



**The Ultimate Healthy Diet 4 in 1! Box Set: Book 1:  
Mediterranean Diet + Book 2: Alkaline Diet +  
Book 3: Dash Diet + Book 4: Ketogenic Diet**

*Sarah Hill*

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# **The Ultimate Healthy Diet 4 in 1! Box Set: Book 1: Mediterranean Diet + Book 2: Alkaline Diet + Book 3: Dash Diet + Book 4: Ketogenic Diet**

*Sarah Hill*

**The Ultimate Healthy Diet 4 in 1! Box Set: Book 1: Mediterranean Diet + Book 2: Alkaline Diet + Book 3: Dash Diet + Book 4: Ketogenic Diet Sarah Hill**

## **Book 1 - Mediterranean Diet**

### **The Ultimate Guide to Mediterranean Diet Recipes For Weight Loss with 10-Day Diet Meal Plan**

Not another diet book! We've all been there before and seen the various “crash diets” that claim to be a quick fix to getting that ideal body, but the truth is, they don't work. By eliminating portions of nutrition, your body is essentially starving itself and must compensate to gain the nutrients it needs, preventing weight loss. Food is delicious. After all, it's what leads us to eat again and again. It is what fuels us and should be something to look forward to, and with most typical diets that's not possible. Since I've discovered the Mediterranean Diet, it has done wonders for my weight and self-confidence.

## **Book 2 - Alkaline Diet**

### **5 Super Useful Tips To Lose Weight using Alkaline Diet Plan, Alkaline Water and Alkaline Foods.**

Donuts, Twinkies, French fries, soft drinks, the standard American diet is centered around processed foods. Beyond the obvious health risks that these unhealthy and fattening oils produce, these are all highly acidic foods.

Of course our body has natural counter systems in charge of neutralizing this acid, but it does put stress on the organs involved, even in healthy bodies. Excess acid is harmful in that it not only stresses organs such as our kidneys but in that it has the potential of interfering with key bodily processes critical to ensuring that the body runs normally.

The Alkaline Diet easily solves all those problems and provides extra energy in our day to day lives by taking the stress off our organ systems through eating alkaline foods that naturally neutralize the acidity from other food without having to use the acid-neutralizing systems to do so! How does the Alkaline Diet work?

The main source of alkaline foods the diet is centered around is fresh fruits and vegetables.

## **Book 3 - Ketogenic Diet**

### **Delicious Ketogenic Diet Recipes For Weight Loss (10 Day Meal Plan)•**

The Ketogenic diet plan program gets you ready for weight lose.

This e-book explains a ketogenic diet plan regimen of weight reduction, which will be of excellent worth to those which their physical bodies developed to reduce their weight. This e-book highlights the essential ideological background on the ketogenic diet plan program for weight shed. Folks on a regular basis need to identify exactly what the best diet plan routine plan. And what they need to do to lose fat quicker.

## **Book 4 - DASH Diet**

### **The Ultimate Guide to DASH Diet For Hypertension and Surprisingly Effective DASH Diet Weight Loss Solution. DASH Diet for Beginners.**

“The Ultimate Guide to DASH Diet For Hypertension and Surprisingly Effective DASH Diet Weight Loss Solution. DASH Diet for Beginners” is a masterpiece which directly address specific issues as it concerns a healthy living. It focuses attention on how people can maximize their life by staying absolutely free of disease called “Hypertension”. It is important to note that your health system cannot be better than what you eat. Thus, a need for you to be fully informed on how to stay healthy without threat of disease on your precious life. And if however you are struggling with high blood pressure, this book is what you need to grab to know how to keep your blood pressure normal. This book will provide you with concise and precise firsthand information on eating and physical activities patterns that are focused on consuming fewer calories, making informed formed food choices, and being physically active which can help of course will surely help you attain and maintain a healthy weight, reduce risk of chronic disease, and consequently promote your overall health.

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