. Highly acidic bodies are more prone to disease, while alkaline bodies can mean improved immune system, less inflammation, and even the ability to ward off cancers. For this second book of the Alkaline Lifestyle series, I'll explore many delicious smoothies, with ingredients that range from fresh avocado to alkalizing fruits and vegetables. These are designed for on-the-go nutrition for a busy lifestyle. Some of the results you can expect from alkaline dieting: - Increased energy levels throughout the day. - The ability to lose weight and maintain a stable weight. - Decreased levels of bodily inflammation. - Adjusted metabolism and improved bathroom experiences. - A lot of conditions and illnesses finally improving or fading away! I hope you'll have as much fun experimenting with all of the different flavors of alkaline smoothies as I did. Enjoy the drinks, and here's to your long-lasting health and wellness!

About the Author Andrea 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.