



## Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5)

By Marta Tuchowska

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**Amazingly Delicious Alkaline Drinks and Tips for Total Body&Mind Transformation!**

**Detoxify Your Body, Increase Your Energy Levels and (if desired) Lose Weight Naturally**

Discover 100% NATURAL ALKALINE ENERGIZERS! (45 recipes + bonus content included)

*Sick and tired of dieting? Looking for something simple that actually works?*  
Good news: Unlike other diets that are obsessed about counting calories, the Alkaline Diet focuses on restoring the body and mind balance so that your body can heal itself naturally. Personally, I find it pretty stressful to keep up with counting calories, and with the alkaline diet, doing so is completely unnecessary!

**Few people realize that REAL ENERGY is waiting for us, hidden in alkaline veggies, fruits and herbs. These may be used to create amazing and energizing alkaline drinks - smoothies, juices and herbal infusions - that are caffeine-free and rich in nutrients that our bodies so desperately need.**

**100% NATURAL ALKALINE ENERGIZERS ARE WAITING FOR YOU!  
You can finally:**

- \* Rejuvenate your body and mind with 100% natural alkaline smoothies.
- \* Help your body maintain its optimal pH and heal itself through nutrient rich, dairy-free, sugar-free alkaline-forming drinks

**HERE IS PREVIEW OF WHAT YOU ARE JUST ABOUT TO LEARN:**

- \* The Alkaline Diet- the Common Sense Approach (not pseudoscience)
- \* The Motivational Factor: How to take action right now and start enjoying better quality of life tomorrow- or even today!
- \* Tips to including alkaline drinks in your daily routine and making them a part

of your lifestyle;

- \* A SOS Shopping List (for those really pressed for time and need to rebalance yourself);
- \* The "20/80" Rule - keeping a healthy alkaline balance;
- \* Stop the excuses - "I thought it was healthy" - by learning which fruits are acid forming and should be reduced for optimal health results;
- \* How to adjust the Alkaline Diet according to your own lifestyle - everyone is different and their diet should be too; and
- \* The BEST part - the best alkaline drink recipes for you to try and enjoy for visible results - your lifestyle can inspire other people!

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 drinks 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?

**Within the pages of this book, you will learn all of the steps you need to take to guarantee you start tomorrow in BETTER shape than you are right now.**

Take positive action and transform your body and mind with Alkalinity  
**Want to find out more? I hope to "see you" inside my book. Scroll up the page and click on the buy button!**

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### Editorial Review

#### Review

*"As always, Marta provides solid, easy to follow advice in this book. I am definitely trying her idea for cutting out the coffee and caffeine. She has a great approach, using her personal style. It makes the reader feel like you are talking to a friend as well as a professional. The recipes are easy to follow and the list is so handy. Since reading this, I am convinced I can improve my health and energy levels by eating and drinking more alkaline foods. Great book, all the way around!" - by Amazon Customer*

#### About the Author

Marta is a certified massage therapist, wellness/lifestyle coach and author dedicated to helping others transform their bodies and minds to achieve personal success. Her passion for holistic wellness and personal development led her to study holistic nutrition, NLP, yoga, meditation, reiki, stress management, alkaline diet, aromatherapy, herbal remedies and homeopathy. She became fascinated with the power of the mind as well as motivational "action" coaching. After all, it's not only about drinking dozens of green smoothies, using aromatherapy and essential oils and spending hours on your yoga mat, right? She believes that natural therapies and personal growth are a life-long study and she never stops investigating. "GLOBAL HOLISTIC WELLNESS COACHING FOR MODERN PEOPLE..." Marta realized early on that wellness is not only about taking care of your body. She chose to expand her services from simple massage to offering a more holistic approach to wellness, lifestyle coaching and alternative services. Marta truly believes that if you really want to transform yourself in a holistic way, you must also work on your mind, emotions and motivation. All systems must go - body, mind and spirit.

### Users Review

#### From reader reviews:

##### Paul Blecha:

The event that you get from Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5) is the more deep you looking the information that hide into the words the more you get considering reading it. It doesn't mean that this book is hard to be aware of but Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5) giving you joy feeling of reading. The copy writer conveys their point in selected way that can be understood through anyone who read this because the author of this guide is well-known enough. This kind of book also makes your own vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having this particular Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5) instantly.

##### Norman Brown:

This book untitled Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5) to be one of several books which best seller in this year, that is because when you read this reserve you can get a lot of benefit in it. You will easily to buy this

specific book in the book retailer or you can order it via online. The publisher with this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Mobile phone. So there is no reason to you to past this e-book from your list.

### **Shirley Cochran:**

Reading can called head hangout, why? Because when you find yourself reading a book mainly book entitled Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5) your brain will drift away trough every dimension, wandering in each aspect that maybe not known for but surely can be your mind friends. Imaging each word written in a reserve then become one web form conclusion and explanation that will maybe you never get ahead of. The Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5) giving you another experience more than blown away your mind but also giving you useful information for your better life with this era. So now let us show you the relaxing pattern here is your body and mind is going to be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

### **Kirk Qualls:**

This Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5) is great book for you because the content that is full of information for you who have always deal with world and have to make decision every minute. This specific book reveal it data accurately using great plan word or we can claim no rambling sentences inside. So if you are read the item hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but challenging core information with beautiful delivering sentences. Having Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (The Alkaline Diet Lifestyle) (Volume 5) in your hand like finding the world in your arm, details in it is not ridiculous 1. We can say that no book that offer you world within ten or fifteen small right but this publication already do that. So , this is certainly good reading book. Heya Mr. and Mrs. busy do you still doubt that will?

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