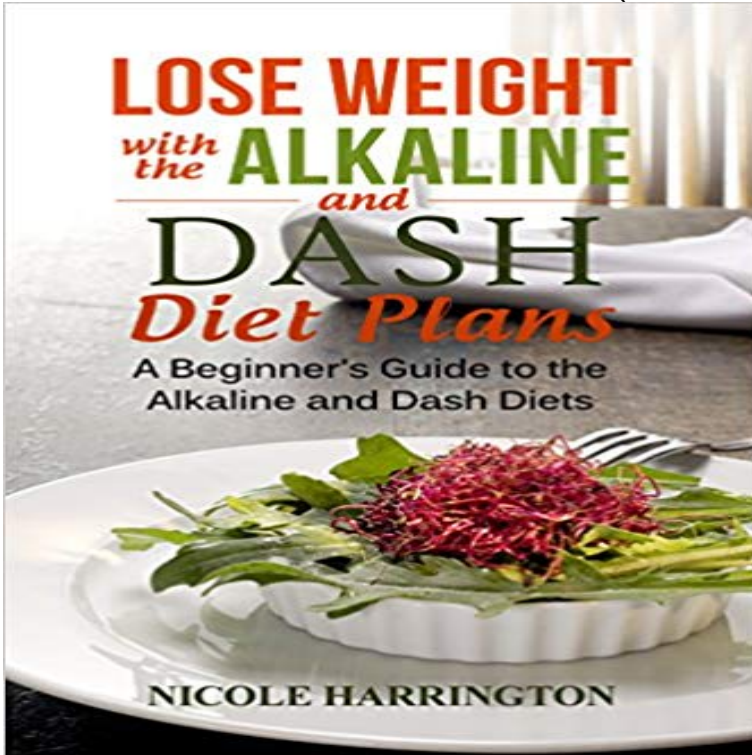


## Lose Weight with the Alkaline and Dash Diet Plans: A Beginners Guide to the Alkaline and Dash Diets (2 Book Collection)



Get Fit and Blast Fat on the Alkaline and Dash Diet Plans For the first time, two books, Alkaline Diet for Beginners by Nicole Harrington and Dash Diet by Nicole Harrington, are being offered in one collection. Discover how both of these great diets can help you obtain your goal weight and gain a better and healthier life. Description from Alkaline Diet for Beginners by Nicole Harrington In recent years, one diet plan has been gaining a steady stream of popularity and renown: the Alkaline diet. What the diet purports to do sounds wonderful: it helps you lose weight, it can increase your overall energy. It also has laid claim to being able to lessen ones anxiety, eliminate headaches, and even combat the common cold and flu. These type of claims are easy to make, but does the Alkaline diet live up to its tremendous hype, can it really do what it claims it does? Alkaline Diet for Beginners explains the science behind the diet in a way that is easily accessible to beginners. You will understand not only what you can and cannot eat on the Alkaline diet, but also how your body benefits from maintaining an optimal pH level. The Alkaline diet is more than just a weight loss plan; it is a whole body solution that can have a tremendous impact on your health and well-being. Discover how the Alkaline diet can truly help your lose weight, blast fat, and take control of your life. Get healthy and happy by following this clear and concise step-by-step guide. The Alkaline diet - your journey to weight loss and better health begins here! Description from Dash Diet by Nicole Harrington Are you tired struggling to lose weight and keep it off? Do you feel like you have tried everything, and despite your best efforts nothing seems to work? It is easy to get incredibly frustrated with the vast amount of diets out there promising results, but which fail to deliver. The Dash diet is a effective way to

safely and easily lose weight. There are no wild promises or easy solutions, there is only a scientific approach to what foods you should eat, and what foods you should avoid. There are so many choices of things to eat that it becomes incredibly easy to make the wrong decisions. The Dash diet helps you make the right ones! You don't have to struggle to lose weight any longer. You can make a change, starting today. And embarking on a Dash diet plan is your first step to making that change and gaining the life and body that you desire.

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