



Alkaline Recipes: The Ultimate Guide

Kimberly Hansan

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Healthy Alkaline Food Recipes for You & Your Family!

If you're trying to get healthy or lose weight, then following a diet focusing on alkaline foods may be just what you need. Alkaline foods, the vast majority of which are fruits and vegetables, are among the healthiest types and are frequently associated with the prevention and treatment of many diseases. We have collected over 30 of the most delicious and best selling recipes from around the world including soup recipes, salads, main dishes, side dishes, and much more. Enjoy!

- Did You Know -

Alkaline foods have demonstrated the ability to lower the risk of heart disease and stroke by 20 percent.

Alkaline foods promote digestive health and the prevention of such disorders as diverticulitis.

Alkaline Foods provides essential vitamins and minerals your body needs in its natural form which your body absorbs better.

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