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Cleanse to Boost Your Energy and Restore Your Glow by Dr. Stephan Domenig (2016-04-07) by Dr. Stephan

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Please let me know if you have any questions about juices or smoothies:) Until

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next time, Sending you lots of love from here, Marta.  
PS. To dive deeper into alkaline smoothies and juices, be sure to explore my books: Alkaline Protein Smoothies – Marta Tuchowska.  
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<https://amzn.to/2noPyb3>.

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2 cups spinach  $\frac{1}{2}$  cup

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no better way to make your  
body alkaline... Baking Soda  
in Water. This one is a very

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*11 Great Drinks to Alkalize  
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Using a juicing machine, juice the cucumber, celery, mint and ginger, ending by adding a splash of filtered water. Remove from machine then add the lemon juice and stir. Green Glow Juice. 3 serves, preparation time 5

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75 minutes. A highly alkalizing  
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While eating certain foods and drinks cannot directly change your body pH levels, there still may be benefits from consuming naturally alkaline drinks.

*List of Natural Alkaline*

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Add the juice of half of a lemon and 4 tbsp of raw honey to the pulp to make it sticker. Then apply the mixture to clean skin and leave for 10-15 minutes. I highly recommend you lay down to apply this mask to

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prevent making a mess. After 10 min, remove the mixture, rinse your face with warm water and pat dry with a towel.

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*My Morning Alkaline Juice | Easy & Healthy Breakfast in*

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and Restore Your Glow (The Alkaline Cure Series) Dr Stephan Domenig. 4.7 out of 5 stars 14. Paperback. £7.79. Only 8 left in stock (more on the way).

*Alkaline Drinks: Original*

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*Alkaline Smoothie, Juice, And  
and . . .*

In moderation, bananas are a good fruit to put in your alkaline smoothies because they add nice flavor. Just don't use ripe bananas which have higher levels of sugar.

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Bananas also contain the alkaline-forming mineral potassium. Coconut Milk. Coconut milk is made from the alkaline-forming coconut flesh and coconut water combined.

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*Rebalancing Juices ...*

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Which is Best: a Green Juice  
or Smoothie. Juices and  
smoothies are similar in  
many ways, but the big  
difference is, of course,

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that a juice is made with a juicer, and a smoothie is made with a blender. [SEE ALSO: The Beginner's Guide to the Alkaline Diet]

Difference #1: The Fibre. The biggest difference is that the juice does not



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fifty-nine coco loco citrusy  
coconut drink sixty ginger

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green tea with a citrus  
twist sixty-two creamy  
lychee smoothie sixty-four  
mellow fig smoothie sixty-  
six creamy cranberry shake  
sixty-eight vegetable  
immunity boost seventy green  
combo seventy-two orange

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Kick-start your health

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fast track to weight loss,  
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increased energy and a  
balanced body and mind.

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THE HEALING POWER OF  
ALKALINE JUICING UNLOCKED.

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awesome! Imagine more energy and personal success in all areas of your life. Have you ever seen a wild animal with gout, arthritis, or obesity? Nope, neither have I. So is it really normal for animals and humans to suffer from:

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Gout Infections Osteoporosis

Diabetes Low energy levels  
that make us feel DEPRESSED

Heart Disease Or are our

lifestyles and food choices  
to blame? Choices. Hm.

Powerful word. What choices  
have you made about your



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health? Do you bounce out of bed in the mornings, or do you continue pressing the snooze button for just a few more moments of sleep? Are you able to get through the day without feeling fatigued? Do you suffer from

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any ailments? Disease? Can't lose weight even though you count calories and follow the latest "dieting" fad? Here's the good news: you don't have to continue suffering. But... You have to make the right choice

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now. The solution is just in front of you. That is what this book is all about.

Alkaline juices are a great, holistic tool to help you alkalize your body to achieve your health goals so you can be the person you

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want to be. They are a great way to add more healthy, alkaline foods into your diet that will help you eradicate: Illness Disease Excess Weight Perhaps you suffer from fatigue, aches and pains, and stiffness, or

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perhaps you would like to lose weight. You've been to doctors and taken medication, but for the life of you, you just can't understand what's making you feel worse than you should be feeling. You have been

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told to get used to it. Swallow another pill. If that's the case, you have the power to change it. How would other areas of your life (work, social, family) improve if you could just have more energy and finally

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Tasty and Delicious Alkaline Juicing Recipes (with detailed instructions and additional information about the ingredients)

Motivational Tips I will send you freaking heaps loads of good, alkaline,

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motivational wellness karma  
so that you keep on track  
and your satisfaction is  
guaranteed! My mission is to  
help you reach all your  
health and lifestyle goals  
faster and so inside you  
will find something

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Mind with Alkalinity!

