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Honestly Healthy for Life: Eating the Alkaline Way Every Day

Natasha Corrett, Vicki Edgson

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Hot on the heels of the hugely successful *Eating the Alkaline Way*, Natasha Corrett and Vicki Edgson expand on the principles of alkaline eating. Their guide for an Honestly Healthy lifestyle features at-a-glance charts with alkaline ratings for common foods; advice on creating an alkaline-based pantry; information on equipment and cooking methods; and a fresh list of resources. More than 100 recipes are organized by event, from Garden Parties to Breakfast in Bed, Lunch on the Go, and Dinner for Two. You'll find more than 100 inspirational and accessible recipes to fit any occasion.

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