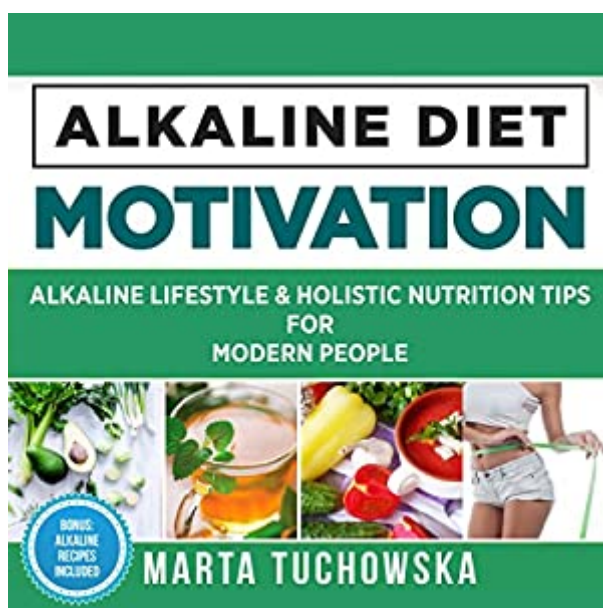


The book was found

Alkaline Lifestyle And Holistic Nutrition Tips For Modern People: Alkaline Diet Motivation, Volume 3



Synopsis

It's not about eating less. It's about eating right.... Sick and tired of fad diets and calorie counting? Looking for a proven way to get more energy, feel healthy, and (if desired) lose weight? The good news? You don't have to be 100 percent perfect. Just try to be 70 percent awesome and 30 percent relaxed. The alkaline diet lifestyle is not only about what you eat. It is also about what you drink, how you relax, and what you think. Simply put, the alkaline diet lifestyle it is about how you live! After going through this program, you will feel inspired to set up a strong foundation and change your way of thinking in order to be ready to make some positive changes in your life and discover a new, balanced you. You will become more energized and positive, have a sexy body and perfect weight, be physically, mentally, and emotionally stronger, be less prone to diseases, and have glowing skin and strong hair. The list of the alkaline diet benefits is really long! This book is a motivational and inspirational guide for modern people who wish to restore their energy levels with alkalinity and make it easy and fun. In order to achieve long-term success, you need: Focus Preparation Motivation Knowledge and creativity Are you ready to change your mind set about dieting? Sick and tired of unrealistic diets and cleanses? Join me and follow through. I can guarantee that you will fall in love with the alkaline diet!

Book Information

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Prevention #6541 in Books > Audible Audiobooks > Health, Mind & Body

Customer Reviews

The whole Alkaline thing was completely new to me. I was recommended by a friend to try a recipe, and I became a fan instantly. While I was on , I saw this book by Marta and just felt compelled to

buy it. I have to say that I have read my share of nutrition books, and this one ranks up there with some of the best. The book is PACKED with some really excellent recipe ideas. I tried the sweet treat recipe for starters, it was simple to prepare and was knock your socks off delicious. It is already a new favorite in our household, adding it to the weekly rotation. The reason I think I love this book more than the others I have read, Marta really knows how to connect with her audience. It doesn't come off like robotic like other books of this type. The recipes are organized in a way that make it simple to go back to over and over. If I had to recommend just ONE book this year, this is the book!!!!

The author is certainly enthusiastic about the topic. If you're in search of making some changes to your diet, then this seems to be the way to go. And from my experience, Marta will go to any lengths to help you to find a healthier way to live. She's absolutely passionate in her desire to connect and help - and no, we've never met. I bought her book, gave her some feedback, and she's been incredibly generous with her time and response. Any questions? She's absolutely there for you! I would have loved to read some more anecdotal evidence of what kind of results you can look forward to from changing to an alkaline diet from others who have gone down that road. The author herself though, seems to be living proof of the life-enriching effects you can expect from making the change. And if you'd like a list of alkaline rich foods they are available on her website/blog.

This is an excellent introductory Alkaline guide that focuses on getting mentally prepared to make better eating and health choices. I like the fact Marta makes this book personal, using her life experiences to enrich what she has to say. I don't necessarily agree with all the nutritional advice in this book, but I do agree with the basic concepts and more importantly the knowledgeable approach in which this book is written. Marta is obviously passionate with her beliefs and to me that makes for a great writer and useful book. I hope to read more books every soon!

Marta is a great wellness coach I could consider asking for coaching/mentoring. By reading her content I can really feel that she's applying what she preaches and she was able to inspire me thanks to that. The Alkaline Diet is really a must for everybody. We need to eat about 80% alkalising foods in our diet every day, but the motivation isn't always where it should be. Through this book Marta was able to pump me up again and give me all these easy recipes as a bonus to it! I would literally recommend this to EVERYBODY who's willing to make a change in their by starting with the Alkaline Diet! Awesome book!

Its very informative book Book .After reading through this guide i can honestly say that it provides some great alkaline diet info and the information is laid out in a simple manner. Alkaline Diet is a very effective diet .It definitely serves as great motivation for me to stay healthy and fit.This book really is a quick reference for those who are pressed for time and want to take care of their nutrition in a holistic way . This is one of the best dieting book I ever red .Highly recommended for everyone .

This book is a really good read for those looking to get into the Alkaline lifestyle. I know the point of the book was to give motivation for those looking to get results from an Alkaline diet but I really enjoyed the recipes that are inside!

Marta Tuchowska has the remarkable ability to inspire others with her gentle but highly knowledgeable coaching methods and her passion for wellness. With her ego in the background, her advice comes from her heart. I would highly recommend anything she has written as a valuable resource for healthy, happy living. Thank you, Marta.

I enjoyed this book and can't wait to start trying the recipes from this book. I have been having pain, soreness, tiredness and just no energy. Looking forward to feeling better and finding joy in living.

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Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Alkaline Diet: 2 manuscripts: A Complete Guide For Alkaline Diet, Alkaline Diet Cookbook: Balance Your Acidity Levels & Learn 40 New Amazing Alkaline Diet ... Eating, Optimal Health, Lose Weight Book 3) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Alkaline Smoothies: Drink Your Way to Vibrant Health, Massive Energy and Natural Weight Loss (Alkaline Diet Lifestyle: Alkaline Recipes, Alkaline Foods) (Volume 6) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide,

Fitness Motivation, ... To Lose Weight, How Motivation Wor) The Alkaline Diet Cookbook: Get the Advantage of Alkaline Food List and 25 Alkaline Recipes - Easy Acid Alkaline Diet Cookbook Alkaline Cookbook: 50+ Delicious Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) Alkaline Diet: A Complete Guide For Alkaline Diet, Health Benefits of the Alkaline Diet: What To Eat & What To Avoid and How to Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight Book 1) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Smoothies: High Alkaline Smoothie Cleanse Recipes; 30 Day Acid Alkaline Diet Challenge to Balance your pH, Lose Weight, and Feel Great; Photos and Nutrition Info for Every Recipe Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Alkaline Diet: The No B.S. Guide to Alkaline Foods for Easy Weight Loss, Rebalancing Your pH Naturally, & Transforming Your Health - Includes Beginners 31 Day Alkaline Diet Plan (Clean Eating Series) Alkaline Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) Plant Based Cookbook: 3 in 1: Alkaline Diet Bundle: Alkaline Breakfast, Lunch & Dinner Recipes for Weight Loss & Health (Nutrition, Plant-Based Diet, Weight Loss) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet for Weight Loss, Juicing, Plant Based Book 7) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet)

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