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# Fasting: Alkaline Diet: Lemon And Water Fasting (Healthy Living, Intermittent Fasting, Fasting Diet, Fast For Weight Loss, Fasting And Prayer) (Health Detoxification Wellness Living)





## Synopsis

Have you struggled with a lack of focus or concentration? Do you often find yourself relying on caffeine and synthetic drugs to mask feelings of illness? Do you suffer from digestive disturbances such as constipation or diarrhea? Are you looking for a free and effective way to feel better? This Health Bonus Package will: Help you turn around your health Educate you on why illness and disease is so prone in today's society Provide you with easy and necessary steps towards a healthy lifestyle\*\* Limited time Health and Wellness Package - Includes 3 additional Healthy Living bonus Books: Breathing: Techniques for Health and Happiness Adaptive Fasting (Intermittent, 5:2, Other) Preventing Cancer the Natural Way

## Book Information

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## Customer Reviews

Great guide: Alkaine foods and diet actually helps prevent cancer and has HUGE health benefits so for sure I would recommend this to anyone as it is so important to learn and have a clear diet in this day and age with mcdonalds and places like that around!

I totally agree with these all advantages who given in this book because i also using lemon and

water it is very fast way to control your weight. This book gives us so many advantages of fasting and i think fasting is very good for our health i really liked this book and i enjoyed a lot. its high recommended book. Thanks

Fasting alkaline diet for beginner is a good starter book for those interested in fasting as part of their weight loss. It gives you the information needed to fast properly. Detailed guide on how to use the fast diet to reach your long term weight loss goals.

In this book, there are some several juice recipes to help get you started on a healthy. Lemon and water is the most healthy way for you to lose unwanted pounds. I will try these for my over weight.

I received this book at no cost from for Kindle readers. It was an enjoyable read, and I look forward to reading more from this author.

The info could have been presented in a few pages. The advice to drink lemon water is good, though

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For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Alkaline Diet Cookbook: Breakfast Recipes: Insanely Good Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook, Nutrition) (Volume 1) Alkaline Diet: 100 Alkaline Recipes For Healthy Dinners To Help Lose Weight (Alkaline, Casserole Recipes, pH, Acid Reflux) Intermittent Fasting: Build Muscle, Burn Fat, and Lose Weight Fast with Intermittent Fasting Fasting: The Intermittent Fasting Bible: Intermittent Fasting - Flexible Diet & Carb Cycling (Belly Fat, Ketogenic, High Carb, Slow Carb, Testosterone, Lean Gains, Carb Cycling) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) The Complete Works of E. M. Bounds: Power Through Prayer, Prayer and Praying Men, The Essentials of Prayer, The Necessity of Prayer, The Possibilities ... Purpose in Prayer, The Weapon of Prayer Intermittent Fasting and Feasting: Use Strategic Periods of Fasting and Feasting to Burn Fat Like a Beast, Build Muscle Like a Freak and Unleash Your Anabolic ... (Intermittent Fasting Bodybuilding Book 1) Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) Alkaline Diet: Your Essential pH Guide - © with Over 320+ Recipes for Health & Rapid Weight Loss (Lose Weight Effortlessly with Alkaline Foods) The Daniel Fast: The Ultimate Guide To The Daniel Fast: recipes, Daniel diet, Daniel plan, Daniel fast for beginners, cookbook, vegan diet, vegan plan, prayer, fasting, weight loss Fiery, Thai-Style Alkaline Cookbook: Southeast Asian Alkaline Recipes to Restore Your pH Level and Get You Healthy Again (Alkaline Recipes and Lifestyle Book 3)

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