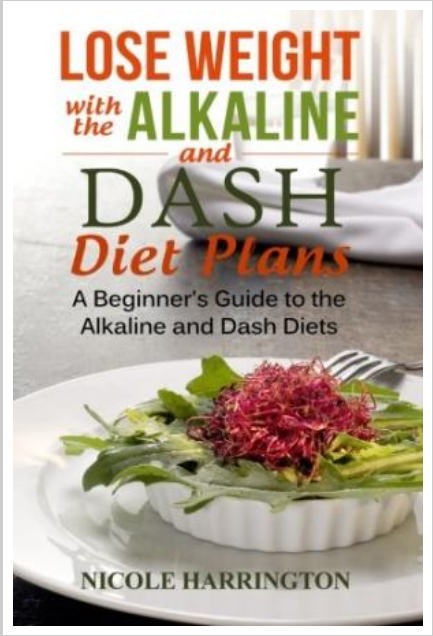


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Lose Weight with the Alkaline and Dash Diet Plans: A Beginner s Guide to the Alkaline and Dash Diets (Paperback)

By Nicole Harrington

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get Fit and Blast Fat on the Alkaline and Dash Diet Plans For the first time, two books, Alkaline Diet for Beginners by Nicole Harrington and Dash Diet by Nicole Harrington, are being offered in one collection. Discover how both of these great diets can help you obtain your goal weight and gain a better and healthier life. Description from Alkaline Diet for Beginners by Nicole Harrington In recent years, one diet plan has been gaining a steady stream of popularity and renown: the Alkaline diet. What the diet purports to do sounds wonderful: it helps you lose weight, it can increase your overall energy. It also has laid claim to being able to lessen one s anxiety, eliminate headaches, and even combat the common cold and flu. These type of claims are easy to make, but does the Alkaline diet live up to its tremendous hype, can it really do what it claims it does? Alkaline Diet for Beginners explains the science behind the diet in a way that is easily accessible to beginners. You will understand...

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