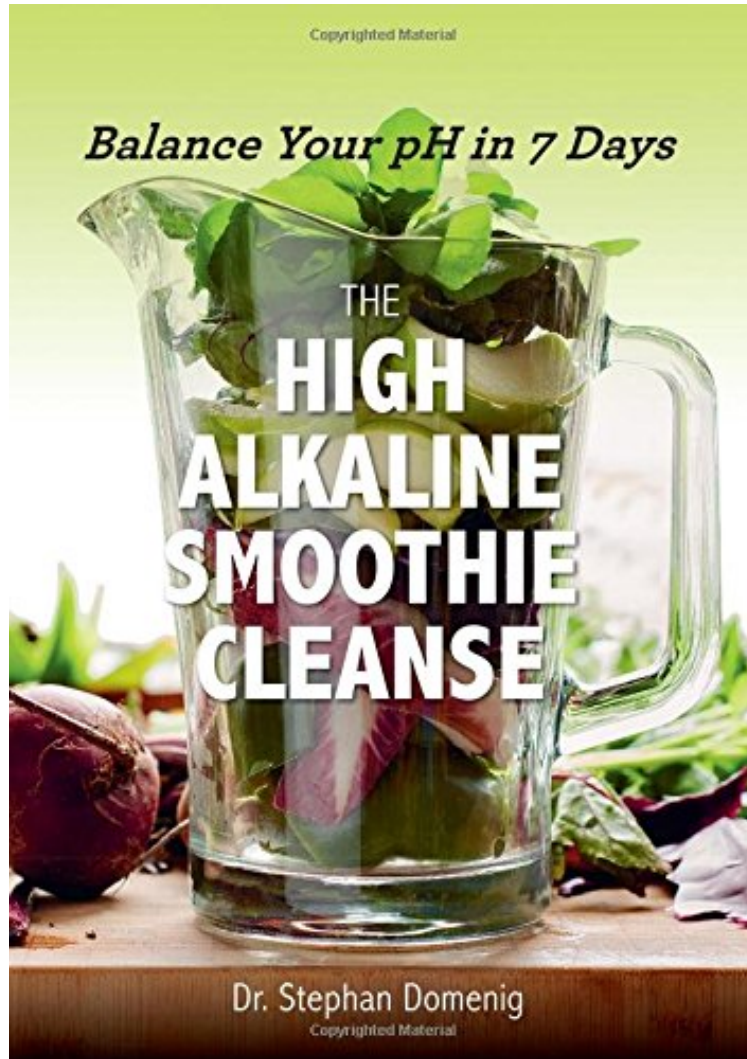


[Free pdf] The High Alkaline Smoothie Cleanse: Balance Your pH in 7 Days

## The High Alkaline Smoothie Cleanse: Balance Your pH in 7 Days

*Stephan Domenig Dr.*

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**Stephan Domenig Dr. : The High Alkaline Smoothie Cleanse: Balance Your pH in 7 Days** before purchasing it in order to gage whether or not it would be worth my time, and all praised The High Alkaline Smoothie Cleanse: Balance Your pH in 7 Days:

0 of 0 people found the following review helpful. Excellent recipes. I've done the cleanse three timesBy Roxanne ArmstrongLife changing. Excellent recipes. I've done the cleanse three times! Always feel great during and after.1 of 1 people found the following review helpful. You have to have a juicer and a big budgetBy IAI borrowed this book from the library with great anticipation. Here are my two cents:1) The title of the book is misleading. The title says "smoothie." In reality, about 85% of the recipes require a juicer.I think the authors should make it very clear right on the cover page or some place that you have to have a juicer to make use of this book.Also, I really wish that for each

recipe right in the beginning they would state "equipment needed" and state what is needed. The reason I am saying this is because it is not clear and you have to read the entire recipe to figure out if a juicer or blender is needed. This becomes time consuming. Well, I don't have a juicer, and let's face it: juicers are not really a standard piece in people's kitchens. You also need to have a blender - that's for about 10% of the recipes in the book. I do have a blender.2) I thought that many recipes were not particularly practical. E.g., a recipe would call for half of avocado and two stalks of celery and two radishes etc. I.e., like a bunch of ingredients but using just a small amount of each. Let's face it, it's not how most people shop. I am not going to buy just two radishes, you know.3) You have to have a big budget to do this. Especially with juicing - when you juice all those vegetables and fruits, and throw away the rest. I think it would have helped if there were more recipes involving vegetables and fruits that are not expensive, such as carrots (e.g., one can get a big bag of organic carrots inexpensively at Costco or Sam's Club). So the bottomline: If you have a juicer and a big budget, then this book may well be for you.

Reboot your health in 7 days 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 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 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 Passion Fruit Mojito Chocolate Nut Whip Lemongrass Iced Tea With a focus on fruits and vegetables, this science-based plan is a simple start to a lifetime of healthy eating. 100 color photographs

About the Author Dr. Stephen Domenig is the Medical Director at the FX Mayr Health Center in Maria Wouml;rth, Austria. Stephan has a diploma in FX Mayr medicine, and he worked for six years as Deputy Head Physician at the Viva Mayr Clinic, co-developing their successful medical program me and helping shape the Viva Mayr focus. Stephan studied medicine at the University of Graz, Austria, with a one-year internship at the University of Cagliari in Italy. From there he worked as an assistant physician and surgeon at several hospitals in Austria and Brazil. Stephan has obtained further certifications in orthomolecular medicine, emergency medicine, applied kinesiology, chronobiology and chiropractics.