



The Alkaline Satisfaction Cookbook: 50+ Exciting Alkaline Diet Recipes to Kick-Start Your Weight Loss and Wellness Success and Keep Your Belly Happy! ... Recipes, Alkaline Cookbook) (Volume 2)

By Marta Tuchowska

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Healthy Satisfaction Revealed - Discover an Endless Alkaline Pleasure!

Energize Your 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 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: Alkaline Natural Beauty Treatments!
- *More Stamina
- *Better Memory

Do you know the real alkaline diet secret? Drum roll, please.....

It's the 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 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 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 SATISFACTION COOKBOOK” WILL TEACH YOU OVER 50, AMAZING, QUICK-PREP, BALANCED ALKALINE RECIPES THAT WILL MAKE YOUR LIFE EASY:

* Alkaline Breakfasts: Start a day in a powerful way and SMASH all your goals!

* Alkaline Lunches and Brunches: How to keep your energy high and nourish your body and mind!

* Alkaline Snacks, Juices and Teas. Say ‘no’ to acidic enemies and work for a healthy, sexy, slim body! HEALTHY, ALKALINE SNACKS SUGGESTIONS TO KILL ACIDITY!

* Alkaline Dinners: romantic dinners, gossiping with friends, catching up with old flames? It doesn't have to be boring! Check out my alkaline night time recipes! EXCITING ALKALINE DINNER RECIPES TO SHARE WITH FRIENDS AND FAMILY

* Mysterious and Sexy: magic alkaline ingredients. Let's spice it up with super alkaline, oriental Asian veggies. Learn how to prepare delicious meals with: reishi, daikon, nori, shitake, dandelion root, and wakame. You will be able to find endless pleasure in alkalinity.

ORIENTAL ALKALINE RECIPES + MORE ALKALINE SUGGESTIONS TO SMASH IT WITH THE ALKALINE DIET!

Remember...it's not about doing a 'DIET'... It's about changing your LIFESTYLE to TRANSFORM your body and mind.

Leave your unhealthy, acidic world behind forever and discover the total body and mind transformation!

Start alkalizing and rebalancing your pH to achieve weight loss and health success. Eat alkaline foods that support your goals!

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Editorial Review

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. 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. Marta is a seeker, a researcher and a holistic warrior. It's all about changing your mindset! This concept led to the creation of Marta's Motivational Holistic Wellness Coaching for Modern People. The origins of Mara's first motivational book, "Committed to Wellness", stems from her fascination with holistic wellness and personal development, her first-hand knowledge and intense study of the power of change, and her passion for sharing the techniques that are now helping people all over the world to change their own mindset about fitness and nutrition.

Users Review

From reader reviews:

Alexander Ratcliff:

Do you have favorite book? For those who have, what is your favorite's book? Publication is very important thing for us to be aware of everything in the world. Each book has different aim as well as goal; it means that book has different type. Some people feel enjoy to spend their time for you to read a book. They are really reading whatever they take because their hobby is usually reading a book. What about the person who don't like reading a book? Sometime, particular person feel need book if they found difficult problem or even exercise. Well, probably you will want this The Alkaline Satisfaction Cookbook: 50+ Exciting Alkaline Diet Recipes to Kick-Start Your Weight Loss and Wellness Success and Keep Your Belly Happy! ... Recipes, Alkaline Cookbook) (Volume 2).

Gary Stark:

Have you spare time for just a day? What do you do when you have much more or little spare time? Yeah, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a move, shopping, or went to the particular Mall. How about open or perhaps read a book allowed The Alkaline Satisfaction Cookbook: 50+ Exciting Alkaline Diet Recipes to Kick-Start Your Weight Loss and Wellness Success and Keep Your Belly Happy! ... Recipes, Alkaline Cookbook) (Volume 2)? Maybe it is to be best activity for you. You know beside you can spend your time with your favorite's book, you can better than before. Do you agree with its opinion or you have additional opinion?

Dawn Fernandez:

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Thomas Crittenden:

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