



**Cracking the Weight Loss Secret: Book 1:  
Mediterranean Diet + Book 2: Hormone Reset Diet  
+ Book 3: Alkaline Diet + Book 4: Anti  
Inflammatory Diet**

*Sarah Hill, Linda Williams*

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# **Cracking the Weight Loss Secret: Book 1: Mediterranean Diet + Book 2: Hormone Reset Diet + Book 3: Alkaline Diet + Book 4: Anti Inflammatory Diet**

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## **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. The Mediterranean Diet is based simply on eating nutritious foods, such as lean meats, fruits, vegetables, and good fats. It has been proven to decrease risk of heart disease and lead to a longer lifespan, and if used properly, can also lead to weight loss. With the Mediterranean Diet, you can enjoy what you eat while leading a healthier lifestyle.

## **Book 2: Hormone Reset Diet**

### **Proven Step by Step Guide to Balance Hormones, Look Younger, Boost Metabolism, and Lose Weight in 10 Days•**

This book “Hormone Rest diet: proven step by step guide to balance hormone, look younger, boost metabolism and lose weight in 10 days” is a comprehensive write up that presents proven steps and strategies on how to properly plan your meals for successful hormone reset. This book was made to help you sort out your meal plan.

Can you imagine you are with someone, and after you both departed, you don't want to be with them again

because of their look, body weight, and the likes? All these, of course, can be greatly traced to daily diet.

In this book, you will come across chapters that address a particular issue as it concerns your diet. What to eat and what not to eat, what to drink and the ones to reduce. Also, there are diet recipes that are very simple to prepare. You don't need to worry your head about how you will prepare them. A step by step instruction is rolled out on preparation and serving.

## **Book 3 - Alkaline Diet**

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

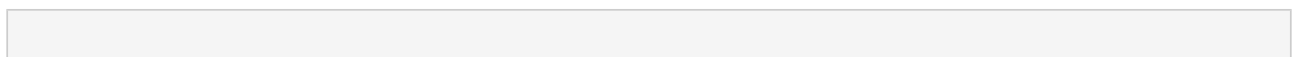
Donuts, Twinkies, French fries, soft drinks, the standard American diet is centered around processed foods. Beyond the obvious health risks that these unhealthy and fattening oils produce, these are all highly acidic foods.

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.

## **Book 4 - Anti Inflammatory Diet**

### **Quick Guide to Healing Inflammation, Heart Disease, Weight loss in 7 days (7-Day Meal Plan)**

"Anti inflammatory Diet - Quick Guide to Healing Inflammation, Heart Disease, Weight loss in 7 days (7 - Day Meal Plan)", is a book written out of passion to reach out to people suffering from inflammation of any kind, which has resulted into a chronic or rather severe disease that is currently a threat to their health. Quite a number of times, lack of information is the real cause of an unease rather than the presumed real cause. In this book, you will learn various tips that directly address your current health situation. It provides in sequence and in series, several formulas you can easily adopt to get your health going good. This masterpiece also provides you with adequate information about how what you eat can be a great threat to your health and also, how what you eat can be a great blessing to your health. All depending on what exactly you eat.



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