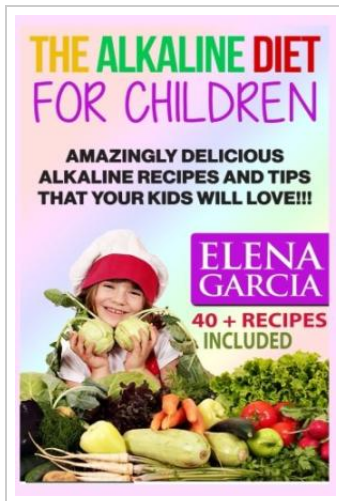




The Alkaline Diet for Children: Amazingly Delicious Alkaline Recipes and Tips That Your Kids Will Love! (Paperback)

By Elena Garcia

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A collection of creative recipes, alkaline diet tips and suggestions that will help you and your family eat super healthy and enjoy it! This book contains: -Over 40 alkaline recipes with their variations to suit your personal preferences - The very basics of the alkaline diet and charts for newbies -Creative Serving suggestions (to make your kids eat more fresh fruits and vegetables) -Cooking tips to create amazing cooking rituals and have fun -Amazingly healthy smoothies -Motivational tips Teach your children to eat healthy NOW - they will be grateful when they grow up. All habits die hard, whereas kids soak new nutritional patterns like a sponge. If you reside in the US, one look around and you will notice how obese our children have become. In fact, in the past 30 years, the number of obese children in the US has tripled. Almost 4 out of 10 kids are suffering from weight issues or obesity. The rest of the countries in the world are no different and are facing similar issues regarding obesity in children. What your kids eat plays...



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