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# Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe At A Time



## Synopsis

Clean up your diet and detoxify your body with the alkaline lifestyle. This beautifully packaged book, complete with more than 150 inspiration recipes and an easy-to-follow four-step program, is focused on long-term health and well-being. Eat your way to better health! In *Eat Better, Live Better, Feel Better*, Julie Cove explains how having too many acid-forming foods in your body creates an environment that can cause inflammation, resulting in everything from headaches to muscle pain to chronic illness. But, she argues, by adapting to an alkaline-based lifestyle you can ward off ill health, aid digestion, eliminate acid reflux and increase your energy. In this beautiful book, Julie gives you everything you need to quickly feel the benefits of the alkaline way of life. In Part I, Julie explains the basics of alkalizing, the science behind the food choices you make and what happens in your body when you eat certain foods. Julie then introduces her easy-to-follow 4-step program. In the first step of the program, *Inspire*, you ease into the alkaline lifestyle; step 2, *Desire*, encourages detoxification; step 3, *Aspire*, helps you dump years of toxins; and finally, step 4, *Acquire*, shows you how to maintain a balanced alkaline lifestyle with food, exercise and a positive outlook. With the basics covered, Julie then gives you more than 150 nutritionally-balanced, inspirational recipes to get started. With easy-to-find ingredients and simple preparations, these recipes offer a multitude of options for alkaline-balanced eating, including: nourishing smoothies, breakfasts, salads, soups, warm dishes, savory bites and sweet treats. The recipes are easily adaptable and full of flavor, ready for you to mix and match to help you meet your alkaline goals. Julie's personal story of overcoming illness is behind the writing of this book. Now a holistic nutritionist and certified plant-based cook, she is the picture of an energetic, healthy and balanced lifestyle, and she wants to give you the tools to get there, too. *Eat Better, Live Better, Feel Better* is a book that will help balance your body and revitalize your life, and will be your blueprint for improved good health for years to come.

## Book Information

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## Customer Reviews

Beautiful book that will help you eat more veggies. Author advocates going vegetarian almost raw food--I have done that in the past and it didn't make me feel good. I still love this book because it's just beautiful and gives me great ideas for veggies and alternatives to wheat and sugar.

A beautifully presented book with thoughtfully presented information on the alkaline diet. The recipes are not difficult to follow and the author's advice can change one's health as it has hers. Plan to use this book a lot for presentation ideas at mealtimes. She's correct about eating to improve one's health.

As a fan of eating alkaline, I came across Julie's website first and found not only the recipes easy and delicious but there was also a wealth of information. I like to see the science and reasoning behind anyone's claims and Julie provides! Her book is excellent! The steps to living a life of healthy eating (forget "diet" like we are used to thinking "diet" and think "diet" as "life habits") are clearly defined and help you to make the changes necessary to simply feel better. The recipes are do-able (even living in Mexico I can find hemp hearts) and delectable. My food is a hit at parties and potlucks because the dishes taste great and the presentation is so thoughtful and beautiful. Friends know I am putting love and caring into my cooking thanks to being inspired by Julie and her engaging photos. I encourage everyone to study eating more alkaline-based foods and to using "Eat Better, Live Better, Feel Better" as your #1 resource for implementing the practice into your and your family's life.

Not only is this book beautiful, it is beautifully put together. The recipes are fantastic (although I've only tried a few; it only came in the mail yesterday). I can't wait to try the rest. I've been searching for a book to incorporate alkalinity, practicality and inspiration...I think I've found it. The only downside is that my beautiful book was bent during shipping and the binding a little damaged, but still readable and useable.

This book has a lot of information on why it is important to eat alkaline foods and how they help you to improve the way you look and especially how you feel. The recipes are usable ones that are delicious and fairly easy to do. It is also one of the most beautiful alkaline books around with photos of how the recipes will look (which I liked) and amazing photography in general. I found it very useful and even fun to read, I loved it!

The author frames her program in four steps: Inspire, Desire, Aspire, Acquire. Cove encourages each individual to decide where you are in your life and how gradually or quickly you wish to create change. Begin there. This book is all about inspiration. I decided to lean into change gradually but the possibilities revealed in the gorgeous book will continue to pull me forward. Highly recommended.

First, this book is beautiful enough to be a coffee table book. I do not want to put it on the book shelf as I want to keep looking at the pictures. The author's design background shines through. Beyond that the information on the alkaline diet, I would say lifestyle, is very well presented with visual aids to guide you making the information easy to understand. The book is divided into four sections: Inspire, desire, aspire, and acquire, which allows one to ease into eating and living an alkaline life. The recipes seem to use readily accessible foods and seasonings. I look forward to making many of the recipes.

I've been following Julie's blog [AlkalineSister.com](http://AlkalineSister.com) for a long time and always look forward to her posts. As an avid cook and culinary instructor I have to say that when I ordered her cookbook I couldn't wait to get it. From the cover through to the back its full of beautiful photos but most of all it's packed with a wealth of information that's eye opening and will have you thinking about the foods you eat and what effect they have on your body. I've learned so much! Once you receive her cookbook and start reading through the pages you'll want to order more to gift to friends and family. Julie explains the Alkaline diet like no one else - so everyone can understand it. Whether you go full force into this diet or start small it's well worth the read, and the bonus of colorful and unique recipes. I'm thrilled I purchased Julie Cove's book, "eat better live better feel better - Alkalizer your life...one delicious recipe at a time. I highly recommend purchasing a copy to see for yourself.

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