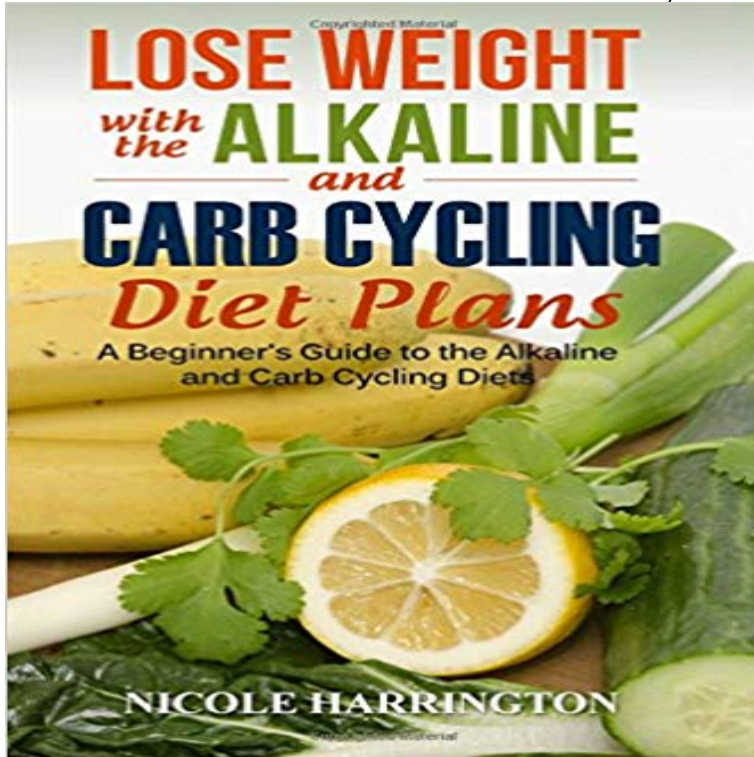


# Lose Weight with the Alkaline and Carb Cycling Diet Plans: A Beginners Guide to the Alkaline and Carb Cycling Diets



Get Fit and Blast Fat on the Alkaline and Carb Cycling Diet Plans For the first time, two books, Alkaline Diet for Beginners by Nicole Harrington and Carb Cycling by Deanna Massey, are being offered in one collection. Discover how both of these great diets can help you obtain your goal weight and gain a better and healthier life. Description from Alkaline Diet for Beginners by Nicole Harrington In recent years, one diet plan has been gaining a steady stream of popularity and renown: the Alkaline diet. What the diet purports to do sounds wonderful: it helps you lose weight, it can increase your overall energy. It also has laid claim to being able to lessen ones anxiety, eliminate headaches, and even combat the common cold and flu. These type of claims are easy to make, but does the Alkaline diet live up to its tremendous hype, can it really do what it claims it does? Alkaline Diet for Beginners explains the science behind the diet in a way that is easily accessible to beginners. You will understand not only what you can and cannot eat on the Alkaline diet, but also how your body benefits from maintaining an optimal pH level. The Alkaline diet is more than just a weight loss plan; it is a whole body solution that can have a tremendous impact on your health and well-being. Discover how the Alkaline diet can truly help your lose weight, blast fat, and take control of your life. Get healthy and happy by following this clear and concise step-by-step guide. The Alkaline diet - your journey to weight loss and better health begins here! Description from Carb Cycling by Deanna Massey Many of us try to lose weight, but struggle to achieve any positive results. We exercise, eat right, yet still dont seem to make a difference where it counts--on the scale. In this situation, it is natural to wonder what you are doing wrong. Not seeing results often leads us to question ourselves, causes us to blame

ourselves. But you can eat right, exercise, and still not see results, because you are not eating the right FOODS! This is the theory behind carb cycling, an extremely effective diet in reducing body fat because it teaches us how we should eat. Deanna Massey delves deep into this incredible diet, separating the truth from the hopes, while putting together the best plan for anyone to achieve their weight loss goal. Make the change to a carb cycling diet today and finally start to lose the weight.

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