



Alkaline, DASH, Hormone Reset & Mediterranean Diets: Book 1: Alkaline Diet + Book 2: Dash Diet + Book 3: Hormone Reset Diet + Book 4: Mediterranean Diet

Sarah Hill

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Book 1 - Mediterranean Diet

The Ultimate Guide to Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan

Not another diet book! We've all been there before and seen the various “crash diets” that claim to be a quick fix to getting that ideal body, but the truth is, they don't work. By eliminating portions of nutrition, your body is essentially starving itself and must compensate to gain the nutrients it needs, preventing weight loss. Food is delicious. After all, it's what leads us to eat again and again. It is what fuels us and should be something to look forward to, and with most typical diets that's not possible. Since I've discovered the Mediterranean Diet, it has done wonders for my weight and self-confidence.

Book 2 - Alkaline Diet

5 Super Useful Tips To Lose Weight using Alkaline Diet Plan, Alkaline Water and Alkaline Foods.

Donuts, Twinkies, French fries, soft drinks, the standard American diet is centered around processed foods. Beyond the obvious health risks that these unhealthy and fattening oils produce, these are all highly acidic foods.

Of course our body has natural counter systems in charge of neutralizing this acid, but it does put stress on the organs involved, even in healthy bodies. Excess acid is harmful in that it not only stresses organs such as our kidneys but in that it has the potential of interfering with key bodily processes critical to ensuring that the body runs normally.

The Alkaline Diet easily solves all those problems and provides extra energy in our day to day lives by taking the stress off our organ systems through eating alkaline foods that naturally neutralize the acidity from

other food without having to use the acid-neutralizing systems to do so! How does the Alkaline Diet work? The main source of alkaline foods the diet is centered around is fresh fruits and vegetables.

Book 3 - Hormone Reset Diet

Proven Step by Step Guide to Balance Hormones, Look Younger, Boost Metabolism, and Lose Weight in 10 Days•

This book “Hormone Rest diet: proven step by step guide to balance hormone, look younger, boost metabolism and lose weight in 10 days” is a comprehensive write up that presents proven steps and strategies on how to properly plan your meals for successful hormone reset. This book was made to help you sort out your meal plan.

Can you imagine you are with someone, and after you both departed, you don't want to be with them again because of their look, body weight, and the likes? All these, of course, can be greatly traced to daily diet.

Book 4 - DASH Diet

The Ultimate Guide to DASH Diet For Hypertension and Surprisingly Effective DASH Diet Weight Loss Solution. DASH Diet for Beginners.

“The Ultimate Guide to DASH Diet For Hypertension and Surprisingly Effective DASH Diet Weight Loss Solution. DASH Diet for Beginners” is a masterpiece which directly address specific issues as it concerns a healthy living. It focuses attention on how people can maximize their life by staying absolutely free of disease called “Hypertension”. It is important to note that your health system cannot be better than what you eat. Thus, a need for you to be fully informed on how to stay healthy without threat of disease on your precious life. And if however you are struggling with high blood pressure, this book is what you need to grab to know how to keep your blood pressure normal. This book will provide you with concise and precise firsthand information on eating and physical activities patterns that are focused on consuming fewer calories, making informed food choices, and being physically active which can help of course will surely help you attain and maintain a healthy weight, reduce risk of chronic disease, and consequently promote your overall health.

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