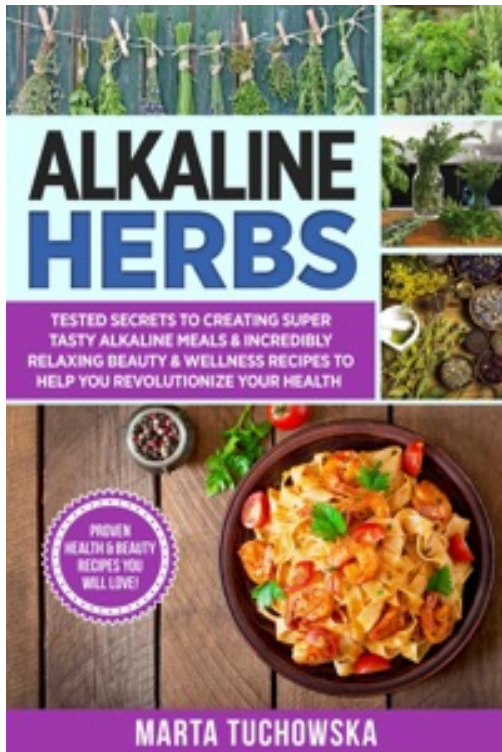


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**Alkaline Herbs** is a simple **holistic health guide** written for alkaline diet beginners as well as for alkaline veterans who want to take it to the next level with the most effective **alkaline herbs**.

Whether your goal is to: de-stress,

**lose weight,**

create **tasty alkaline meals** (and have everyone love you for it!),

experiment with **natural beauty products** (for example anti-wrinkle, anti-acne)

or discover proven **home made holistic recipes** to fight headaches, inflammation and help you feel more energized- you will find your answers in the **Alkaline Herbs**.

Here's exactly what you will discover inside:

-Why eating alkaline foods is not enough and what to do about it

**-The main reason most people fail with "eat your 5 a day" and how to fix it**

-Supposedly healthy drinks that only make you sick and tired and can even make you fat (and how to remedy it with alkaline herbs)

**-Secrets to alkalizing your meals and making them taste great** (so that even alkaline diet sceptics love them!)

-Simple strategies to lose weight with alkaline herbs (and why most people overlook them)

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-Delicious guilt-free treats (**boyfriend and husband approved**). We're talking cookies and other delicious recipes that align with a plant based, alkaline lifestyle.

-Simple ways to help you create healing infusions, smoothies, salads with the alkaline herbs (**even if you're pressed for time**)

-plus...Bonus eBooks and resources inside!

Look, if you think the **alkaline diet** is about surviving on lettuce and cucumbers, or that it's not tasty, you are just about to experience a huge surprise!

Ready to take your health to a whole new level?

**Order Alkaline Herbs** now and give yourself the gift of natural healing from the comfort of your home!

Allow yourself to feel healthy and energized again by **creating a holistic lifestyle you enjoy!**

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