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The Alkaline 5 Diet: Lose Weight, Heal Your Health Problems and Feel Amazing!

Laura Wilson

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The Alkaline 5 Diet: Lose Weight, Heal Your Health Problems and Feel Amazing! Laura Wilson
This incredibly easy-to-follow diet allows you to eat five meals a day without restricting calories, and create the best health you've ever had! Written by ultra-marathoner and health coach Laura Wilson, who has used these principles to turn her own health around, this diet is easy to stick to, provides all your macro and micro-nutrient needs, and supports bodily regeneration and healing without the use of medical interventions. Discover a simple, practical way to eat, that will help you to heal health problems including:

- weight issues / obesity
- bad skin / premature aging
- low energy / chronic fatigue
- poor sleep / insomnia
- stress and depression
- poor concentration
- mood swings
- bladder or kidney problems
- dull skin, eczema, acne or psoriasis
- brittle hair and nails
- frequent infections, colds, yeast infections
- allergies
- type 2 Diabetes
- high cholesterol
- heart disease

By following Laura's easy-to-learn protocol, you will be eating naturally alkaline foods that support your body and promote optimum health. The meals you will be eating take very little time to prepare each day, making this diet convenient no matter what your day-to-day routine is like. Laura shares her own inspiring story and the fantastic results that thousands of people following her eating plan have achieved. Full of helpful information, advice and delicious recipes, this is a comprehensive resource for anyone wishing to turn their health around.

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