



# **Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe at a Time**

*Julie Cove*

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# Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe at a Time

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**Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe at a Time** Julie Cove  
Clean up your diet and detoxify your body with the alkaline lifestyle. This beautifully packaged book, complete with more than 150 inspiration recipes and an easy-to-follow four-step program, is focused on long-term health and well-being.

Eat your way to better health! In *Eat Better, Live Better, Feel Better*, Julie Cove explains how having too many acid-forming foods in your body creates an environment that can cause inflammation, resulting in everything from headaches to muscle pain to chronic illness. But, she argues, by adapting to an alkaline-based lifestyle you can ward off ill health, aid digestion, eliminate acid reflux and increase your energy. In this beautiful book, Julie gives you everything you need to quickly feel the benefits of the alkaline way of life.

In Part I, Julie explains the basics of alkalizing, the science behind the food choices you make and what happens in your body when you eat certain foods. Julie then introduces her easy-to-follow 4-step program. In the first step of the program, Inspire, you ease into the alkaline lifestyle; step 2, Desire, encourages detoxification; step 3, Aspire, helps you dump years of toxins; and finally, step 4, Acquire, shows you how to maintain a balanced alkaline lifestyle with food, exercise and a positive outlook.

With the basics covered, Julie then gives you more than 150 nutritionally-balanced, inspirational recipes to get started. With easy-to-find ingredients and simple preparations, these recipes offer a multitude of options for alkaline-balanced eating, including: nourishing smoothies, breakfasts, salads, soups, warm dishes, savory bites and sweet treats. The recipes are easily adaptable and full of flavor, ready for you to mix and match to help you meet your alkaline goals.

Julie's personal story of overcoming illness is behind the writing of this book. Now a holistic nutritionist and certified plant-based cook, she is the picture of an energetic, healthy and balanced lifestyle, and she wants to give you the tools to get there, too. *Eat Better, Live Better, Feel Better* is a book that will help balance your body and revitalize your life, and will be your blueprint for improved good health for years to come.

*From the Trade Paperback edition.*

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Information is provisions for folks to get better life, information today can get by anyone at everywhere. The information can be a information or any news even a problem. What people must be consider while those information which is inside the former life are hard to be find than now is taking seriously which one is suitable to believe or which one typically the resource are convinced. If you have the unstable resource then you understand it as your main information it will have huge disadvantage for you. All of those possibilities will not happen with you if you take Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe at a Time as the daily resource information.

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Are you kind of occupied person, only have 10 or perhaps 15 minute in your time to upgrading your mind skill or thinking skill perhaps analytical thinking? Then you are having problem with the book compared to can satisfy your small amount of time to read it because all this time you only find guide that need more time to be read. Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe at a Time can be your answer because it can be read by anyone who have those short free time problems.

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On this era which is the greater man or who has ability in doing something more are more important than other. Do you want to become one among it? It is just simple solution to have that. What you are related is just spending your time little but quite enough to experience a look at some books. One of the books in the top checklist in your reading list is definitely Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe at a Time. This book that is qualified as The Hungry Inclines can get you closer in getting precious person. By looking right up and review this book you can get many advantages.

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