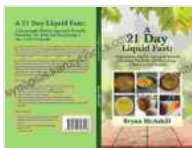


Homemade Alkaline Approach Towards Cleansing The Body And Discovering New Level

Are you tired of feeling tired, bloated, and sluggish? Do you suffer from headaches, skin problems, or digestive issues? If so, you may be suffering from an acidic body.



A 21 Day Liquid Fast: A Homemade Alkaline Approach Towards Cleansing the Body and Discovering a New Level of Health by Goncalo Paxe Jorge Miguel

★★★★★ 5 out of 5

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An acidic body is a body that has too much acid in it. This can be caused by a number of factors, including diet, stress, and environmental toxins. When your body is acidic, it can lead to a number of health problems, including those listed above.

The good news is that there are a number of things you can do to alkalize your body and improve your health. One of the best ways to do this is to

follow a homemade alkaline diet.

A homemade alkaline diet is a diet that is rich in alkaline foods. Alkaline foods are foods that have a pH of 7 or higher. These foods help to neutralize the acid in your body and bring it back to a healthy pH level.

There are a number of different alkaline foods that you can eat, including:

- Fruits
- Vegetables
- Nuts
- Seeds
- Beans
- Legumes
- Whole grains

You can also alkalize your body by drinking plenty of water. Water is a natural alkaline substance, and it helps to flush out toxins from your body.

In addition to following a homemade alkaline diet, there are a number of other things you can do to alkalize your body, including:

- Getting regular exercise
- Reducing stress
- Avoiding environmental toxins
- Taking alkaline supplements

If you are interested in learning more about the homemade alkaline approach towards cleansing the body and discovering new level, I recommend reading the book *The Alkaline Diet: The Ultimate Guide to Achieving a Healthy pH Level* by Dr. Sebi.

In this book, Dr. Sebi provides a comprehensive overview of the alkaline diet and its benefits. He also provides a number of recipes for alkaline foods and drinks.

If you are ready to make a change for the better, I encourage you to give the homemade alkaline approach a try. It could be the key to unlocking a healthier, happier, and more vibrant you.

Here is a sample menu for a homemade alkaline diet:

Breakfast

- Fruit smoothie made with fruits, vegetables, and nuts
- Oatmeal with berries and nuts
- Yogurt with fruit and granola

Lunch

- Salad with grilled chicken or fish
- Sandwich on whole-wheat bread with hummus and vegetables
- Soup and salad

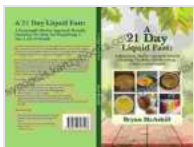
Dinner

- Grilled salmon with roasted vegetables
- Chicken stir-fry with brown rice
- Lentil soup

Snacks

- Fruit
- Vegetables
- Nuts
- Seeds

This is just a sample menu, and you can adjust it to fit your own preferences and needs. The important thing is to focus on eating plenty of alkaline foods and drinks.



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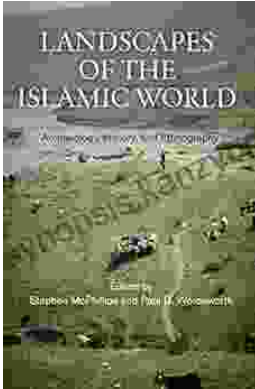
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