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Please let me know if you have any questions about juices or  
smoothies:) Until next time, Sending you lots of love from  
here, Marta. PS. To dive deeper into alkaline smoothies and

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juices, be sure to explore my books: Alkaline Protein Restore  
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<https://amzn.to/2noPyb3>. Amazon UK:  
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Alkaline Juices vs Alkaline Smoothies? - Holistic Wellness ...  
2 cups spinach ½ cup strawberries 1 lime 1 banana 1 cup  
coconut water 1 tbsp hemp seeds 1 scoop of alkalizer &  
detoxifier powder

10 Alkaline Smoothie Recipes (Alkalizing & Energizing ...  
Alkaline Drinks Alkaline Water. Pure water is a perfect  
neutral substance with pH of 7. Alkaline water has higher  
pH, between 8 and 9. Leafy Green Vegetable Juices. The



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leafy greens are naturally alkaline. There is no better way to make your body alkaline... Baking Soda in Water. This one is a very ...

### 11 Great Drinks to Alkalize Your Body - Health Juices ...

Using a juicing machine, juice the cucumber, celery, mint and ginger, ending by adding a splash of filtered water. Remove from machine then add the lemon juice and stir. Green Glow Juice. 3 serves, preparation time 5 minutes. A highly alkalizing juice, to boost blood flow to your skin, which gives it a natural glow. Recipe from Younger Skin in 28 Days.

### Top 5 Alkalising Juice Detox Recipes – Joliee Skin

While eating certain foods and drinks cannot directly change

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List of Natural Alkaline Drinks | Livestrong.com  
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Glow (The Alkaline Cure Series) at Amazon.com. Read honest  
and unbiased product reviews from our users.

Amazon.co.uk:Customer reviews: Alkaline Juices and ...  
Add the juice of half of a lemon and 4 tbsp of raw honey to  
the pulp to make it sticker. Then apply the mixture to clean  
skin and leave for 10-15 minutes. I highly recommend you

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lay down to apply this mask to prevent making a mess. After 10 min, remove the mixture, rinse your face with warm water and pat dry with a towel.

My Morning Alkaline Juice | Easy & Healthy Breakfast in ...  
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Alkaline Drinks: Original Alkaline Smoothie, Juice, and ...

In moderation, bananas are a good fruit to put in your alkaline smoothies because they add nice flavor. Just don't use ripe bananas which have higher levels of sugar. Bananas also contain the alkaline-forming mineral potassium. Coconut Milk. Coconut milk is made from the alkaline-forming coconut flesh and coconut water combined.

Alkaline Smoothie Recipes and the Overview of the Alkaline

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Which is Best: a Green Juice or Smoothie. Juices and

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smoothies are similar in many ways, but the big difference is, of course, that a juice is made with a juicer, and a smoothie is made with a blender. [SEE ALSO: The Beginner 's Guide to the Alkaline Diet] Difference #1: The Fibre. The biggest difference is that the juice does not contain the fibre.

Juicing vs Smoothies (Alkaline FAQ) - Live Energized alkaline immunity juices fifty-nine coco loco citrusy coconut drink sixty ginger green tea with a citrus twist sixty-two creamy lychee smoothie sixty-four mellow fig smoothie sixty-six creamy cranberry shake sixty-eight vegetable immunity boost seventy green combo seventy-two orange boost seventy-four alkaline beauty juices seventy-six apricot-peach-raspberry surprise

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