



# Essential Alkaline Diet Cookbook: 150 Alkaline Recipes to Bring Your Body Back to Balance

*Rockridge Press*

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## **Essential Alkaline Diet Cookbook: 150 Alkaline Recipes to Bring Your Body Back to Balance**

Rockridge Press

**Balance your body's pH and unlock optimum health with delicious meals**

Why eat according to pH? The Alkaline Diet helps create more alkaline environments in our bodies, which can combat diet-related diseases. *The Essential Alkaline Diet Cookbook* makes cooking balanced, nourishing meals easier than ever.

*The Essential Alkaline Diet Cookbook* offers:

- 150 satisfying recipes that will naturally bring your system back to balance
- 30-day meal plans for supporting your immune system, thyroid, or kidneys
- A handy list of the alkaline or acidic values of nearly 200 foods

With ailment-specific recipes and plans to ensure success, *The Essential Alkaline Diet Cookbook* makes the benefits of an alkaline diet easier than ever to enjoy.



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