

**Alkaline Diet: 50 Alkaline Casserole Recipes - Quick & Easy Alkaline Diet Recipes For Weight Loss (Alkaline, Casserole Recipes, PH, Acid Reflux,) [Kindle Edition]**  
**By Kristina Newman**

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Alkaline Diet Recipe #12: In a casserole dish with a lid, saut the onions and garlic in the coconut oil, adding the spices after about 3 minutes.

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Why is an alkaline diet sooooo accustomed to thinking that we should retire at 55 or 65 and that declining health should be expected by say 45 or 50. We

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