Reboot your health in 7 days

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with this juice-based alkaline diet Alkaline diets—that is, eating foods low in acid in order to keep your pH reading neutral or alkaline—have a growing legion of celebrity fans: Kelly Ripa, Victoria

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Beckham, Gwyneth Paltrow, and Jennifer Aniston reportedly follow it. As you age, your acid levels tend to rise, which can leave you bloated, sluggish, and uncomfortable. High alkaline diets lower inflammation and



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75 can help reduce pain and disease. Losing weight is an added plus. This book offers more than 75 recipes for juices, smoothies, soups, and more, including: Green Minestrone Soup Coconut, Chia, and Berry Blast

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Passion Fruit Mojito  
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balancing). Balance equals life. At base, our bodies make us fighters because the body will drop everything to make balance happen. So when we put one system out of balance, we are essentially making our body fight

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itself. The Alkaline Reset Cleanse is a different way of thinking about the body and how we can rapidly replenish, heal, and reboot ourselves back to optimal health. The body's number-one goal is to maintain

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homeostasis and balance throughout our Five Master Systems: endocrine, immune, digestive, detoxification, and alkaline buffering (pH balancing). But through our dietary and lifestyle choices, we often put our

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body into a state of emergency. It is this constant state of emergency from which sickness and disease emerge. For over 10 years, health coach Ross Bridgeford has guided thousands of people through

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encouraging tips from those who have already succeeded. We need to wipe the slate clean. We have to give the body the tools it needs to repair, replenish, rebuild, and thrive. With seven highly nourishing days

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and give you abundant  
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Alkaline juices are nutrient-  
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natural, super delicious  
drinks designed to help you  
enjoy more energy and feel

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Easy, customizable plans (2-day, 7-day, and longer) to rid your diet of the acidic foods (sugar, dairy, gluten, excess animal proteins, processed foods)

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that cause inflammation and  
wreak havoc on your health.  
Let's talk about the four-  
letter word that's secretly  
destroying your health:  
ACID. An acidic lifestyle --  
consuming foods such as  
sugar, grains, dairy, excess

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animal proteins, processed food, artificial sweeteners, along with lack of exercise and proper hydration, and stress -- causes inflammation. And inflammation is the culprit behind many of our current

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ailments, from weight gain to chronic disease. But there's good news: health visionary Dr. Daryl Gioffre shares his revolutionary plan to rid your diet of highly acidic foods, alkalize your body and

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clear your mind, and improve  
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lose ten to fifteen pounds

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in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health

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cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than

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you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will...

- Lose 10–15 pounds in 10 days
- Get rid of stubborn body

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fat, including belly fat •  
Drop pounds and inches fast,  
without grueling workouts •  
Learn to live a healthier  
lifestyle of detoxing and  
healthy eating • Naturally  
crave healthy foods so you  
never have to diet again •

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Receive over 100 recipes for  
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A New York Times bestseller  
from certified weight-loss  
expert JJ Smith, Green  
Smoothies for Life offers a



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brand-new meal plan to incorporate green smoothies into your everyday routine while developing healthier long-term eating habits and improving your overall health. More than a weight loss plan, the 10-Day Green

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Smoothie Cleanse, designed by nutritionist and certified weight-loss expert JJ Smith, became a way of life. Readers reported that they not only shed pounds but they also slept better, thought more clearly, and

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were in better over-all health, with some adherents, in consultation with their doctor, even moving off medication. As delicious as her green smoothies are, however, the cleanse was designed only to jumpstart a

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detox and a new approach to eating—it's not a permanent solution. In her new book, Green Smoothies for Life, the highly anticipated follow up to the #1 New York Times bestseller 10-Day Green Smoothie Cleanse,

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Smith presents a way that green smoothies can be incorporated into your daily regimen. With over thirty recipes for everything from hot dinners to desserts and snacks, sixty thoughtfully composed green smoothie

Download Free Alkaline Juices And Smoothies Over 75 Recipes, a thirty-day meal plan and the corresponding shopping lists, the book provides you with a step-by-step prescriptive daily regimen that shows you how to eat mindfully and healthily. In addition to

Download Free Alkaline Juices And Smoothies Over 75 Rebalancing Juices And photographs of select recipes, the book includes more than twenty effective methods to detox (which helps fuel weight loss), information on Smith's DHEMM (Detox, Hormonal Balance,

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Eat, Move and Mental Mastery) weight loss system, and testimonials from dieters who've change their approach to not just food but also life since while following her advice.

Whether you are just



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starting out on your weight loss journey or already a smoothie convert, Green Smoothies for Life is the essential next step in continuing your pursuit of a healthier lifestyle.

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75 Rebalancing Juices And  
Abundant Energy and (if  
desired) Start Losing Weight  
Naturally Alkaline Drinks -  
New Updated & Expanded 2019  
Edition Discover the Most  
Delicious and Nutritious  
Alkaline Smoothie, Juice,

Download Free Alkaline Juices And Smoothies Over 75 Rebalancing Juices And Tea Recipes to Help You Look and Feel Amazing! Unlike other diets that are obsessed about counting calories, the Alkaline Diet focuses on restoring balance so that your body can heal itself naturally. And it's

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not only about what we eat. It's also about what we DRINK. The easiest way to give your body what it needs to thrive is through delicious and nutritious alkaline drinks. The good news? You don't need any

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fancy superfoods as most of the ingredients can be easily found in your local grocery store. The recipes, guidelines and instructions are easy to follow, even for a total beginner.

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Juice your way to better health with more than 1,000 easy recipes. Essential Juices and Smoothies contains more than a thousand easy recipes for juices, smoothies, and breakfast bowls, including

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well-known favorites as well as more exotic—but no less delicious—creations.

Understand the nutritional benefits of veggie and fruit ingredients, and find recipes that target specific goals, such as cleansing and

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