



The Alkaline Diet for Beginners: Understand pH, Eat Well, and Reclaim Your Health

Jennifer Koslo RND

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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. In the second half of *The Alkaline Diet for Beginners*, popular food blogger and recipe developer Karielyn Tillman offers 100 of her most 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

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