

Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe at a Time, 2016, 9780449016077, Julie Cove, Appetite by Random House, 2016, 288 pages

Eat Better, Live Better, has been added to your Cart. Add gift options. Buy used. These innovative recipes are full of delicious flavors, loaded with nutrients and alkaline buffers, and will help you stay at optimal health. I will be recommending this book to everybody I know. - Tess Masters, Author of The Blender Girl, The Blender Girl Smoothies & The Blender Girl Smoothies app. First, this book is beautiful enough to be a coffee table book. I do not want to put it on the book shelf as I want to keep looking at the pictures. The author's design background shines through. Beyond that the information on the alkaline diet, I would say lifestyle, is very well presented with visual aids to guide you making the information easy to understand. Eat your way to better health for life. Too many acid-forming foods in your body create an ideal environment for the growth of bacteria, molds, and fungus that cause inflammation, from headaches to muscle pain to chronic illness. But you can improve your digestion, eliminate ill health, and increase your energy by loading up on alkaline foods. Part II provides the delicious recipes that will help you achieve your goal. Wherever you are, new to alkalizing or an old hand in need of fresh ideas, there are hundreds of options for nourishing smoothies, breakfasts, salads, soups, warm dishes, savory bites, and sweet treats. The recipes are easy to follow and spare no ounce of flavor with advice on how to move past the diet phase and make positive long-term choices. Read Online or Download Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe at a Time PDF. Best Nutrition books. The Anti-Inflammation Zone: Reversing the Silent Epidemic That's Destroying Our Health (The Zone). Strive against silent irritation -- the main critical wellbeing and fitness hazard you by no means heard of. Heart ailment is the number 1 killer of USA citizens. melanoma is the number one worry of USA citizens. This beautifully packaged book, complete with more than 150 inspiration recipes and an. In this beautiful book, Julie gives you everything you need to quickly feel the benefits of the alkaline way of life. In Part I, Julie explains the basics of alkalizing, the science behind the food choices you make and what happens in your body when you eat certain foods. Julie then introduces her easy-to-follow 4-step program. (More info! -> <https://mypdfbookstore.blogspot.com/?book=014752976X>). Health. Written by.