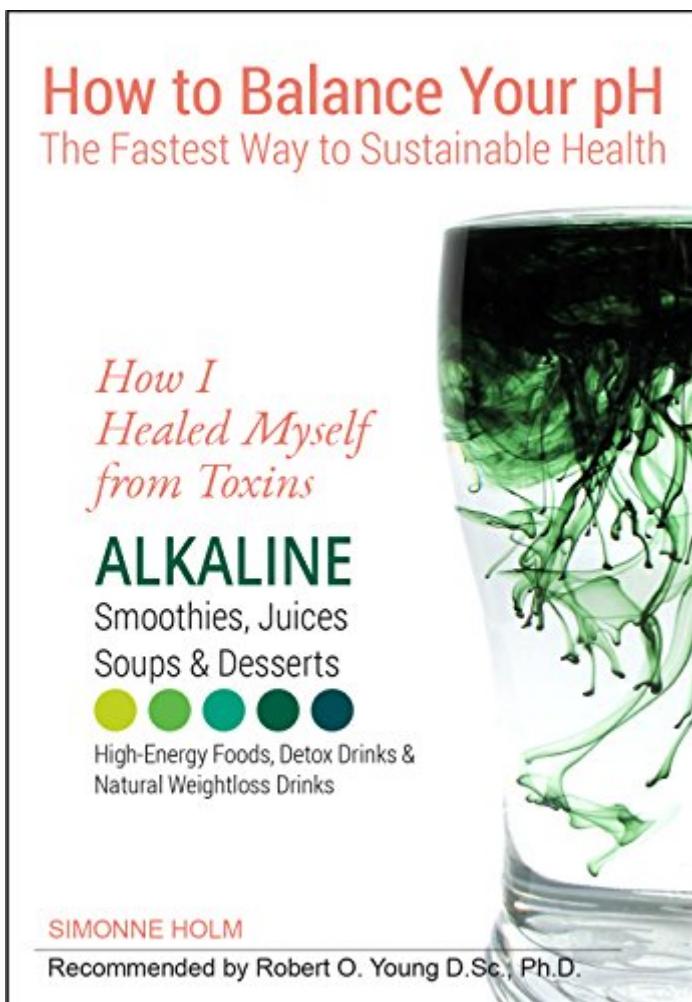


The book was found

How I Healed Myself From Toxins: Alkaline Smoothies, Juices, Soups & Desserts. High-Energy Foods, Detox Drinks & Natural Weightloss Drinks: How To Balance ... Fastest Way To Sustainable Health Book 1)





Synopsis

Now you can improve your overall health and boost your immune system with this easy-to-follow, colorful illustrated guide to a simple but powerful lifestyle change. How I Healed Myself From Toxins: Alkaline Smoothies, Juices, Soups and Desserts will guide you to regain your vitality, in the fastest and easiest way, with over 130 tasty alkaline recipes with super nutrients for optimum health and wellness. Written in three parts, Simonne Holm offers you a clean and plant-based recipe book based on her own healing experience and many years of scientific studies. Full of delicious meals, soups, juices and smoothies this book will impact and heal your body from inflammations, teach you how to get a low-glycemic index, boost your immune system and prevent from all kinds of modern life diseases. Also, explore alkaline exercises, mindfulness, meditation and breathing techniques to avoid being consumed by a stressful routine and find your own way to a better and peaceful life. Alkaline High-Energy foods can help you achieve a proper pH-balance which is crucial for the overall health and for natural weightloss. Begin to listen to your body, mind and heart as a part of a healthy lifestyle. The book includes:- 130 easy to follow, clean and plant-based recipes to increase energy and sustainable health and well-being;- the ultimate acid-alkaline food chart to quickly navigate through acid/alkaline-forming food groups;- colorful photographs to inspire and keep you motivated;- practical shopping lists;- tips on taste and nourishment;- exercises for body and mind;- explaining the difference of an alkaline detox and pH cleanse;- and The Ultimate Challenge; A the simple alkaline start-guide that will help you into new habits daily and transform your lifestyle while pouring a super essential nourishing • detox drinks into your bloodstream and eliminating acid and toxins a “ an experience worth trying a “ if you are looking for natural weightloss, too. Take action now and start consuming rich high-energy foods in the easiest and most effective way - the alkaline super nutritious life-changing drinks!

Book Information

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Customer Reviews

An easy and serious way to show us how powerful our green world is. A very relevant guide that teaches how to choose, clean and keep your vegetables to make your juices, soups and smoothies. A gourmet little work for your mind and body with delicious recipes and an art gallery of pictures. I'm looking forward to adding this to my present life style.

This book is a simple, easy, informative way for you to remember what good health is all about. It guides you back into good habits by gently encouraging you to reconnect with the good and healthy in life. I got toxic poisoning back in 1990 and it really took a toll on me. My body was very sensitive to perfumes, diesel smoke, cleaning products. This went on for over 10 years. Now, I am never very sick but I am never vibrantly healthy. I pretend to eat healthy but for the last year I just don't feel right. All the physical check-ups come back fine. When I saw this book I knew this might be the way to not only strengthen my immune system but also recharge me emotionally and mentally. I have enjoyed it immensely. It's a kick-start back to sustainable health!

How can we change our diet when we grow up and are educated in the West, where we are short of time and where food is an industry? It's possible and Simone with this book demonstrate it! It's easy if we wanted to do it. Not necessarily one day to another but day by day adding one juice or smoothie to the breakfast. So I did! It really helps me to improve my health as I'm in treatment for more than 2 years now. This book is a great tool to go away from what seems good but damages our entire system. Thank you Simone.

The book is practical, easy to understand and very inspiring both textwise and photography wise. I

truly enjoy my daily green smoothies and the shift in my general wellbeing. I can only recommend this book to anyone who wishes to boost their energy level. Thank you.

If you really want to do something good for your body and health then this is the book you should read. It's easy to use, the recipes are delicious and the photos are just beautiful. And all the greenies don't just taste good they also give you so much more energy and vitality.

Being new to the alkaline lifestyle this book is a real lifesaver. It is very thorough and explains things in the way that's easy to understand. This will be my go-to source for information on anything regarding the alkaline lifestyle

A very good book, easy to understand and very informative

Great and inspiring book for beginners and easy to read. Iam motivated to do some shopping and New green drinks.

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