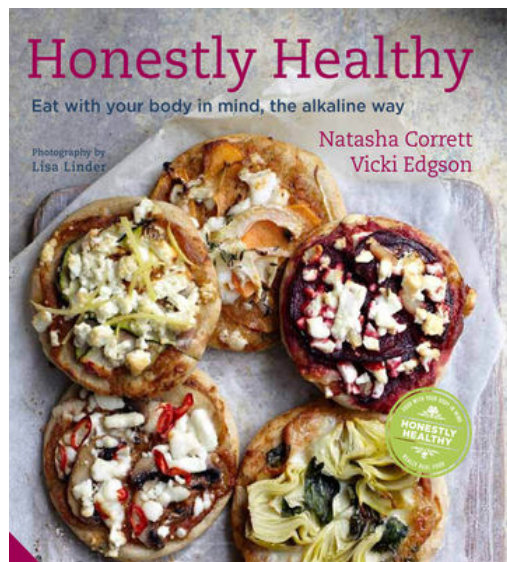


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Using the revolutionary new alkaline diet, **Honestly Healthy** is packed with recipes, tips and tricks to help you transform your daily routine from hectic and hurried to harmonious and holistic.

'I Love this healthy eating book!!' Victoria Beckham

Organic gourmet vegetarian cook, Natasha Corrett, and leading nutritional therapist Vicki Edgson have combined their expertise create a delicious, balanced, alkaline diet that keeps the body in mind.

'Forget Dukan and Atkins - these days, the A-list way to a flat tummy is eating alkaline.' Daily Mail

This book will help you make a lasting change to your body and mind by teaching you the principles of healthy eating, how to identify alkalizing and acid-forming foods and the ways in which an alkaline diet can nourish the body.

Learn how to **boost your immune system**, focus your mind, maintain blood sugar levels and **increase energy levels** through healthy eating.

Featuring mouth-watering recipes, from the first smoothie of the morning, through delicious salads and mains to the last healthy snack of the day, Honestly Healthy is the tasty and easy route to health and wellbeing.

'It's all about the Alkaline Diet now...check out the Alkalites new recipe bible Honestly Healthy' Sunday Times Style

Title : Honestly Healthy
Author : Natasha Corrett, Vicki Edgson & Lisa Linder
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