

Benefits Of The Alkaline Cook Book

Our high-paced, caffeine and sugar-powered lifestyles have overburdened our bodies with an excessive acid load, throwing the acid-alkaline equilibrium way out of balance and making our bodies prone to disease, sickness, low energy, stress and infections.

By eating rich alkaline foods and meals you're building strong defences against diseases, allergies, immune dysfunctions, infections and other nasties. Your energy will improve, your levels of mental concentration will get sharper, your hair will get more lustre and shine, your skin will get clearer, your sex drive will be heightened like never before, you will turn into a more confident and a positive person, you'll love your toned body and enjoy life on a brand new level... all that and more while enjoying what you eat!

Discover the 'Secrets' to Create Mouth-Watering Foods and Munchies that Clear Your Skin, Explode Your Energy Levels AND Make You FEEL TERRIFIC!

The Alkaline Cook Book is crammed with easy to whip up 'pH friendly' recipes to help you unlock 'unlimited' energy, sharp mental concentration and radiant good health!

Dr. Annie Guillet's Step-by-Step Alkaline recipes make you healthy from the inside out, supercharge your body with 'unlimited' energy and restore radiant good health.

**Make Healthy Eating
A Part Of Your Lifestyle!**

Alkaline Cook Book

Revitalise your body in just 4 weeks to 100% optimal health. Experience life the way you deserve, filled with incredible energy, powerful immunity and crystal-clean mental clarity that leads to minimising stress and reducing fatigue.

**Over 80
Recipes
For you to
enjoy!**



Inside the Alkaline Cook Book you will also learn:

- ✓ A complete 4 WEEK PLANNER that covers your breakfast, lunch, dinner, juices and snacks to re-balance your body
- ✓ 29 MUST-HAVE herbs, veggies, fruits and other goodies every serious alkaline kitchen needs to have at all times to keep you focused
- ✓ 2 proven ways to help you determine which foods alkalize your body and which make it toxic and acidic

The Alkaline Cook Book
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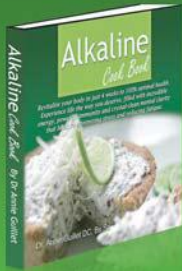
Eat Well, Be Well, Enjoy Life!

By Dr Annie Guillet DC. Bs.Sc

Dr Annie Guillet DC. Bs.Sc.

Author of the Alkaline Cook Book

Good Nutrition Is The Foundation For Building & Maintaining A Healthy Body!



I grew up in Montreal, Canada and moved to the USA to study Chiropractic for 7 years, before deciding to come to practice Chiropractic in Australia. I have had a successful clinic in Melbourne for the last 4 years.

As I updated my skills through further education seminars in each country I found it to be a challenge that changed my life forever! It was during a professional development seminar that I came across a whole new distinction. I participated in the Unleash the Power Within, Sydney with Anthony Robbins. That weekend really changed my world!

Since I love new challenges and my biggest dream is to have as many people as possible going towards optimal health around the planet, I decided to write this cookbook. I had never written a book before and let me tell you it is a lot more adventurous than I thought it would be! After long hours of research to find more data, editors, photographers, chef, printers etc.... Here it is.

And I am very proud of it! There is nothing like it on the market. And it is my gift to you and your chance to revive your body and live the life you deserve!

I would like to wish you all the best in health and life and I look forward to sharing my Alkaline Cook Book with you.

Sample Recipes For You To Enjoy

Alkaline Date Shake

Ingredients

2 fresh Dates, pitted
1 cup fresh Coconut Milk
Freshly grated Cinnamon to taste

Method

1. Refrigerate coconut milk before use to allow for better taste
2. Use a hand electric blender to mix the ingredients.
3. Blend at high speed until the drink turns more into a chocolate colour or until the dates are completely chopped into very small pieces. (2 minutes).



Fish Poppers

Ingredients

1 Filet Sole Fish
1 teaspoon fresh Coriander
1 clove Garlic
2 sticks Celery, finely chopped
1 Pinch Chilli Powder
1 teaspoon Curry Powder
1 pinch Celtic Salt
3 large Sweet Chilli
5 Tomatoes, diced
1 Onion, chopped
1 pinch Cayenne Pepper

Method

1. Steam fry the fish in a hot pan with all the ingredients except the sweet chilli. When the fish is cooked bring all the ingredients into a bowl and mash together until it is like dough.
2. Cut the top of the sweet chilli and remove all seeds.
3. Fill the poppers with the mixture.
4. Bake in the oven for 20 minutes at 108 c
5. Mix the tomatoes, onion salt and cayenne pepper to taste for topping salsa. Also delicious with alkaline garlic mayo, spring onion and chives.



Order The Alkaline Cook Book & Experience Life The Way It Should Be!

Get a **FREE** copy of the Alkaline Cook Book! Simply purchase the hard-cover edition and you'll get the E-Book edition **ABSOLUTELY FREE**, to satisfy your tummy until the hard-cover arrives.
(You SAVE \$27.00!)

PDF E-Book \$27.00 AUD

Hard Cover Edition \$59.95 AUD

Beautiful Glossy Photo Rich, Hard Cover Solidly Bound, Full of Yummy Alkaline Recipes That You Will Love! This is one 22cm by 22cm Hard Cover Alkaline Cook Book the you will feel proud to own and show it off to your friends.

As you flick through lushest glossy photo filled pages of the Alkaline Cook Book it makes you salivate for the Alkaline Recipes. Eating Alkaline foods has never been so easy, with the Alkaline Cook Book Hard Cover.

Go on... Take the Step Now To Revitalise your body in just 4 weeks to 100% optimal health. Order your Alkaline Cook Book Hard Cover Now and Enjoy life the way you deserve, filled with incredible energy, powerful immunity, crystal-clean mental clarity, minimum stress and reduced fatigue.

To order your copy of the Alkaline Cook Book visit www.alternethealth.com.au or

Call us now on 1300 233 869

If you have any questions please e-mail us at enquiries@alternethealth.com.au

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