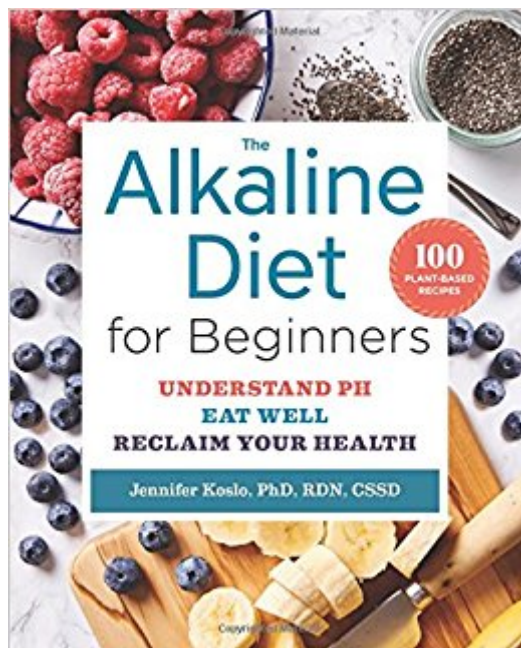




The book was found

# The Alkaline Diet For Beginners: Understand PH, Eat Well, And Reclaim Your Health



## Synopsis

How does pH work in the body? What is the effect of eating alkaline food? Discover how you can restore your body to its natural state and set yourself on a path to optimal health with *The Alkaline Diet for Beginners*. Eating nutritious food keeps your body's chemistry in balance and feeling great. When something is not right with our internal health, the effects can manifest through devastating symptoms like chronic illness and fatigue. But with the prevalence of current health-food hype, how do we know which foods really are "nutritious" and moreover, which ones are right for our unique bodies? In her professional work as a registered dietician Jennifer Koslo has encountered her fair share of troubling health conditions and has seen first hand the positive, restorative results of the alkaline diet. In *The Alkaline Diet for Beginners*, Koslo cuts through the confusing chatter that can be found on the Internet and explains the alkaline diet from a nutritional science-based perspective. The second half of *The Alkaline Diet for Beginners*, offers 100 innovative, tasty, and completely alkaline recipes to keep you satisfied and excited to cook your next alkaline meal. Beginning to eat differently can be daunting. With *The Alkaline Diet for Beginners* you'll understand how pH works in your body, the pH values of specific foods, and how eating alkaline food can be delicious as well as nourishing. Starting anything for the first time can be daunting. *The Alkaline Diet for Beginners* makes it easy with useful information for getting started, such as: Thorough, scientifically proven explanations for exactly what the alkaline diet can and can't change about your health A sample four-week Alkaline Diet meal plan that takes the guess work out of what to eat Tips for sticking with the Alkaline Diet when you're not preparing the food you're eating Alkaline diet recipes that feature fresh, healthy, highly alkaline ingredients *The Alkaline Diet for Beginners* delivers nutrition to your table one flavorful, alkaline bite at a time with recipes like: Vanilla Bean & Cinnamon Granola, Cheesy Broccoli Bites, Roasted Artichoke Salad with Sesame Seed Vinaigrette, French Onion & Kale Soup, Lentil & Sweet Potato Taco Wraps, Veggie-Stuffed Portobello Mushrooms, and more

## Book Information

Paperback: 185 pages

Publisher: Rockridge Press (November 22, 2016)

Language: English

ISBN-10: 1623158141

ISBN-13: 978-1623158149

Product Dimensions: 7.4 x 0.7 x 9.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 26 customer reviews

Best Sellers Rank: #43,129 in Books (See Top 100 in Books) #9 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #514 in Books > Health, Fitness & Dieting > Nutrition #648 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

JENNIFER KOSLO, RND, is a registered dietitian and nationally recognized nutrition expert who specializes in restrictive diets. Being well versed in a wide array of dietary needs, Jennifer has impacted hundreds of people's lives through her nutrition consulting work and her writing.

good advice and recipes as it is so confusing in the beginning

Awesome product, Beautiful packaging, Fast Shipment..... Great Experience, Buy HERE Anytime!!!  
Kindest regards, Bob Hardin

Actually there is massive overwhelming evidence that our acidic diets are causing arthritis and many other diseases. So sorry to see someone give a low rating to a book because they disagree with the concept.

The best part of the book is the beginning where the author gives a passable and understandable description of alkaline diets. The recipes are basically the the same. She could have provided one for each section with variations. I was dismayed at the persistent, unnecessary use of added sugar. One had better like cashews. No mention of fermented foods and their role. No mention of microbiome and it's role in alkalinity. No mention of ratio of macros and how that affects alkalinity.

There are numerous books available for multiple diets. With the increase of allergies and other diseases it is becoming more important to research different diets and programs to see which works best for you. Many people think diets are too hard to follow, but the alkaline diet is mainly eating fresh fruits and vegetables, lean proteins and beans and nuts. Once it becomes a habit it becomes a part of your life. If you eat healthy foods, the diet is easy to follow. The beginning of the book contains information about how a alkaline diet can be beneficial to your health. It also includes a chart with many foods showing of how alkaline or acidic they are. I would recommend this book to

someone who is looking for an option to improving their diet. I received a copy from the publisher to review.

The Alkaline Diet for Beginners is a good introduction to the alkaline diet. The author, Jennifer Koslo, is a registered dietitian nutritionist, a certified sports dietitian, and has a Ph.D. She begins with an introduction to the alkaline diet and a 30 day meal plan. However, I would like to see more of a discussion about the benefits of the alkaline diet. The recipes are separated into eight chapters: smoothies, breakfasts, snacks, salads, main dishes, desserts, and kitchen staples such as sauces. I would like to see more photos of finished products. I received this book for free from the publisher.

I found the introductory information very interesting...the mechanics on how acid and alkaline substances affect the PH of the body is amazing. I thought a lot of the recipes sounded interesting and the book does include a 30-day meal plan. I also realized I eat/drink everything on the DON'T list!!! I took enough information from the book that the Ratings Chart near the back of the book will come in handy as I take baby steps to make some changes, but I just don't seem myself committing to the concept entirely. I think this book would be very good for someone starting this diet. The book is a good size and well made/laid out. I never think there are enough pictures!! I did take advantage of a special offer to receive this book free of charge and with no obligations. This review is my honest opinion and given willingly.

I wouldn't have considered this book, but got it anyways. This book is filled with all different kinds of recipes to help balance your PH levels and more. Lots of different recipes featuring nuts, fruits and so much more. It is great for beginners like myself and I love the guide in the back that charts food levels of alkaline which is extremely helpful to achieve optimal health. Overall if you're looking for a recipe book on a great diet I'd highly suggest this book. \*\*Disclosure: I received this book at no cost in order to facilitate my honest and unbiased review. \*\*

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